

BACHELOR IN PHYSIOTHERAPY

Main Language of Instruction:

French ☒ English ☐ Arabic ☐

Campus Where the Program Is Offered: CSM

OBJECTIVES

The Bachelor in Physiotherapy combines theoretical instruction with practical training. By the end of this four-year program, students should be able to:

- Apply physiotherapy interventions based on medical prescriptions in curative, preventive, rehabilitative, educational, and research contexts
- Determine the needs of individuals and communities
- Diagnose physical problems
- Interpret data and establish treatment plans and programs
- Carry out physiotherapeutic treatments and assess progress periodically
- Participate in educational rehabilitation and organizational programs, in collaboration with the multidisciplinary team.

PROGRAM LEARNING OUTCOMES (COMPETENCIES)

- Carry out management tasks, including time management and physiotherapy resources
- Provide physiotherapy treatment following the various diagnoses (musculoskeletal, neurological, sports, respiratory and cardiovascular areas, specific areas, etc.)
- Contribute to professional development through research
- Establish physiotherapy diagnoses for various disorders across all age groups
- Promote community health and well-being by responsibly applying knowledge and expertise
- Collaborate effectively in an interdisciplinary team to obtain optimal quality care.


PROGRAM REQUIREMENTS

240 credits: Required courses (190 credits), Institution's elective courses (12 credits), Open elective courses (6 credits) and USJ General Education Program (32 credits - may be part of the above categories).

Fundamental Courses (202 Cr.)

Required Courses (190 Cr.)

Physical Agents - Hydrotherapy (2 Cr.). Anatomy of Systems (Splanchnology, Angiology, Sense Organs) (2 Cr.). Appendicular Skeleton Anatomy (Upper and Lower Limbs) (6 Cr.). Axial Skeleton Anatomy (Head, Neck and Trunk) (4 Cr.). Anatomy and Physiology of the Nervous System (4 Cr.). Prosthetics and Rehabilitation for Amputees (2 Cr.). Clinical Workshop 1: ICF Model and Analysis of Scientific Articles (2 Cr.). Clinical Workshop 2: Assessment, Techniques and Intervention Tools in Cardiopulmonary Pathology (2 Cr.). Clinical Workshop 3: Clinical Approach in Neurological and Musculoskeletal Pathology (2 Cr.). Biomechanics-Kinesiology (4 Cr.). Cytology - Histology (4 Cr.). Specific Areas in Physiotherapy (2 Cr.). Electrotherapy (2 Cr.). Ergonomics – Prevention (2 Cr.). Stretching, Postures and Myofascial Release (2 Cr.). Lower Limb Evaluation (4 Cr.). Upper Limb Evaluation (4 Cr.). Evaluation of the Spine and Face (4 Cr.). Gerontology and Rehabilitation in Geriatrics (2 Cr.). Medical Imaging (2 Cr.). Introduction to Physiotherapy and Examination Principles (4 Cr.). Socio-Professional Reintegration (2 Cr.). Sports Medicine (2 Cr.). Thesis (8 Cr.). Research Methodology (2 Cr.). Professional Situation (2 Cr.). Active Mobilization (2 Cr.). Passive Mobilization (2 Cr.). Orthopedics (2 Cr.). Neuromuscular Pathology (4 Cr.). Thoracopulmonary and Cardiovascular Pathology (4 Cr.). Urogynecological Pathology (2 Cr.). Pediatrics and Pediatric Rehabilitation (4 Cr.). Pharmacology (2 Cr.). Joint Physiology (2 Cr.). Physiology of Physical Activity (2 Cr.). General Physio-Pathology (4 Cr.). First Aid and Handling in Physiotherapy (4 Cr.). Cardiovascular Rehabilitation (2 Cr.). Rehabilitation in Gyneco-Obstetrics (2 Cr.). Oncology Rehabilitation (2 Cr.). Rehabilitation in Orthopedics (4 Cr.). Rehabilitation in Rheumatology (4 Cr.). Trauma Rehabilitation (6 Cr.). Rehabilitation in Urology (2 Cr.). Functional Rehabilitation and Technical Aids (4 Cr.).



Neuromuscular Rehabilitation (4 Cr.). Thoracopulmonary Rehabilitation (4 Cr.). Vestibular Rehabilitation (2 Cr.). Rheumatology (2 Cr.). Wellbeing Through the Ages (2 Cr.). Operating Room Internship (2 Cr.). Cardiopulmonary Rehabilitation Internship (4 Cr.). Neurology Rehabilitation Internship (4 Cr.). Neuro-Pediatric Rehabilitation Internship (4 Cr.). Internship in Polyvalent Rehabilitation 1 (4 Cr.). Internship in Polyvalent Rehabilitation 2 (4 Cr.). Internship in Polyvalent Rehabilitation 3 (4 Cr.). Post-Operative Rehabilitation Internship (2 Cr.). Medical Imaging Internship (2 Cr.). Introduction to Physiotherapy Internship (2 Cr.). Massage and Palpatory Anatomy Techniques (4 Cr.). Traumatology (2 Cr.).

