



1. General information

Course: ACTIVITIES OF DAILY LIVING AND PERSONAL INDEPENDENCE
Type: CORE COURSE
Degree: 382 - UNDERGRADUATE DEGREE IN OCCUPATIONAL THERAPY
Center: 16 - FACULTY OF SCIENCES OF THE HEALTH OF TALAVERA
Year: 2

Main language: Spanish

Use of additional languages:

Web site:

Code: 64318

ECTS credits: 6

Academic year: 2021-22

Group(s): 60

Duration: First semester

Second language:

English Friendly: Y

Bilingual: N

Lecturer: ABEL TOLEDANO GONZALEZ - Group(s): 60

Building/Office	Department	Phone number	Email	Office hours
1.17	PSICOLOGÍA	5624	Abel.Toledano@uclm.es	

2. Pre-Requisites

Not established

3. Justification in the curriculum, relation to other subjects and to the profession

The subject Activities of daily life and personal autonomy has as a general objective that students acquire the knowledge, skills and attitudes necessary to adequately develop clinical interventions and occupational therapy treatments, when the patient's occupational problem or dysfunction manifests itself and is found in the performance or participation in the different occupational and daily life activities, through their evaluation, training or intervention.

4. Degree competences achieved in this course

Course competences

Code	Description
A04	Recognise their own limitations and the need to maintain and update their professional competence, with particular emphasis on autonomous learning of new knowledge and skills and on motivation for quality.
B07	Understand and recognize the interrelationship between the concepts of well-being, health, meaningful occupation, dignity and participation.
B08	Understand and recognize the importance of contextual factors as determinants of occupational dysfunction.
B10	Carry out the assessment and adaptation of the environment to promote participation in meaningful occupations in the different facets of daily life, personal autonomy and quality of life.
C13	Determine occupational dysfunctions and needs, define planning and establish Occupational Therapy intervention, utilizing the therapeutic potential of meaningful occupation, through the use of activity, with the consent and participation of individuals and populations.
C17	Understand the rationale for action, indications and effectiveness of Occupational Therapy interventions, based on available scientific evidence.
CB01	Prove that they have acquired and understood knowledge in a subject area that derives from general secondary education and is appropriate to a level based on advanced course books, and includes updated and cutting-edge aspects of their field of knowledge.
CB02	Apply their knowledge to their job or vocation in a professional manner and show that they have the competences to construct and justify arguments and solve problems within their subject area.
CB03	Be able to gather and process relevant information (usually within their subject area) to give opinions, including reflections on relevant social, scientific or ethical issues.
CB04	Transmit information, ideas, problems and solutions for both specialist and non-specialist audiences.
CB05	Have developed the necessary learning abilities to carry on studying autonomously
D18	Recognize the influence of individual, religious, cultural and customary differences on occupation and participation.
E22	Actively listen, obtain and synthesize relevant information about the occupational problems and demands of individuals and populations and understand the content of this information.
E23	Establish assertive interpersonal communication with all relevant interlocutors during the Occupational Therapy process.
E24	Develop and write Occupational Therapy histories and other records in an understandable form for both specialized and non-specialized audiences.
G02	Understand the different theories of functioning, personal autonomy, functional adaptation of the environment, as well as the intervention models in Occupational Therapy, transferring them to daily professional practice.
G03	Promote health and prevent disability, acquire or recover the occupational performance necessary at each stage of the life cycle to achieve independence and autonomy in the areas of occupational performance of those people who suffer situations of risk, organic deficit, limitation in activity and participation and / or social marginalization.
G04	Perform an adequate treatment, respecting the different phases and basic principles, through therapeutic occupations and based on related knowledge such as the science of occupation, in the different areas of occupational performance, analyzing the performance components and the different existing environments and contexts.
G07	To know, understand and apply the fundamentals of personal autonomy in activities of daily living with and without adaptations and/or technical aids in the life cycle.
G20	Adapt and apply the Occupational Therapy process in close collaboration with individuals and the population, building capacity to intervene in advocacy, prevention and protection projects with a community and public health focus.
G21	Appreciate and respect individual differences, cultural beliefs, customs and their influence on occupation and participation.

