Appendix No.1

to Order No. 26/2026

INTENSIVE INTERNATIONAL EDUCATIONAL PROGRAMME

effective from the academic year 2025/2026

1. GENERAL CHARACTERISTICS OF THE COURSE:

Course title in	Polish	**Znaczenie fizjologicznego wyprostu kręgosłupa: od narodzin do dorosłości**
	English	**The importance of physiological spine extension - from birth to adulthood**
Faculty/Branch/Interfaculty Unit		Faculty of Health Sciences
Institute/Department		Institute of Health Sciences
Course Supervisor (name, contact: e-mail, phone)		**dr hab. Wojciech Kiebzak prof. UJK** wojciech.kiebzak@ujk.edu.pl tel: 41 349 69 51
Course general objectives		The aim of the course is to provide participants – students, PhD candidates, and academic staff of medical and physiotherapy faculties – with comprehensive knowledge and practical skills in assessing and treating postural and motor disorders, in the context of physiological spinal extension across different stages of life. **Course participants will:** 1. Acquire theoretical knowledge of the development of postural control mechanisms and the role of spinal extension in ontogenetic, neurological, and biomechanical development. 2. Learn the principles of postural and movement assessment using modern diagnostic tools. 3. Learn to plan and implement therapeutic interventions aimed at postural re-education using global movement patterns, Euclidean geometry–based approaches, and integration with neurophysiological methods. 4. Enhance their intercultural and language competencies through participation in an international English-language course and cooperation with participants from various countries. 5. Develop the ability to critically analyze and interpret biomechanical data, enabling individualized therapy in accordance with evidence-based practice.
Entry requirements (expected candidate competencies)		Candidates should possess: 1. Relevant education – completion of at least the first year of higher education (Bachelor's or Master's level) in physiotherapy, rehabilitation, or medicine.

	2. Basic knowledge of human anatomy, physiology, and neurophysiology, particularly related to the musculoskeletal system, postural control, and spinal biomechanics. 3. Ability to read specialist literature in English – all classes will be conducted in English using medical terminology. 4. Readiness for active participation in practical sessions – the course includes intensive work with diagnostic tools (DIERS, ultrasound, EMG), clinical case analysis, and teamwork.
Recruitment rules	1. Form and mode of recruitment: Recruitment is open and conducted electronically via an application form, in accordance with the criteria described in the project regulations. Candidates must submit a complete set of required documents. 2. Qualification criteria: – Candidate profile consistent with the course theme (preferred fields: physiotherapy, rehabilitation, medicine, nursing, occupational therapy, and other health sciences). – Academic status (student of at least the 2nd year of a Bachelor's program, PhD student, or academic teacher from a foreign university). – English language proficiency at a minimum of level B2.
Number of hours	Total: 35 teaching hours Structure: – 10 hours of theoretical classes (lectures, seminars) – 25 hours of practical classes (workshops using DIERS, ultrasound, and sEMG).

2. EDUCATIONAL ASSUMPTIONS

General educational objectives / employment opportunities / typical workplaces	The goal of education within the course is to enhance participants' professional and teaching qualifications by deepening their knowledge and skills in modern postural diagnostics and neurophysiologically oriented therapy of postural disorders, with particular emphasis on physiological spinal extension. **The course develops participants' competencies in:** – biomechanical and segmental analysis of body posture using DIERS, ultrasound, and sEMG systems; – planning and implementing individualized postural re-education strategies; – integrating diagnostic data with evidence-based therapeutic practice(EBP); – working with patients of all ages, from children to older adults, in an interdisciplinary context **Employment opportunities and typical workplaces:** Completion of the course may significantly supplement professional qualifications for those working or intending to work in: – rehabilitation centres (hospitals, clinics, sanatoria), – private physiotherapy and manual therapy practices, – research centres and biomechanics laboratories, – educational and training institutions (e.g., prenatal education centre ,physiotherapy academies), – early pediatric intervention and geriatric care programs.

	The course may also enhance participants' competitiveness when applying for teaching or research positions in international medical and academic institutions.

3. DESCRIPTION OF LEARNING OUTCOMES

Learning outcome symbols	Upon completion of the continuing education course, the graduate:
in terms of **KNOWLEDGE**	
W01	Knows the ontogenesis of physiological spinal extension and its importance in human postural development.
W02	Knows the basics of Euclidean geometry in analyzing the alignment of the sternum and sacrum and their impact on overall body posture.
W03	Understands the principles of operation and application of diagnostic systems: DIERS Formetric, functional ultrasonography (USG), and electromyography (sEMG) in posture and muscle control assessment.
W04	Knows contemporary concepts of global movement patterns in the context of postural re-education.
in terms of **SKILLS**	
U01	Can perform basic posture and gait analysis using the DIERS system and interpret the obtained data.
U02	Can assess deep muscle activation using USG and sEMG and use the results for therapy planning.
U03	Can select and apply appropriate therapeutic strategies based on global extension patterns, tailored to the patient's age and functional status.
U04	Can analyze and integrate data from various diagnostic methods to develop an individualized postural re-education program.
in terms of **SOCIAL COMPETENCES**	
K01	Is ready to work in a team within an international environment and to share knowledge and experience with other participants of the therapeutic process.
K02	Is aware of the importance of precise diagnostics and evidence-based practice (EBP) in patient care.

4. CONTINUING EDUCATION COURSE PLAN:

Appendix 1. Opinions of external stakeholders regarding the intended learning outcomes*
NOT APPLICABLE

Appendix 2. Continuing Education Course Plan

Appendix 3. Course Syllabi

5. PLANNED TEACHING STAFF ASSIGNMENTS

No.	Name and Surname	Academic title/degree	Place of employment	Specialization / professional experience
1.	Wojciech Kiebzak	dr hab. n. o zdr. prof. UJK/ PhD (habilitation) in Health Sciences, prof.UJK	Institute of Health Sciences	Specialist in movement rehabilitation, particularly in the diagnosis and therapy of central coordination, posture, and motor control disorders in children and adults. Head of the Clinical Department of Rehabilitation, ŚCP WSzZ in Kielce. Long-time practitioner and academic teacher, author of numerous scientific publications in orthopedic and neurophysiological rehabilitation. Supervisor of specialization programs in movement rehabilitation and physiotherapy. Expert in modern methods of posture and movement analysis, including gait analysis and 3D imaging systems. Co-creator of original therapeutic programs implemented in clinical and educational practice.
2.	Arkadiusz Żurawski	Dr n. o zdr./ Dr of Health Sciences	Institute of Health Sciences	.Certified manual therapy, posturology, and 3D spine diagnostics therapist. Author of numerous scientific publications in the field of rehabilitation. Experienced in clinical work and implementation of international scientific projects.

* Applies only to newly established continuing education courses.
Additional documents may supplement the course programme if required by the course specifics or other regulations.

Dean / Head of the Interfaculty Unit

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