Institution's Elective Courses (12 Cr.), to be chosen from the list below:

Specific Techniques 1: Lymphatic Drainage and Proprioceptive Rehabilitation (2 Cr.) Global Method 1: Proprioceptive Neuromuscular Facilitation (PNF) (2 Cr.). Specific Techniques 2: Global Postural Techniques and Neuromuscular Facilitation Techniques (2 Cr.) Global Method 2: Global Postural Reeducation and Muscle Chains (2 Cr.). Specific Techniques 3: Spinal Mechanical Therapy and Neuro-Dynamic Technique (2 Cr.) Global Method 3: Mézières Method and Global Postural Rebalancing (2 Cr.). Physical Education (2 Cr.) Fitness and Personal Training (2 Cr.). Neuromuscular Activation (2 Cr.) Neuromuscular Relaxation (2 Cr.). Hydrotherapy Rehabilitation Internship (2 Cr.) Internship in Sports Rehabilitation in the Sports Field (2 Cr.) Internship in Neuromuscular Activation (2 Cr.).

Open Elective Courses (6 Cr.)

USJ General Education Program (32 Cr.)

Code	Course Name	Credits
	ENGLISH OR OTHER LANGUAGE	4
039ANGLL2	English Level A	4
	ARABIC	4
	<i>Arabic Language and Culture</i>	2
435LALM2	Arabic Language and Media	2
	<i>Other Course Taught in Arabic</i>	2
039DEDRL8	Ethics and Law	2
	HUMANITIES	8
064VALEL1	USJ Values in Daily Life	2
	<i>Ethics</i>	2
039BIETL6	Bioethics	2
	<i>Civic Engagement and Citizenship</i>	2
039SSPLL8	Primary Health Care Internship	2
	<i>Other Humanities Course</i>	2
039IPREL2	Introduction to Psychology in Rehabilitation	2
	SOCIAL SCIENCES	6
	<i>Professional Integration and/or Entrepreneurship</i>	2
039ADPAL8	Administration and Professional Access	2
	<i>Other Social Sciences Courses</i>	4
039SAPUL4	Public Health	2
039ESCAL7	Health Economics	2
	QUANTITATIVE TECHNIQUES	6
039BIPHL2	Biophysics	4
039STBIL2	Biomedical Statistics	2

	COMMUNICATION TECHNIQUES	4
039TETEL1	Work and Expression Techniques	2
039ECPRL3	Ethics and Professional Communication	2

SUGGESTED STUDY PLAN

Semester 1

Code	Course Name	Credits
039ANSAL1	Appendicular Skeleton Anatomy (Upper and Lower Limbs)	6
039ANSXL1	Axial Skeleton Anatomy (Head, Neck and Trunk)	4
039ANASL1	Anatomy of Systems (Splanchnology, Angiology, Sense Organs)	2
039APNML1	Anatomy and Physiology of the Nervous System	4
039CHISL1	Cytology – Histology	4
039MASOL1	First Aid and Handling in Physiotherapy	4
039TETEL1	Work and Expression Techniques	2
	Open Elective Course	4
	Total	30

Semester 2

Code	Course Name	Credits
039TMAPL2	Massage and Palpatory Anatomy Techniques	4
039PHPGL1	General Physio-Pathology	4
039PHARL2	Joint Physiology	2
039AGHYL2	Physical Agents - Hydrotherapy	2
039PHAPL2	Physiology of Physical Activity	2
039BIPHL2	Biophysics	4
039IMMEL2	Medical Imaging	2
039IPPEL1	Introduction to Physiotherapy and Examination Principles	4
039IPREL2	Introduction to Psychology in Rehabilitation	2
039STIPL2	Introduction to Physiotherapy Internship	2
	Institution's Elective Course	2
	Total	30

Semester 3

Code	Course Name	Credits
039EMSPL3	Upper Limb Evaluation	4
039EMINL3	Lower Limb Evaluation	4
039ERFAL3	Evaluation of the Spine and Face	4
039MOACL3	Active Mobilization	2
039MOBPL3	Passive Mobilization	2
039MESPL3	Sports Medicine	2
039TRAUL3	Traumatology	2

039ECPRL3	Ethics and Professional Communication	2
039SAPUL4	Public Health	2
039STBIL2	Biomedical Statistics	2
435LALM2	Arabic Language and Media	2
064VALEL1	USJ Values in Daily Life	2
	Total	30