5. Objectives or Learning Outcomes

Course learning outcomes

Description

6. Units / Contents

Unit 1: Conceptual Approach to the Activities of Daily Living and Personal Autonomy. Classification.

Unit 2: Assessment of activities of daily living

Unit 3: Activities of daily living in childhood and adolescence

Unit 4: Activities of Daily Living in Mental Health

Unit 5: Activities of daily living in rheumatological and traumatological conditions

Unit 6: Activities of daily living in people with acquired brain damage and neurodegenerative diseases

Unit 7: Activities of daily living in older people

7. Activities, Units/Modules and Methodology

Training Activity	Methodology	Related Competences (only degrees before RD 822/2021)	ECTS	Hours	As	Com	Description
Class Attendance (theory) [ON-SITE]	Lectures	A04 B07 B08 B10 C13 C17 CB01 CB02 CB03 CB04 CB05 D18 E22 E23 E24 G02 G03 G04 G07 G20 G21	1.12	28	Y	N	
Class Attendance (practical) [ON-SITE]	Project/Problem Based Learning (PBL)	A04 B07 B08 B10 C13 C17 CB01 CB02 CB03 CB04 CB05 D18 E22 E23 E24 G02 G03 G04 G07 G20 G21	1.2	30	Y	N	
Project or Topic Presentations [ON-SITE]	Group Work	A04 B07 B08 B10 C13 C17 CB01 CB02 CB03 CB04 CB05 D18 E22 E23 E24 G02 G03 G04 G07 G20 G21	3.6	90	Y	N	
Final test [ON-SITE]	Assessment tests	A04 B07 B08 B10 C13 C17 CB01 CB02 CB03 CB04 CB05 D18 E22 E23 E24 G02 G03 G04 G07 G20 G21	0.08	2	Y	Y	
Total:			6	150			
Total credits of in-class work: 6			Total class time hours: 150				
Total credits of out of class work: 0			Total hours of out of class work: 0				

As: Assessable training activity

Com: Training activity of compulsory overcoming (It will be essential to overcome both continuous and non-continuous assessment).

8. Evaluation criteria and Grading System

Evaluation System	Continuous assessment	Non- continuous evaluation*	Description
Final test	40.00%	100.00%	Final Exam
Projects	30.00%	0.00%	Practical activities
Laboratory sessions	30.00%	0.00%	Other
Total:	100.00%	100.00%	

According to art. 4 of the UCLM Student Evaluation Regulations, it must be provided to students who cannot regularly attend face-to-face training activities the passing of the subject, having the right (art. 12.2) to be globally graded, in 2 annual calls per subject, an ordinary and an extraordinary one (evaluating 100% of the competences).

Evaluation criteria for the final exam:

Continuous assessment:

In order to pass the course, the final test and the resolution of cases or problems must be passed with at least 5 each.

Non-continuous evaluation:

Evaluation criteria not defined

Specifications for the resit/retake exam:

In order to pass the course, the final test and the resolution of cases or problems must be passed with at least 5 each.

Specifications for the second resit / retake exam:

No evaluation criteria have been introduced

9. Assignments, course calendar and important dates

Not related to the syllabus/contents

Hours	hours
Unit 1 (de 7): Conceptual Approach to the Activities of Daily Living and Personal Autonomy. Classification.	

