



University of Pretoria Yearbook 2025

Physiotherapy 101 (FTP 101)

Qualification Undergraduate

Faculty [Faculty of Health Sciences](#)

Module credits 10.00

NQF Level 05

Programmes [Bachelor of Physiotherapy \[BPhysio\]](#)

Contact time 3 lectures per week, 4 practicals per week, 1 web-based period per week

Language of tuition Module is presented in English

Department Physiotherapy

Period of presentation Year

Module content

General introduction and orientation to physiotherapy, PBL skills and evidence-based approach to physiotherapy. Introduction to biomechanics, terminology, passive movements, measurement of the range of movement, clinical visits and patient-handling.

Kinetics: axis, planes, levers, effect of gravity on the human body.

Applied electro biomechanics: introduction to radiation, high-frequency, ultrasound, shortwave diathermy, laser, ultraviolet, infrared radiation.

Introduction to manual therapy: general introduction to massaging, evaluation of soft tissue, types applications and effects of massage techniques on various types of tissue, modalities application to the human body.

Human movement science: introduction to biomechanics, study of human movement, functional evaluation, muscle-testing, types of muscular activity, kinematics: analysis of movement, motor control and posture, characteristics of normal movement. Applied electrobiomechanics, introduction to medium frequency currents, Russian currents. Pulmonology.

Note: Physiotherapy is presented in a problem-based and integrated manner.

General Academic Regulations and Student Rules

The [General Academic Regulations \(G Regulations\)](#) and [General Student Rules](#) apply to all faculties and registered students of the University, as well as all prospective students who have accepted an offer of a place at the University of Pretoria. On registering for a programme, the student bears the responsibility of ensuring that they familiarise themselves with the General Academic Regulations applicable to their registration, as well as the relevant faculty-specific and programme-specific regulations and information as stipulated in the relevant yearbook. Ignorance concerning these regulations will not be accepted as an excuse for any transgression, or basis for an exception to any of the aforementioned regulations. The G Regulations are updated annually and may be amended after the publication of this information.



Regulations, degree requirements and information

The faculty regulations, information on and requirements for the degrees published here are subject to change and may be amended after the publication of this information.

University of Pretoria Programme Qualification Mix (PQM) verification project

The higher education sector has undergone an extensive alignment to the Higher Education Qualification Sub-Framework (HEQSF) across all institutions in South Africa. In order to comply with the HEQSF, all institutions are legally required to participate in a national initiative led by regulatory bodies such as the Department of Higher Education and Training (DHET), the Council on Higher Education (CHE), and the South African Qualifications Authority (SAQA). The University of Pretoria is presently engaged in an ongoing effort to align its qualifications and programmes with the HEQSF criteria. Current and prospective students should take note that changes to UP qualification and programme names, may occur as a result of the HEQSF initiative. Students are advised to contact their faculties if they have any questions.