Semester 4

Code	Course Name	Credits
039ATCIL2	Clinical Workshop 1: ICF Model and Analysis of Scientific Articles	2
039BICIL4	Biomechanics – Kinesiology	4
039EPLTL4	Stretching, Postures and Myofascial Release	2
039OTHOL4	Orthopedics	2
039RHMAL4	Rheumatology	2
039PANML4	Neuromuscular Pathology	4
039RFATL4	Functional Rehabilitation and Technical Aids	4
039STRPL3	Internship in Polyvalent Rehabilitation 1	4
039STIML4	Medical Imaging Internship	2
039STBOL4	Operating Room Internship	2
	Open Elective Course	2
	Total	30

Semester 5

Code	Course Name	Credits
039RERHL5	Rehabilitation in Rheumatology	4
039RTTSL5	Trauma Rehabilitation	6
039PTCVL5	Thoracopulmonary and Cardiovascular Pathology	4
039RENML5	Neuromuscular Rehabilitation	4
039ELROL5	Electrotherapy	2
039STRNL6	Neurology Rehabilitation Internship	4
039SRPOL6	Post-Operative Rehabilitation Internship	2
	Institution's Elective Course	4
	Total	30

Semester 6

Code	Course Name	Credits
039ATTOL6	Clinical Workshop 2: Assessment, Techniques and Intervention Tools in Cardiopulmonary Pathology	2
039APRAL5	Prosthetics and Rehabilitation for Amputees	2
039GREGL6	Gerontology and Rehabilitation in Geriatrics	2
039RTPUL6	Thoracopulmonary Rehabilitation	4
039RECVL6	Cardiovascular Rehabilitation	2

039PPPPL6	Pediatrics and Pediatric Rehabilitation	4
039SBETL6	Wellbeing Through the Ages	2
039BIETL6	Bioethics	2
039PAUGL6	Urogynecological Pathology	2
039MEREL7	Research Methodology	2
039PHAOL3	Pharmacology	2
039SRP2L4	Internship in Polyvalent Rehabilitation 2	4
	Total	30

Semester 7

Code	Course Name	Credits
039ANGLL2	English	4
039DSSPL7	Specific Areas in Physiotherapy	2
039REORL7	Rehabilitation in Orthopedics	4
039ATLCL7	Clinical Workshop 3: Clinical Approach in Neurological and Musculoskeletal Pathology	2
039REEUL7	Rehabilitation in Urology	2
039REGOL7	Rehabilitation in Gyneco-Obstetrics	2
039SRP3L7	Specific Rehabilitation Techniques 3	4
039SRPCL8	Neuro-Pediatric Rehabilitation Internship	4
039SSPLL8	Primary Health Care Internship	2
	Institution's Elective Course	4
	Total	30

Semester 8

Code	Course Name	Credits
039ERPRL8	Ergonomics – Prevention	2
039RESPL7	Socio-Professional Reintegration	2
039DEDRL8	Ethics and Law	2
039ADPAL8	Administration and Professional Access	2
039ECSAL7	Health Economics	2
039RONCL8	Oncology Rehabilitation	2
039VESTL8	Vestibular Rehabilitation	2
039MSPPL8	Professional Situation	2
039MDIPL8	Thesis	8
039STCPL8	Cardiopulmonary Rehabilitation Internship	4
	Institution's Elective Course	2
	Total	30

COURSE DESCRIPTION

039ACNML7	Neuromuscular Activation	2 Cr.
<p>This course on neuromuscular activation focuses on evaluating and treating musculoskeletal pathologies. It involves performing neuromuscular activation in suspension to optimize function and reduce pain. This course equips students with clinical reasoning skills according to specific tests in order to develop individualized treatment plans adapted to each person.</p>		
039ADPAL8	Administration and Professional Access	2 Cr.
<p>In Administration: Administration / Administrative management is a managerial course. It allows 4th year students to acquire an organizational mindset and methods by using the stages of the administrative process to enhance work quality.</p> <p>In Preparation for Professional Access: This course is offered at the end of the physiotherapy course and prepares future physiotherapists for professional life by equipping them with the tools necessary to plan their career.</p>		
039AGHYL2	Physical Agents - Hydrotherapy	2 Cr.
<p>Physical agents: This part covers the neurophysiological bases of the analgesic action of physical agents including electric current, electromagnetic and mechanical vibrations, thermotherapy, cryotherapy, TENS, pulsed electromagnetic waves, ultrasound, soft-laser, shock waves, infrasound, diathermy, short waves and microwaves. Hydrotherapy: This part enables students to master all the basic parameters concerning Hydrotherapy, including the physics of fluids, the layout of pools, the physiological effects of immersion, and the techniques implemented. It focuses on developing rehabilitation sessions in an aquatic environment for numerous pathologies in rheumatology, pediatrics, orthopedics, cardiology, etc. It is also a preferred means of prevention and physical maintenance.</p> <p>Students will be equipped to utilize these treatment options based on scientific data.</p>		
039ANASL1	Anatomy of Systems (Splanchnology, Angiology, Sense Organs)	2 Cr.
<p>This course provides information on the anatomy of various systems to understand their role in some disorders encountered in physiotherapy, especially in respiratory, cardiovascular and other cases.</p>		
039ANSAL1	Appendicular Skeleton Anatomy (Upper and Lower Limbs)	6 Cr.
<p>This course covers the anatomy of the appendicular skeleton, which is fundamental knowledge in physiotherapy and enables a better understanding of the human body's systems. By presenting the normal state of the body, it prepares students to better assimilate pathologies and better analyze the role of physiotherapy in each case.</p>		
039ANSXL1	Axial Skeleton Anatomy (Head, Neck and Trunk)	4 Cr.
<p>This course covers the anatomy of the axial skeleton, which is fundamental knowledge in physiotherapy and enables a better understanding of the human body's systems. By presenting the normal state of the body, it prepares students to better assimilate pathologies and better analyze the role of physiotherapy in each case.</p>		
039APNML1	Anatomy and Physiology of the Nervous System	4 Cr.
<p>This course provides a comprehensive study of the nervous system anatomy, introducing students to the neurological field. It also includes neuromuscular physiology, offering students essential knowledge in neuromuscular physiology to prepare them for understanding the concepts of pathology and dysfunction for good management.</p>		
039ANGLL2	English	4 Cr.
<p>This course aims to cultivate critical thinking, reading, oral communication, and writing proficiency. It focuses on the synthesis of sources to craft a research paper and articulate its arguments in a presentation setting. The course underscores the importance of analytical reading across diverse text genres relevant to various disciplines,</p>		



