

When indicating each of the competences reference will be made to the following acronyms:

- GBC: general basic competence
- GC: general competence
- SC: specific competence

Competences within the Degree in Physiotherapy in the Universitat Internacional de Catalunya

- Having the ability to analyse and synthesise (instrumental GBC)
- Having the ability to organise and plan (instrumental GC)
- Knowledge of a foreign language (instrumental GC)
- Having IT knowledge linked to the field of study (instrumental GC)
- Having the ability to manage information (instrumental GBC)
- Having the abilities required in order to resolve problems (instrumental GBC)
- Decision-making abilities (instrumental GBC)
- Acquiring the resources to work in an international context (personal GC)
- Demonstrating critical reasoning (personal GBC)
- Developing the ability to learn autonomously (systemic GBC)
- Having the ability to adapt to new situations (systemic GC)
- Being creative (systemic GC)
- Finding out about other cultures and customs (systemic GC)
- Taking the initiative and having an entrepreneurial spirit (systemic GC)
- Demonstrating motivation to achieve quality (systemic GBC)
- Having and demonstrating sensitivity towards environmental issues (systemic GC)
- Working responsibly, which involves being able to tackle workplace activities without any need for strict supervision (SC attitude)
- Demonstrating the student's orientation towards the patient/user, through their actions emphasising the fact that citizens and their needs are the basis on which their decisions are made (SC attitude)
- Developing the ability to organise and manage work teams in an effective and efficient way (SC attitude)
- Being knowledgeable about human anatomy and physiology, underlining the dynamic relationship between structure and function, especially in relation to the locomotor system and the nervous and cardio-respiratory systems (SC knowledge)
- Knowing about the physiological and structural changes which can be produced as the consequence of the application of physiotherapy (SC knowledge)
- Knowing the factors which influence human development and growth throughout life (SC knowledge)

- Knowing the principles and theories of physics, biomechanics, kinesiology and ergonomics which are applicable to physiotherapy (SC knowledge)
- Knowing about the physical basis of the various physical agents and their applications in physiotherapy (SC knowledge)
- Knowing about the principles and applications of measuring procedures based on biomechanics and electrophysiology (SC knowledge)
- Knowing about the application of ergonomics and anthropometric principles (SC knowledge)
- Knowing about the psychological and social factors which influence the state of health/illness of the individual, the family and the community (SC knowledge)
- Knowing about theories regarding communication and interpersonal skills (SC knowledge)
- Being able to communicate both verbally and in written form in one's native language (instrumental GBC)
- Having skills in the area of interpersonal relations (personal GBC)
- Showing respect for, appreciation of and sensitivity in relation to the work of others (SC attitude)
- Understanding the psychological aspects of the relationship between the physiotherapist and the patient (SC knowledge)
- Finding out about the theories of learning to be applied in health related education and in the students own learning process throughout their life (SC knowledge)
- Maintaining an attitude of learning and improving (SC attitude)
- Knowing about the factors involved in teamwork and leadership situations (SC knowledge)
- Having the necessary abilities to work in a team (personal GC)
- Knowing about processes of health administration and management, especially in terms of physiotherapy services, in the diverse and changing context in which these take place (SC knowledge)
- Knowing about the implications of organisational provision and those related to work models (SC knowledge)
- Knowing the criteria and indicators which guarantee the quality of the provision of physiotherapy services, through the use of good clinical practice and professional standards guides (SC knowledge)
- Knowing the fundamental concepts of health, health systems and care levels Epidemiology. Physiotherapy in the illness/health process (SC knowledge)
- Knowing about the impact social and health related policies have on professional practice (SC knowledge)
- Knowing which factors take part in social inequality problems and the health needs of the different social groups (SC knowledge)

- Knowing the ethical, legal and professional conditions of the practice of physiotherapy (SC knowledge)
- Demonstrating discretion, using the information available suitably, preserving the patient's dignity (SC attitude)
- Having and demonstrating ethical commitment (personal GBC)
- Recognising and respecting diversity and multiculturalism (personal GC)
- Adjusting to the limitations of people's professional competency in the area of healthcare (SC attitude)
- Knowing the deontological codes of the profession (SC knowledge)
- Having the ability to incorporate the ethical and legal principles of the profession into the professional culture (SC skill)
- Respecting the rights of the patient/user and of families (SC skill)
- Knowing about the general aspects of the pathology of endogenic and exogenic etiology related to physiotherapy in terms of the apparatus and systems along with medical, surgical, physiotherapy and orthopaedic treatments (SC knowledge)
- Knowing about the structural, physiological, functional and behavioural changes which are generated as the consequence of physiotherapy intervention (SC knowledge)
- Knowing the theoretical bases of physiotherapy as a science and a profession, knowing the models for action in physiotherapy (SC knowledge)
- Knowing about general physiotherapeutic procedures: Kinesotherapy, massage and massage therapy, electrotherapy, magnotherapy, ergotherapy, hydrotherapy, balneotherapy, climatotherapy, thalassotherapy; thermotherapy, cryotherapy, vibrotherapy, phototherapy, pressotherapy, and those therapies derived from other physical agents (SC knowledge)
- Knowing the physiotherapeutic procedures based on the specific Methods and Techniques of physiotherapeutic action to be applied for the various pathologies of all apparatus and systems, and in all medical and surgical specialties, as well as the promotion and conservation of health, and the prevention of illness (SC skill)
- Knowing the research and evaluation methodologies which allow the incorporation of theoretical perspectives and research experiences into the design and implementation of effective physiotherapy (SC knowledge)
- Knowing the theories which back up the ability to resolve problems and critical reasoning (SC knowledge)
- Knowing how to create and systematically fill in a full physiotherapeutic clinical history, and how to register each step starting from receiving the patient/end-user to their release into the physiotherapy department correctly and efficiently (SC skill)
- Being able to evaluate the functional state of the patient/end-user, taking all the physical, psychological and social factors into consideration (SC skill)
- Being able to determine the physiotherapeutic diagnosis according to internationally recognised rules and validation tools (SC skill)

