



Hochschule
für Gesundheit

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Made to move ...

Physiotherapy

Degree Programme (B.Sc.)

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■ **A Warm Welcome – Your Hochschule für Gesundheit (hsg)**

The Hochschule für Gesundheit (University of Applied Sciences) is the first state-run university for healthcare professions in Germany. Since the winter semester 2010/2011 the hsg has been offering Bachelor degree programmes in the fields of midwifery, nursing, occupational therapy, physiotherapy and speech and language therapy.

As part of the Healthcare Campus North Rhine-Westphalia the hsg opens up far-reaching perspectives to its students in the growing healthcare sector. The hsg contributes actively and directly to improve the healthcare of the general public – interprofessionally, practice-oriented and scientifically sound.

This brochure provides you with general information about all aspects of the physiotherapy degree programme. At **www.hs-gesundheit.de** you will find more detailed information about the hsg and contact details. You can also contact us directly: please find our address and telephone number on the back of this brochure.

We look forward to hearing from you!

*Studying
at the Hochschule
für Gesundheit:
surprisingly
practical prospects!*



■ **Definitely Practical** **Studying at hsg**

The hsg offers comprehensive and practice-oriented degree programmes. These programmes comprise the Bachelor's degree as academic degree and the state examination under the law governing professions. This form of double qualification acquired at a state-run university is unique in Germany.

Teaching and learning are structured in modules and help to develop reflexion skills and self-organised learning. Case-oriented learning has been integrated as the central learning method for learning in typical clinical contexts. This learning method is also used to scientifically reflect and analyse current clinical practice.



■ **Always Something Special**

We offer our students interprofessional learning, intensive teaching of theory and practice and supervision over the course of the programme. During the first semesters all our students participate in interprofessional as well as profession-focused lectures and seminars. Students will experience the link between theory, practice and research and will be supervised by hsg professors during their clinical placements at cooperating clinical facilities.

■ **Learning through exchange** **Interprofessional Studies**

The hsg prepares its students for managing the fast-changing and demanding work requirements in the public health sector. For example, interprofessional cooperation will be an important prerequisite for optimal healthcare in the future. Interprofessional working skills facilitate the cooperation between various healthcare professionals in solving complex patient/ client problems to achieve an outcome that would not have been achieved by one profession solitarily.

Interprofessional teaching and learning ('Interprofessional Education' – IPE) as prerequisite for acquiring interprofessional working skills is a major feature of the hsg. Students learn and work together in projects, analyse what each profession could contribute to solve a problem and work together in Skills-Labs where students can put ideas to the test within the safe environment of the hsg. All degree programmes are interconnected by joint theory and practice modules, for developing interprofessional skills from the first day of study on. Role play, profession-related self-awareness, various methods of reflexion, communication and interaction training support this objective.

All teaching and researching members of the hsg are committed to supporting the concept of interprofessional work.

Physiotherapy

■ Activity for Health Physiotherapy Practice

When it comes to restoring, maintaining and promoting physical functions, you as physiotherapist are a key port of call for many people. You promote your patient's independence and specifically improve your patient's quality of life.

For example, you work with patients who are disabled following a stroke or injury, suffer from back or shoulder problems or sports injuries. As physiotherapist you also work with patients suffering from respiratory diseases or age-related mobility impairments, as well as promote children's movement skills. You perform targeted physical examinations and assessments in order to find, for example, the cause of pain, mobility impairment, decrease of muscle strength and endurance, or fatigue and their effects on the individual's activity and participation in life. Based on your findings you work with the patient, often in a multiprofessional team, to achieve the therapeutic goals.

The treatment plan, for instance, comprises therapeutic exercises, manual techniques and patient education. As a physiotherapist using your skills of reflection, you integrate the latest research results into your treatment and evaluate the treatment outcomes with standardised assessments. Furthermore, you provide health-related services and give advice and guidance to patients, for example in programmes for health promotion and prevention.



All of these demanding tasks require a high level of professional, interprofessional, organisational and academic expertise. For future healthcare this expertise is increasingly important and leads to modern and new areas of activities for physiotherapists. This is coupled with a complex and expanding professional profile in numerous healthcare facilities and areas, e.g:

- hospitals
- rehabilitation centres
- private physiotherapy practices
- sports organisations and providers
- health-related service providers and centres
(e.g. health insurance providers, insurance companies, corporate health management)
- research facilities



Physiotherapy

■ **The Physiotherapy** **Degree Programme**

The physiotherapy degree programme is a full-time programme and comprises seven semesters including the Bachelor thesis. The programme starts in the winter semester. In accordance with the Bologna structure the programme is organised in modules. The overall degree programme corresponds to 210 ECTS and successful students will be awarded the degree “Bachelor of Science”.