as well as the synthesis of information from multiple sources to generate written content and effectively deliver it in an oral form.

039APRAL5	Prosthetics and Rehabilitation for Amputees	2 Cr.
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This course prepares students for the clinical management of patients with amputations of both upper and lower limbs.

039ATCIL2	Clinical Workshop 1: ICF Model and Analysis of Scientific Articles	2 Cr.
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This workshop enables students to integrate knowledge from various courses related to patient evaluation in physiotherapy and scientific research.

039ATTOL6	Clinical Workshop 2: Assessment, Techniques and Intervention Tools in Cardiopulmonary Pathology	2 Cr.
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This workshop enables students to integrate knowledge from multiple rehabilitation courses related to the evaluation, development, and application of treatment plans in the cardiopulmonary field.

039ATLCL7	Clinical Workshop 3: Clinical Approach in Neurological and Musculoskeletal Pathology	2 Cr.
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This workshop is offered at the end of the program to consolidate the knowledge, skills, and professional attitudes of future physiotherapists. It complements Clinical Workshops 1 and 2 and emphasizes patient care in areas such as musculoskeletal, neurological, respiratory and cardiovascular, sports and other specific areas.

039BIETL6	Bioethics 2 Cr.
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This course prepares students for their professional life from an ethical point of view. It presents scenarios and encourages them to reflect using science, technology, and ethical principles.

039BICIL4	Biomechanics-Kinesiology	4 Cr.
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This course enables students to understand the functioning of normal and pathological humans by examining tissue constraints and their relationship to pathologies. It also introduces posturology and clinical exploration tools, forming the foundation for assessing and rehabilitating balance disorders.

039BIPHL2	Biophysics	4 Cr.
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This course aims to introduce the physical principles underlying the functioning of the human body.

039CHISL1	Cytology - Histology	4 Cr.
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This course offers analytical information at the cellular and tissue levels, preparing students to understand physiology, pathology and ultimately the effects of therapeutic interventions.

039DEDRL8	Ethics and Law	2 Cr.
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This course prepares future physiotherapists for professional practice in legal and ethical matters. It covers essential topics, including Social Security, to ensure students can apply this knowledge effectively in their professional work.

039DSSPL7	Specific Areas in Physiotherapy	2 Cr.
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This course enables students, based on the information acquired in anatomy, pathology and evaluation techniques, to care for specific cases in rehabilitation including burns, scars, constipation, swallowing disorders, temporomandibular joint disorders, facial paralysis, lymphatic edema and cellulite.

039ECSAL7	Health Economics	2 Cr.
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This course broadens students' understanding of their role in the health system, going beyond rehabilitation alone.



039EPS1L2	Physical Education	2 Cr.
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This course enables students to implement treatment procedures in the sports field and precedes other courses to ensure their smooth integration into this context.

039ELROL5	Electrotherapy	2 Cr.
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This course prepares students for decision-making in electrotherapy and the application of different types of electrical currents used in physiotherapy rehabilitation based on conclusive evidence.

039ERPRL8	Ergonomics - Prevention	2 Cr.
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This course provides students with knowledge of workstation analysis methods for the prevention and analysis of professional risks. It also explains how to adapt the workstation to the worker in both professional and non-professional contexts.

039ECPRL3	Ethics and Professional Communication	2 Cr.
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This course prepares students to integrate into internship sites by teaching them the principles to follow in their relationships with patients, their families, and the healthcare team. It addresses dilemma situations that students may encounter and provides a reflective method based on the standards and principles to be followed.

