

TEACHER'S GUIDE SHEET

MODULE	Biomechanics of Gait
DIDACTIC UNIT	C - How do I assess the gait, C.1 - What methods may I apply to assess gait appropriately?
TITLE OF ACTIVITY/CLASS	Gait evaluation: eye-naked observation, standardized scales, questionnaires and clinical tests, and instrumental techniques of assessment.
OBJECTIVES	<ol style="list-style-type: none"> 1. To know the methods available for evaluating human gait. 2. To define the general procedure used in each methods and tools of human gait assessment. 3. To review the main results from the different methods and tools of human gait assessment.
LENGTH	1h50' - PowerPoint presentation of the contents + Reinforcement activity
PREVIOUS KNOWLEDGE REQUIRED	In order to fully understand the concepts explained during class, the student should previously revise the biomechanics of the gait cycle and and its phases and milestones.
TECHNICAL NEEDS	PC with software for the power point presentation. Projector and screen to show contents appropriately to all the students during class. You can give the activity material to students online or print.
RESOURCES NEEDED	PowerPoint file of class material presentation and the reinforcement activity <i>pdf</i> file, print or online version. Each student need one copy.



DESCRIPTION OF THE CLASS/ACTIVITY

A power point will be used by the professor in order to guide the class:

PART 1: TEACHER'S THEORETICAL EXPLANATION

Firstly, the reason for the importance of conducting a gait analysis in patients with gait disturbances by the teacher will be explained, later the basic process that an evaluator must integrate to carry out the analysis and know the objectives of the same.

next, the teacher will explain to the class the existence of qualitative and quantitative evaluation methods. it will begin with the methods of clinical observation, its benefits and remembering what is the correct way to interpret the cycle of human walking, with its divisions into periods, phases and tasks. the teacher will highlight the use of checklists and video recording and how they are fundamental tools to optimize evaluation methods. this part will end with an explanation of the results to be obtained from clinical observation.

then the teacher will follow the section of the clinical evaluation with standardized tests, where he/she will highlight the benefits of these methods over those that require specialized instruments. it will also emphasize the difference of the clinical observational method versus the standardized methods of the observational scales. subsequently, the teacher will present the two types of standardized scales that are used, mentioning some very specific examples and their uses. this part will end by highlighting that there are semi-subjective tests and why they have important information biases.

the teacher will continue his explanation presenting the method of clinical evaluation with objective instruments. it should stop to carefully mention the benefits of this methodology in relation to statistical studies, how objective your results are and the partial or advanced specialization required to use these instruments. the teacher will finish the topic explaining to the students the different classifications of this type of methodologies, emphasizing the classification according to their results.

PART 2: PRACTICAL ACTIVITIES FOR STUDENTS

The students will find two types of activity that must be completed: the first activity is 12 questions of the type completing the sentence where only one proposal, of the 3 proposed per sentence, is correct to make sense of it; the second activity consists of 3 diagrams focused on the types of methodology that have been explained in the unit. The student's objective will have to complete these diagrams meaningfully, guided by the clues provided at the end of the same.

TASKS TO BE DEVELOPED BY THE STUDENT OUTSIDE OF CLASS (if required)

In order to fully understand the concepts explained during class, the student should afterward resolve the 'Reinforcement activity' pdf.

EVALUATION METHODOLOGY

The teacher can use the evaluation method that she/he considers. The correct answers for the Reinforcement activity are **in the teacher's reinforcement activity solutions document.**

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