The programme is organised in three phases: orientation, consolidation and differentiation. Therefore, you can choose and develop your individual focus. Thanks to a modern didactic concept, you will learn in a case-oriented, context-related and science-driven manner which is closely linked to physiotherapy practice. Using actual patient cases, you will develop knowledge networks in which you directly link together elements from classical professional fields such as anatomy, physiology and pathology. You will develop treatment options and practice these by applying them to patient cases.



In addition, as physiotherapy student at the hsg you will develop expertise necessary for further development of healthcare provision and fields of activity in management and public relations. The hsg will support you if you wish to gain international experience during your studies.



■ **Growing Expertise**

The physiotherapy degree programme at the hsg stands out as science-based, competence-oriented and international. By integrating practical study phases from the first semester on, the programme focuses especially on transferring theory into practice and vice-versa. This transfer is supported by offering practical exercises, skills labs and a teaching and research outpatient clinic.

By integrating practice-driven projects and studies we support the acquisition and development of fundamental skills needed for various future areas of practice. We continuously supervise the students' learning process and support the student's individual and professional development.

■ **The Aim**

The aim of the physiotherapy programme is to prepare students in theory and practice for present and future fields of work found in a constantly changing healthcare system. During your studies you will acquire skills needed for working independently as physiotherapist, for critically appraising scientific knowledge and for collaborating with other healthcare professionals to maintain, advance and implement the latest knowledge in the field.

Physiotherapy

■ Contact

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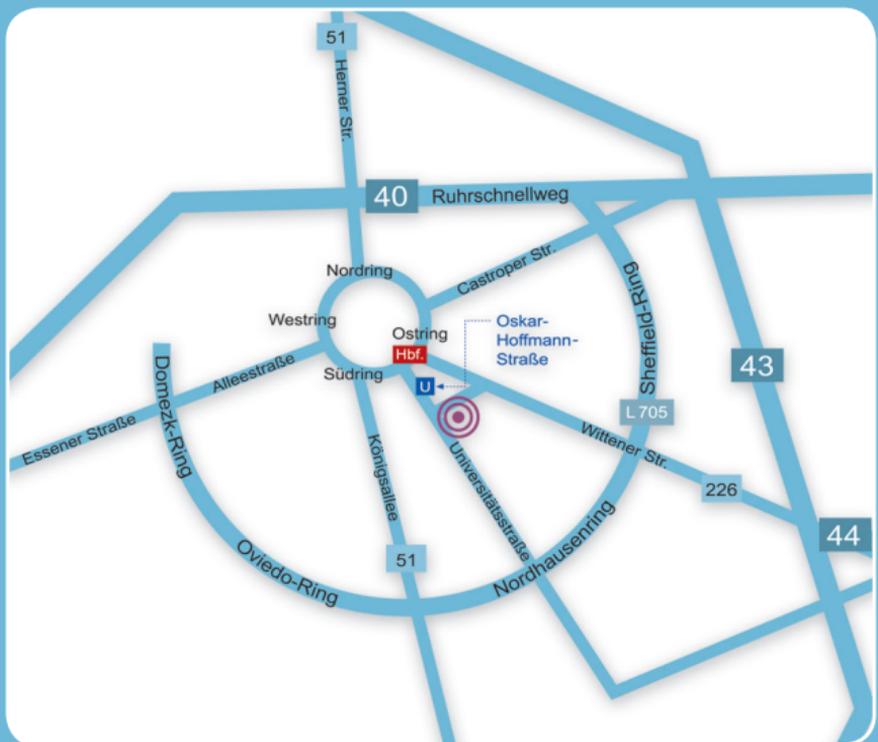
Physiotherapy

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■ How to find us



By car:

If you come via the autobahn (A 40 or A 43), take the exit on to Sheffield Ring (L 705). Stay on the L 705 and take the exit marked “BO-Querenburg/BO-Wiemelhausen” and turn right at “K3/Universitätsstraße”. The Hochschule für Gesundheit (hsg) is on the right.

By public transport:

From Bochum Central Station (Hauptbahnhof), take the underground, line U35, heading for “Hustadt/Querenburg”. Get off at “Oskar-Hoffmann-Straße” and take the “Brunsteinstraße” exit from the station. hsg is just a few minutes’ walk away.