039EPLTL4	Stretching, Postures and Myofascial Release	2 Cr.
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This course on tension relief offers students techniques related to muscular tension. It is primarily practical and enriches the intervention methods of future physiotherapists. Osteoarticular stretches and postures enable students to differentiate between joint mobility and flexibility. They also allow them to better understand the different methods of ballistic, active, passive, longitudinal, transverse and analytical stretching for the muscles of the upper limb, lower limb and trunk. In addition, students will learn how to stretch shortened and hypertonic musculature and apply osteoarticular, manual, instrumental and self-passive postures to stiffened joints.

039EMINL3	Lower Limb Evaluation	4 Cr.
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This course on the lower quadrant exam offers students the fundamental physical therapy assessment techniques for the lower extremities, organized for practical application with patients. It emphasizes the essential know-how in physiotherapy evaluation, with a significant focus on practice and manual skills. The lower limb muscle assessment equips students with the necessary techniques to assess muscular strength in the lower limb. This practical course supports other courses by supporting the diagnosis and prognosis in physiotherapy, ultimately leading to appropriate treatment.

039EMSPL3	Upper Limb Evaluation	4 Cr.
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The course on upper quadrant exam provides students with basic physical therapy assessment techniques for the upper extremities, organized for practical application with patients. It emphasizes the essential know-how in physiotherapy evaluation, with a significant focus on practice and manual skills. The upper limb muscle assessment provides students with the necessary techniques to evaluate the muscular strength of the upper limb muscles. This practical course complements other courses by supporting the diagnosis and prognosis in physiotherapy, ultimately contributing to effective treatment planning.

039ERFAL3	Evaluation of the Spine and Face	4 Cr.
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The course on spinal examination provides students with fundamental physiotherapy assessment techniques for the spine and pelvis, emphasizing practical skills and manual dexterity. It also teaches techniques for evaluating spinal and facial muscle strength. This practical course complements other courses by supporting diagnosis, prognosis, and effective treatment planning.

039FEPEL2	Fitness and Personal Training	2 Cr.
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This course offers an intensive introduction for students to better understand and potentially practice as a personal trainer.

039GREGL6	Gerontology and Rehabilitation in Geriatrics	2 Cr.
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This course introduces students to gerontology (aging, pathologies and syndromes) as well as the corresponding physiotherapy (assessments and rehabilitation).

039IMMEL2	Medical Imaging	2 Cr.
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This course provides students with information on medical imaging necessary for analyzing anatomical x-rays.

039IPPEL1	Introduction to Physiotherapy and Examination Principles	4 Cr.
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This course provides students with a general overview of their profession for the first time, preparing them to engage actively in their first professional clinical observation internship. It aims to provide them with comprehensive information about the different techniques used in physiotherapy, their role as a physiotherapist within an interdisciplinary team, the targets of their interventions, and their fields of action as well as the methodology of their care. The principles of examination in physiotherapy offer students the approach to physiotherapeutic diagnosis as well as the essential techniques used for this purpose. They also familiarize them with analysis and synthesis in physiotherapy, combining theory with practical demonstrations.

039IPREL2	Introduction to Psychology in Rehabilitation	2 Cr.
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This course covers the fundamental concepts of self-concept and the stages of human development. It also presents different personality profiles, and explores the dynamics of the psychological apparatus (functioning and defense mechanisms). Additionally, the course covers communication processes, focusing on relationships with others, understanding limits, adapting to differences, identifying obstacles to communication, and examining their repercussions on the nature of relationships.

435LALM2	Arabic Language and Media	2 Cr.
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This course provides a dynamic exploration of the Arabic language within its cultural context, emphasizing its application in visual, auditory, and written media, including advertising. It aims to equip students with practical linguistic skills, both oral and written, that are directly applicable and beneficial.

039MESPL3	Sports Medicine	2 Cr.
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This course prepares students for managing sports injuries by covering signs, diagnosis, treatment principles, and the role of physiotherapy in each case.

039MDIPL8	Thesis	8 Cr.
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This collective project is presented by groups of students at the end of their academic program, guided by a tenured instructor. Each group selects its own subject, subject to validation by the administration. All groups must adhere to the schedule set by the administration at the beginning of the academic year. The project concludes with a defense before a jury.

039MEREL7	Research Methodology	2 Cr.
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This course prepares students for the research work required in the course entitled "Thesis". The theoretical content focuses on locating scientific information, analyzing it, planning experiments, and interpreting the results obtained.

039MSPPL8	Professional Situation	2 Cr.
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The course enhances the training of future physiotherapists through simulation, placing them in varied professional scenarios. This approach fosters their analytical and synthetic thinking skills, decision-making abilities, and practical application of their knowledge in a professional context.

