

**CLINICAL MASTER PROGRAM IN  
REHABILITATION SCIENCES AT JUST  
(JUST – CRS)**

**COURSE INFORMATION PACKAGE  
(COURSE CATALOGUE)**

**COURSE INFORMATION**

<b>Course title</b>	<b>Code</b>	<b>Semester</b>	<b>Theory (hours/week)</b>	<b>Application (hours/week)</b>	<b>Laboratory (hours/week)</b>	<b>National Credit</b>	<b>ECTS</b>
Biopsychosocial Aspects in Rehabilitation Sciences	CRS 713	II, III	2	-	1	2	5
<b>Prerequisites</b>	None						
<b>Course language</b>	English, Arabic						
<b>Course type</b>	Elective						
<b>Mode of delivery (face to face, distance learning, blended)</b>	Blended						
<b>Learning and teaching strategies</b>	<ul style="list-style-type: none"> <li>• Discussion</li> <li>• Problem solving</li> <li>• Case study</li> <li>• Lecture</li> <li>• Online environment</li> </ul>						
<b>Course description</b>	This course provides a broad basis for determining the biological, psychological and social factors affecting disease progress and severity, and offers approaches to increase the success of rehabilitation by the means of comprehensive and holistic approach.						
<b>Course objective</b>	The course aims to promote broad knowledge on Biopsychosocial and ICF models and to create connections between ICF and Biopsychosocial aspects in rehabilitation science. Also, it aims to create comprehensive and holistic rehabilitation strategies based on Biopsychosocial model, and assess and evaluate rehabilitation outcomes based on Biopsychosocial model. Students will be introduced to 4 <sup>th</sup> wave psychological therapy techniques suited for use by physiotherapists including Mindfulness, ACT and CBT informed approaches						
<b>Learning outcomes</b>	Upon completion of this course, student will be able to: <ol style="list-style-type: none"> <li>1. Analyse the factors contributing to client’s biopsychosocial circumstances.</li> <li>2. Relate biopsychosocial factors to clinical conditions.</li> <li>3. Perform differential diagnosis to design assessment and management methods based on biopsychosocial model using a comprehensive interdisciplinary approach.</li> <li>4. Apply advance skills of rehabilitation strategies within interdisciplinary context.</li> </ol>						
<b>Course Content</b>	Knowledge of biopsychosocial model & psychologically informed therapeutic approaches Biopsychosocial model at comprehensive interdisciplinary approach Rehabilitation strategies based on biopsychosocial model						
<b>References</b>	<ul style="list-style-type: none"> <li>• Marinin, I &amp; Stebnicki (2012) The Psychological and Social Impact of Illness and Disability, 6th Edition, ISSN: 9780826106551</li> <li>• Glover-Graf NM, Millington M, Marini I. Psychosocial Aspects of Disability: Insider</li> </ul>						



	<p>Perspectives and Strategies for Counselors. New York: Springer Publishing Company; 2011.</p> <ul style="list-style-type: none"> <li>• Bruce, M., &amp; Borg, B., (3E) Psychosocial Frames of Reference: Core for Occupation-Based Practice.</li> <li>• Krupa, T. &amp; Kirsh, B., (4th Edition). Bruce &amp; Borg's Psychosocial Frames of Reference: Theories, Models, and Approaches for Occupation-Based Practice</li> </ul>
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### COURSE OUTLINE-WEEKLY

Weeks	Topics (Theoretical and Practice – Lab & hands on skills [P])
1.	Definition of biopsychosocial model
2.	Holistic approach and client-centred practice in Rehabilitation Sciences
3.	Models of Disability: Implications for the Rehabilitation Professions
4.	Common aspects between biopsychosocial and ICF models
5.	Attitudes Towards Persons with Disability
6.	Assessment of biopsychosocial aspects of a disability and illness
7.	Midterm exam
8.	Practical application of assessment methods [P]
9.	Practical application of assessment methods [P]
10.	Psychological Adaptation to Chronic Illness and Disability
11.	Disability and Spirituality
12.	Coping and adaptation towards disability: Key concepts and practical tips
13.	Coping and adaptation towards disability: Key concepts and practical tips
14.	Practical application of rehabilitation strategies - Case study [P]
15.	Practical application of rehabilitation strategies – Case study [P]
16.	Final exam week

*\*In accordance with the structure of the course, activities such as presentations, projects, seminars, and portfolios can be used in the evaluation system as a midterm exam.*

### ASSESSMENT METHODS

Course activities	Number	Percentage**
Attendance		
Laboratory	1	5
Application		
Specific practical training		
Assignments	2	5
Presentation	1	10
Discussion		
Project		
Seminar		
Portfolio		
Online environment*	1	10
Midterms	1	30
Final exam**	1	40
Total		100
<b>Percentage of semester activities contributing grade success</b>		
<b>Percentage of final exam contributing grade success</b>		
<b>Total</b>		<b>100</b>



## WORKLOAD AND ECTS CALCULATION

Activities	Number	Duration (hour)	Total Work Load
Course Duration (x14)	14	2	28
Laboratory	14	1	14
Application			
Specific practical training			
Study Hours outside the classroom context (Preliminary work, reinforcement, self-directed learning etc.)	2	14	28
Presentation / Seminar Preparation	1	10	10
Project			
Online environment	1	15	15
Homework assignment	2	10	20
Portfolio			
Midterms ( Study duration )	1	15	15
Final Exam (Study duration)	1	15	15
<b>Total Workload</b>			<b>150</b>

## MATRIX OF THE COURSE LEARNING OUTCOMES VERSUS PROGRAM OUTCOMES

Program Outcomes	Contribution level*				
	1	2	3	4	5
1. Design and implement autonomously a professional approach based on analysis of complex rehabilitation science knowledge					x
2. Design, deliver and evaluate educational process adapted or customize to different inter-professional contexts (academic/professional/community) using an effective pedagogical approach			x		
3. Provide and disseminate new evidence in accordance with research ethics using updated and integrated knowledge of research methods			x		
4. Develop, manage and organize strategic planning and decision making within the scope of the quality assurance, ethical rules, team development and cooperation				x	
5. Integrate health advocacy at an individual, community and policy levels to promote citizenship and inclusive development of communities				x	
6. Communicates effectively within multidisciplinary clinical or scientific contexts, based on collaborative approach.			x		
7. Plan, implement and advocate interdisciplinary healthcare services within deep understanding of health care systems to promote better networking, and comprehensive patient care.					x

\*1 Lowest, 2 Low, 3 Average, 4 High, 5 Highest