- Knowing the internationally recognised rules as well as international validation tools (SC knowledge)
- Being able to categorise the needs of the patient/end-user in order to prioritise those which most compromise their recovery process (SC skill)
- Being able to design a Plan for Physiotherapeutic Intervention (SC skill)
- Having the ability to be able to write up a specific Plan for Physiotherapeutic Intervention using problem resolution skills and clinical reasoning (SC skill)
- Knowing how to execute, manage and coordinate the Plan for Physiotherapeutic Intervention, firstly attending to the individuality of the user and using physiotherapy specific therapeutic tools (SC skill)
- Knowing how to establish and apply the physiotherapeutic means in treatments provided to the users of all medical and surgical specialities in which it is necessary to apply the means mentioned previously (SC skill)
- Knowing how to design and apply therapeutic exercises, using special methods, for cardio-respiratory, orthopaedic, traumatological, paediatric, rheumatological, geriatric, neurological, pneumological and sports related illnesses and injuries as well as vertebral column alterations, urinary and bowel incontinence and maternal pre and post partum exercises (SC skill)
- Knowing how to design and apply procedures of kinesotherapy, mobilisation, manipulation, masotherapy, manual therapy, osteopathy, chiropractic care and other manual techniques (SC skill)
- Knowing how to design and apply various types of electrotherapy, thermotherapy and cryotherapy, phototherapy, ultrasound therapy, vibrotherapy, magnotherapy, ergotherapy and pressotherapy (SC skill)
- Knowing how to design and apply various types of hydrotherapy, balneotherapy, climatotherapy, and thalassotherapy etc, etc. (SC skill)
- Knowing how to design and apply various types of therapeutic methods and reflex techniques as well as other specific manual therapies which are alternative or complementary, related to the field of the physiotherapeutic competence (SC skill)
- Being capable of establishing and applying the treatment in groups to users with similar problems (SC skill)
- Being able to promote the participation of the end-user and their family in the recovery process (SC skill)
- Being able to prevent and avoid the risks involved in the application of the treatment (SC skill)
- Being able to establish guidelines to follow during the treatment (SC skill)
- Being capable of evaluating the evolution of the results obtained from the physiotherapy treatment in relation to the objectives set out and the criteria established for the results (SC skill)

- Designing and carrying out activities for the prevention of illness and the promotion of good health (SC skill)
- Carrying out an evaluation of the evolution of the patient/end-user (SC skill)
- Redesigning the objectives according to the evaluation, if necessary, and creating a intervention or treatment plan which is suited to the new objectives when required (SC skill)
- Providing physiotherapy care in an efficient manner, bestowing comprehensive care on patients/end-users (SC skill)
- Interpreting medical prescriptions (SC skill)
- Preparing the environment within which the physiotherapeutic care will be carried out in order to make it comfortable (SC skill)
- Ensuring that patients are informed about the treatment they will receive, describing the tests and manoeuvres they will undergo, and urging them to collaborate at all times (SC skill)
- Having the ability to intervene in the fields of health promotion and the prevention of illness (SC skill)
- Designing and carrying out activities for the prevention of illness and the promotion of health (SC skill)
- Being capable of relating to the whole pluridisciplinary team effectively (SC skill)
- Having the ability to incorporate scientific research and practice based on evidence as part of the professional culture (SC skill)
- Evaluating one's own levels of communication, attitude and skills (instrumental GC)
- Being responsible for keeping the basis of the required knowledge, skills and attitudes related to professional competences up to date, through a lifelong learning process (throughout life), (SC attitude)
- Critically analysing methods, protocols and physiotherapy treatment and ensuring that these fit in with the evolution of scientific knowledge (SC skill)
- Having the ability to carry out planning, management and monitoring activities in relation to physiotherapy services (SC skill)
- Being capable of applying the mechanisms to guarantee quality in physiotherapy practice, adjusting the recognised and validated criteria indicators and standards in order to ensure good professional practice (SC skill)
- Being capable of dealing with stress, which involves having the ability to control oneself and control the atmosphere in tense situations (SC attitude)
- Having the ability to motivate others. This involves the ability to generate a desire in others for active and enthusiastic participation in any project or task (SC skill)
- Being capable of reading and understanding bibliographic sources and literature on physiotherapy in English (CE skill)
- Being able to skilfully manage the terminology and linguistic structures of the English language connected to the field of physiotherapy (SC skill)

General and Specific Competences
Degree in Physiotherapy



- Being capable of understanding the main ideas and participating in conferences or lectures held in English (Sc skill)
- Being capable of giving verbal and written presentations in English (SC skill)