039MOACL3	Active Mobilization	2 Cr.
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This course on active mobilization is fundamental in physiotherapy, enabling students to better understand the concepts of muscular work and joint movement, as well as the different methods of strength training.

039MOBPL3	Passive Mobilization	2 Cr.
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This course allows students to utilize passive mobilization techniques in patient care.

039OTHOL4	Orthopedics	2 Cr.
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This course presents students with the various deformations encountered in the human body and the role of physiotherapy in addressing each pathology.

039PANML4	Neuromuscular Pathology	4 Cr.
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This course prepares students for managing neurological disorders by explaining the semiology, pathophysiology, causes, complications, and treatment principles for various conditions in the field of neurology. It equips them with the necessary information to better interpret cases encountered and understand the molecular factors involved in the primary diseases affecting the muscles.

039PTCVL5	Thoracopulmonary and Cardiovascular Pathology	4 Cr.
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This course describes the major restrictive, obstructive and mixed alterations of the respiratory system, as well as the semiology of these diseases. It also covers the monitoring and planning of medical treatment, while encouraging patient involvement in their care plan. This course also emphasizes cardiac and vascular conditions and cardiac surgery.

039PAUGL6	Urogynecological Pathology	2 Cr.
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This course serves as a prerequisite for rehabilitation in urology and gynecology-obstetrics. It provides an essential theoretical foundation for effective reasoning and application in physiotherapy.

039PPPPL6	Pediatrics and Pediatric Rehabilitation	4 Cr.
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This course introduces students to cerebral palsy disorders. It covers normal psychomotor development, the characteristics of the types of infantile cerebral palsy, and the assessments required for physiotherapy and rehabilitation.

039PHAOL3	Pharmacology	2 Cr.
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This course provides pharmacological support for physiotherapists, allowing them to understand the effects of medications in the context of comprehensive treatment.

039PHARL2	Joint Physiology	2 Cr.
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This course provides students with essential information on the normal joint function of the entire body, preparing them for understanding any dysfunctions in pathologies encountered later.

039PHAPL2	Physiology of Physical Activity	2 Cr.
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This course covers all the essential data and information related to physical activity, serving as a fundamental reference for physiotherapists in their patient care. It enables students to grasp the basics of biochemistry applied to physiotherapy and to understand muscular bioenergetics and its consequences on performance development or reduction.

039PHPGL1	General Physio-Pathology	4 Cr.
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This course enables students to interpret the normal functioning of systems and connect them to their pathologies. General pathology presents the modifications occurring in the human organism due to different diseases affecting these systems.

039MASOL1	First Aid and Handling in Physiotherapy	4 Cr.
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This practical course covers specific handling techniques and actions essential for students' professional lives. It includes concepts that will be useful during their internships and in patient care, particularly those of a medical



nature. Basic first aid training introduces students to first aid, it aims to instill good reflexes for responding to victims in a life-threatening emergency.

039RECVL6	Cardiovascular Rehabilitation	2 Cr.
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This course prepares students for managing cardiovascular disorders. It presents the assessments and the treatment techniques, as well as the necessary follow-up in the cardiovascular field.

039REGOL7	Rehabilitation in Gyneco-Obstetrics	2 Cr.
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This course covers the physiology, psychology and effects of prenatal care as well as the effects of pregnancy on the musculoskeletal system. It aims to apply an innovative approach to care for pregnant women, which will be delivered in groups of 8 to 10.

039RONCL8	Oncology Rehabilitation	2 Cr.
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This course introduces students to the role of the physiotherapist in the rehabilitation of breast cancer. It covers various medical treatments and their complications and provides an overview of rehabilitation modalities for patients with lymphoma. Additionally, it offers insights into medical treatment methods, particularly bone marrow transplantation and immune system boosting.

039REORL7	Rehabilitation in Orthopedics	4 Cr.
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This course enhances students' understanding of rehabilitative approaches for spinal pathologies, including scoliosis, kyphosis, and hyperlordosis. It provides tools for differential diagnoses and rehabilitative techniques grounded in evidence-based practice (EBP). Students are also encouraged to analyze relevant literature. Additionally, the course addresses the musculoskeletal system of the limbs, bones, and joints, focusing on pathologies unrelated to trauma.

039RERHL5	Rehabilitation in Rheumatology	4 Cr.
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This course prepares students for the management of rheumatology disorders by providing both diagnostic and therapeutic approaches specific to rheumatic conditions in physiotherapy. It includes theoretical and practical components.

039RTTSL5	Trauma Rehabilitation	6 Cr.
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This course on trauma rehabilitation, including sports rehabilitation, enables students to assess the patient, develop an appropriate treatment plan, and judiciously select and apply treatment techniques. It emphasizes a clear and highly structured rehabilitation approach based on the analysis of joint, muscular, and postural constraints associated with trauma.

039REEUL7	Rehabilitation in Urology	2 Cr.
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This course allows students to treat the main pathologies in urogynecology and postpartum care.