Activities		Hours
Class Attendance (theory) [PRESENCIAL][Lectures]		4
Class Attendance (practical) [PRESENCIAL][Project/Problem Based Learning (PBL)]		4.2
Project or Topic Presentations [PRESENCIAL][Group Work]		12
Group 60:		
Initial date: 13-09-2021		End date: 24-09-2021
Unit 2 (de 7): Assessment of activities of daily living		
Activities		Hours
Class Attendance (theory) [PRESENCIAL][Lectures]		4
Class Attendance (practical) [PRESENCIAL][Project/Problem Based Learning (PBL)]		4.2
Project or Topic Presentations [PRESENCIAL][Group Work]		12
Group 60:		
Initial date: 27-09-2021		End date: 08-10-2021
Unit 3 (de 7): Activities of daily living in childhood and adolescence		
Activities		Hours
Class Attendance (theory) [PRESENCIAL][Lectures]		4
Class Attendance (practical) [PRESENCIAL][Project/Problem Based Learning (PBL)]		4.2
Project or Topic Presentations [PRESENCIAL][Group Work]		12
Group 60:		
Initial date: 11-10-2021		End date: 22-10-2021
Unit 4 (de 7): Activities of Daily Living in Mental Health		
Activities		Hours
Class Attendance (theory) [PRESENCIAL][Lectures]		4
Class Attendance (practical) [PRESENCIAL][Project/Problem Based Learning (PBL)]		4.2
Project or Topic Presentations [PRESENCIAL][Group Work]		13
Group 60:		
Initial date: 25-10-2021		End date: 12-11-2021
Unit 5 (de 7): Activities of daily living in rheumatological and traumatological conditions		
Activities		Hours
Class Attendance (theory) [PRESENCIAL][Lectures]		4
Class Attendance (practical) [PRESENCIAL][Project/Problem Based Learning (PBL)]		4.3
Project or Topic Presentations [PRESENCIAL][Group Work]		12
Group 60:		
Initial date: 15-11-2021		End date: 26-11-2021
Unit 6 (de 7): Activities of daily living in people with acquired brain damage and neurodegenerative diseases		
Activities		Hours
Class Attendance (theory) [PRESENCIAL][Lectures]		4
Class Attendance (practical) [PRESENCIAL][Project/Problem Based Learning (PBL)]		4.2
Project or Topic Presentations [PRESENCIAL][Group Work]		12
Group 60:		
Initial date: 29-11-2021		End date: 10-12-2021
Unit 7 (de 7): Activities of daily living in older people		
Activities		Hours
Class Attendance (theory) [PRESENCIAL][Lectures]		4
Class Attendance (practical) [PRESENCIAL][Project/Problem Based Learning (PBL)]		4.7
Project or Topic Presentations [PRESENCIAL][Group Work]		17
Final test [PRESENCIAL][Assessment tests]		2
Group 60:		
Initial date: 13-12-2021		End date: 20-12-2021
Global activity		
Activities		hours
Final test [PRESENCIAL][Assessment tests]		2
Project or Topic Presentations [PRESENCIAL][Group Work]		90
Class Attendance (theory) [PRESENCIAL][Lectures]		28
Class Attendance (practical) [PRESENCIAL][Project/Problem Based Learning (PBL)]		30
		Total horas: 150

10. Bibliography and Sources						
Author(s)	Title/Link	Publishing house	Citv	ISBN	Year	Description
Moruno Miralles, Pedro	Actividades de la vida diaria /	Masson,		978-84-458-1561-8	2008	
	AJOT : The American journal of occupational therapy [The American Occupational Therapy Association,		0272-9490	1978	
	Canadian journal of occupational therapy = Revue canadienne	The Canadian Association of Occupational Therapist Canadian Association of		0008-4174	1933	
	Enabling Occupation II : Advancing					

M. Carmen Rodríguez, Abel Toledano y Uxia Bermúdez	an Occupational Therapy V	Occupational Therapists,	978-1-895437-76-8	2007
	Terapia ocupacional aplicada al daño cerebral adquirido /	Editorial Médica Panamericana,	978-84-9835-202-3	2010
	Terapia ocupacional en salud mental /	Elsevier Masson,	978-84-458-2101-5	2012
	Terapia Ocupacional en Geriatría	Síntesis		2019