039RFATL4	Functional Rehabilitation and Technical Aids	4 Cr.
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This course enables students to understand the various types of functional aids, focusing on their technical characteristics and usage. The goal is to prepare quality care that compensates for or ensures maximum independence and autonomy during daily activities disrupted by the aftermath of an injury. Additionally, this course equips students with the knowledge and practical skills needed to identify and provide suitable wheelchairs for individuals with reduced mobility through a hands-on learning approach that combines theory and practical labs.

039RENML5	Neuromuscular Rehabilitation	4 Cr.
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This course offers students the management and rehabilitation of neuromuscular disorders, focusing on comprehensive care for patients with disabilities caused by diseases affecting the nervous system (the brain, spinal cord, and nerves). It addresses rehabilitation and reintegration into daily life.



039RTPUL6	Thoracopulmonary Rehabilitation	4 Cr.
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This course provides students with the theoretical foundations necessary for a comprehensive understanding of this treatment and the different patient assessment techniques, equipping them with multiple therapeutic practices.

039VESTL8	Vestibular Rehabilitation	2 Cr.
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This course focuses on vestibular rehabilitation, utilizing exercises and activities to reduce dizziness and promote patient independence. It enables 4th year students to conduct a comprehensive assessment of vestibular pathologies and manage patients with balance disorders.

039RESPL7	Socio-Professional Reintegration	2 Cr.
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This course combines theoretical lessons and group work. It enables students to revisit the care of individuals with disabilities, understanding the various stakeholders involved and the different stages in the process that individuals with disabilities undergo to achieve social and professional reintegration, particularly in the Lebanese context. The course emphasizes the impact of society and surrounding individuals on the reintegration of people with disabilities.

039RELAL7	Neuromuscular Relaxation	2 Cr.
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This course introduces the different relaxation methods. Students will discover the psychophysiological effects on tone, breathing, level of alertness, modification of states, consciousness, body image, and body schema.

039RHMAL4	Rheumatology	2 Cr.
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This course prepares students for the management of musculoskeletal cases by presenting disorders in the field of rheumatology and emphasizing the etiologies, signs and appropriate treatments.

039SBETL6	Wellbeing Through the Ages	2 Cr.
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This course emphasizes the role of the physical therapist in the prevention, treatment, and management of chronic diseases. It enables 4th year students to adapt their professional practice according to each individual's specific health status and needs, aiming to enhance physical well-being and quality of life while ensuring the maintenance of this well-being in patients with chronic diseases.

Note: This course addresses chronic illnesses not covered by other courses and is linked to the Rehabilitation of General Pathology.

039SAPUL4	Public Health	2 Cr.
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This course enables students to analyze a public health situation or problem from epidemiological, psychosocial, health, organizational, educational, ethical and economic perspectives. It also allows them to identify and highlight objective and subjective needs for intervention and training.

039STBOL4	Operating Room Internship	2 Cr.
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This internship connects theoretical knowledge in anatomy, physiology and pathology, to surgical procedures facilitating patient care by future physiotherapists.

039STCPL8	Cardiopulmonary Rehabilitation Internship	4 Cr.
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This internship enables students to care for patients in the cardiopulmonary field under the supervision of internship supervisors. Students will rotate between several departments: the cardiac intensive care unit, the cardiology department, the exercise rehabilitation department and the respiratory therapy or rehabilitation department.

039SRSTM2	Rehabilitation Course for Athletes in the Field	2 Cr.
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This course enables students to support sports teams by conducting examinations and providing necessary treatment following sports injuries.

039STRHM2	Hydrotherapy Rehabilitation Internship	2 Cr.
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This internship enables students to explore hydrotherapy treatment for patients.

039STRNL6	Neurology Rehabilitation Internship	4 Cr.
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This internship offers students the opportunity to provide comprehensive care for patients in the field of neurology under the supervision of internship supervisors.

039SRPCL8	Neuro-Pediatric Rehabilitation Internship	4 Cr.
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This internship provides students with hands-on pediatric care, performing assessments and specific rehabilitation techniques adapted to different clinical conditions while developing collaboration within the interdisciplinary team.

039STRPL3	Internship in Polyvalent Rehabilitation 1	4 Cr.
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This internship serves as the first approach to professional practice in physiotherapy, during which students will apply data collection, evaluation, and treatment techniques in a context closely related to their future profession.

039SRP2L4	Internship in Polyvalent Rehabilitation 2	4 Cr.
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This internship offers students the opportunity to participate in patient care under the supervision of internship supervisors in the fields of traumatology, rheumatology, neurology and orthopedics.

039SRP3L7	Internship in Polyvalent Rehabilitation 3	4 Cr.
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This internship offers students the opportunity to fully take charge of patients under the supervision of internship supervisors in the fields of traumatology, rheumatology and orthopedics.

039SRPOL6	Post-Operative Rehabilitation Internship	2 Cr.
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This internship offers students the opportunity to care for hospitalized patients under the supervision of internship supervisors in various fields.

039SSPLL8	Primary Health Care Internship	2 Cr.
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This internship allows students to engage in community interventions by providing preventive services to the public while caring for patients under the supervision of public health supervisors. It promotes health and helps prevent diseases such as obesity, diabetes, and cardiovascular and respiratory conditions.

039SRSCLE6	Internship in Sports Rehabilitation in the Sports Field	2 Cr.
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This internship enables students to work with sports teams, performing assessments and providing care for sports-related injuries.

039STNEL8	Internship in Neuromuscular Activation	2 Cr.
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This internship offers students the opportunity to develop clinical reasoning based on neuromuscular activation through specific tests, enabling them to create individualized treatment plans tailored to each patient.

039STIML4	Medical Imaging Internship	2 Cr.
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This internship offers students the opportunity to observe the process of obtaining medical imaging and to learn how to interpret the resulting images.

039STIPL2	Introduction to Physiotherapy Internship	2 Cr.
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This internship serves as an initial introduction to the professional field of physiotherapy, provided in hospitals or rehabilitation centers. During this internship, students will apply their theoretical knowledge in practical settings, with a particular focus on mastering fundamental techniques, such as conducting patient consultations.

039STBIL2	Biomedical Statistics	2 Cr.
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This course familiarizes future physiotherapists with the methods and concepts of descriptive and analytical statistics. It encourages them to adopt these techniques in their practice and scientific studies, enabling them to effectively utilize these concepts in seminars and oral presentations.

039TMAPL2	Massage and Palpatory Anatomy Techniques	4 Cr.
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This course on basic technical massage serves as an introduction to physiotherapy techniques in the first year, helping students develop and refine their manual skills. Along with other techniques, it forms an essential foundation for the profession. The palpatory anatomy component links theoretical anatomical knowledge with practical application, allowing students to assess their palpation skills using anatomical landmarks and individual morphotypes.

039TETEL1	Work and Expression Techniques	2 Cr.
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This course prepares students for their courses, internships and professional life by providing them with the necessary information related to communication.

039DLRPL5	Specific Techniques 1: Lymphatic Drainage and Proprioceptive Rehabilitation	2 Cr.
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This course allows students to acquire skills in proprioceptive rehabilitation for patients and to become familiar with manual lymphatic drainage techniques.

039TGFNL5	Specific Techniques 2: Global Postural Techniques and Neuromuscular Facilitation Techniques	2 Cr.
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This course offers students specific physiotherapy techniques used in different conditions. It emphasizes two practical methods which have concepts and principles different from others.

039TMVDL8	Specific Techniques 3: Spinal Mechanical and Neuro-Dynamic Technique	2 Cr.
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This theoretical and practical course prepares students for spinal mechanical therapy and neurodynamic techniques of the neuromeningeal system.

039TRAUL3	Traumatology	2 Cr.
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This course presents limb trauma, covering diagnosis and treatment. It highlights the role of physiotherapy in managing these pathologies.

039TGL1L5	Global Method 1: Proprioceptive Neuromuscular Facilitation (PNF)	2 Cr.
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This course enables students to acquire both the theoretical foundations and practical skills of Proprioceptive Neuromuscular Facilitation (PNF) — a therapeutic approach used to enhance strength, coordination, functional mobility, and motor control.

The method is based on the use of diagonal and spiral movement patterns, proprioceptive stimulation, and specific techniques such as contract-relax, hold-relax, and rhythmic initiation to facilitate neuromuscular responses.

The course covers the application of PNF in both neurological and musculoskeletal conditions, with a particular emphasis on the functional integration of motor patterns into daily activities and movement performance.


039TGL2L5	Global Method 2: Global Postural Reeducation and Muscle Chains	2 Cr.
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This course introduces students to global postural reeducation approaches based on the analysis of tonic imbalances and muscle chains.

It presents an integrated view of the human body, where functional disorders are addressed through postural reorganization, breathing techniques, and the rebalancing of myofascial tensions.

039TGL2L8	Global Method 3: Mézières Method and Global Postural Rebalancing	2 Cr.
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This course introduces students to the Mézières Method, a global postural rehabilitation approach based on the



principle that muscular retractions and imbalances cause postural deformities and functional limitations. The *Mézières* approach focuses on restoring proper alignment and balance through global muscle stretching, respiratory integration, and conscious motor control.

064VALEL1	USJ Values in Daily Life	2 Cr.
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This course raises students' awareness of the core values of the Saint Joseph University of Beirut (USJ) and encourages their integration into personal life, relationships, and professional conduct. It fosters critical reflection on how the USJ Charter can guide behavior and decision-making in today's world, helps students recognize global issues and ethical responsibilities, and equips them to contribute positively to society.