



Information about the subject

Degree: Bachelor of Science Degree in Occupational Therapy

Faculty: Faculty of Psychology

Code: 1122001 **Name:** Activities of daily living

Credits: 6,00 **ECTS Year:** 2 **Semester:** 1

Module: OCCUPATIONAL THERAPY, PERSONAL AUTONOMY AND INDEPENDENCE

Subject Matter: General Occupational Therapy **Type:** Compulsory

Field of knowledge: Health Sciences

Department: Occupational Sciences

Type of learning: Classroom-based learning

Languages in which it is taught: Spanish

Lecturer/-s:

1122	<u>María De Nazaret Hernández Espeso</u> (Responsible Lecturer)	nazaret.hernandez@ucv.es
------	--	--------------------------



Module organization

OCCUPATIONAL THERAPY, PERSONAL AUTONOMY AND INDEPENDENCE

Subject Matter	ECTS	Subject	ECTS	Year/semester
General Occupational Therapy	18,00	Activities of daily living	6,00	2/1
		History and Theory of Occupational Therapy	6,00	1/1
		Occupational science and Occupational Therapy fundamentals	6,00	1/2
Areas of Intervention in Occupational Therapy	42,00	Community Occupational Therapy	6,00	3/1
		Functional rehabilitation in physical disability	6,00	3/1
		Occupational Therapy in early care and the educational field	6,00	2/2
		Occupational Therapy in Geriatrics	6,00	4/2
		Occupational Therapy in intellectual disability	6,00	2/2
		Occupational Therapy in Mental Health	6,00	3/2
		Occupational Therapy in physical and sensory disabilities	6,00	3/2



Recommended knowledge

It is recommended to have passed the subjects History and General Theory of Occupational Therapy and Occupational Sciences and fundamentals in Occupational Therapy.

Learning outcomes

At the end of the course, the student must be able to prove that he/she has acquired the following learning outcomes:

- R1 To know and integrate the key concepts about activity and occupation, and the meaning of daily life activities in the functioning of the human being.
- R2 To acquire the skills necessary for the analysis, adaptation and grading of daily living activities.
- R3 To learn how to analyze any activity in order to know its demands and the requirements to execute it, as well as the potential that it has for its use as a therapeutic agent.
- R4 To know the basic principles of evaluation, planning and implementation of an intervention in activities of daily life from Occupational Therapy.



Competencies

Depending on the learning outcomes, the competencies to which the subject contributes are (please score from 1 to 4, being 4 the highest score):

GENERAL		Weighting			
		1	2	3	4
CG5	To know, value critically and use the sources of information in order to obtain, organise, interpret and communicate the scientific, sanitary, socio-sanitary and information, preserving the confidentiality of the data.		X		
CG7	To understand and recognise the interrelationship between the concepts of wellbeing, health, significant occupation, dignity and participation.				X
CG10	To evaluate and adapt the environment to promote participation in meaningful occupations -in the different facets of every day life-, personal autonomy and the quality of life				X
CG11	To understand and develop, with the relevant information, the historical application of Occupational Therapy				X
CG12	To develop an evaluation of occupational functioning that is adequate for the needs of individuals and populations.			X	
CG13	To determine occupational dysfunctions and needs, to define the planning and to establish Occupational Therapy interventions, using the therapeutic potential of meaningful occupation through the use of activities, with the consent and the participation of individuals and populations.				X
SPECIFIC		Weighting			
		1	2	3	4
CE34	To carry out 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 activity, analysing the activity components and the different existing environments and contexts.			X	



Course guide

Year 2025/2026

1122001 - Activities of daily living

CE37	To know, understand and apply the fundamentals of personal autonomy in everyday life activities with and without adaptations and/or technical help in the life cycle.			X
CE38	To analyse occupation in Occupational Therapy and its therapeutic use in the cycle of life.			X
CE44	To explain the relationship between occupational activity , health and wellbeing.			X
CE49	To use the therapeutic potential of occupation through the analysis and synthesis of occupation and activity.			X



Assessment system for the acquisition of competencies and grading system

Assessed learning outcomes	Granted percentage	Assessment method
	50,00%	Written tests: Summative and final theoretical-practical test (open questions, objective test questions, truncated test, etc.) Preparation of field work memoranda, practical case solutions, single cases.
	30,00%	Presentation of group and individual works.
	20,00%	Individual monitoring of attendance at face-to-face sessions and active participation in theoretical and practical classes, seminars and tutorials.

Observations

ATTENDANCE AND ASSESSMENT MODALITIES

Students may choose between two assessment modalities for this course: **continuous assessment** and **single assessment**.

Continuous Assessment:

To be eligible for this modality, students must attend at least **70% of face-to-face classes**. As described in the course syllabus, the structure of continuous assessment will be as follows:

- **Theoretical exam:** 50%
- **Autonomous work activities and oral presentation of assignments:** 30%
- **Active participation in class:** 20%

Single Assessment:

This modality is intended for students who, for justified and documented reasons, are unable to meet the minimum attendance requirement. Requests must be submitted in writing to the course instructor, who will respond using the same method.

Please note: single assessment does **not** consist of a single test, but rather of a set of tests and/or activities necessary to demonstrate and assess all the learning outcomes defined for the course.

The structure of the single assessment for this course will be:

- **Theoretical exam:** 50%
- **Practical exam and additional assignments:** 50% This component will include a practical test (oral or written), and, if necessary, additional autonomous activities to demonstrate learning outcomes not assessable through exams.

In both modalities, **students must pass all components** in order to pass the course.



CRITERIA FOR AWARDING DISTINCTION (MATRÍCULA DE HONOR)

The distinction "Matrícula de Honor" may be awarded to students who obtain a final grade equal to or higher than **9.5**, and who demonstrate excellence in practical activities, as well as consistent attendance and active participation in class. According to university regulations, only **one distinction may be awarded for every 20 students**, not for a fraction of 20, except in groups with fewer than 20 students, where one distinction may still be granted.

GUIDELINES FOR THE USE OF ARTIFICIAL INTELLIGENCE (AI)

The responsible use of artificial intelligence (AI) tools can enrich the learning process, provided that the principles of academic integrity, individual authorship, and critical thinking are respected.

AI use IS PERMITTED in this course for:

- Generating outlines, summaries, concept maps, or study schedules
- Formulating questions to review concepts or practice interactively
- Grammar, spelling, and style revision
- Suggestions for improving academic writing or adapting it to required formats
- Obtaining simplified explanations of complex concepts
- Receiving suggestions for sources (to be verified by the student)
- Other activities proposed by the course instructor, provided their use is **explicitly authorized**

AI use IS NOT PERMITTED in this course for:

- Submitting as one's own any text, exercise, presentation, or assignment generated (wholly or partially) by AI without explicit mention or prior authorization from the instructor
- Copying and pasting AI-generated responses in exams, practical tasks, or graded activities
- Using AI to complete assignments that must be original and reflect the student's individual understanding
- Including fabricated, inaccurate, or unverified references generated by AI
- Creating images, graphs, data, or videos that are false or altered without clearly indicating that they were AI-generated

Students must **explicitly declare any use of AI tools** in submitted work (e.g., in a footnote or appendix), stating the name of the tool, the purpose of its use, and the specific parts of the work where it was applied.

In accordance with the regulations governing the assessment and grading of subjects in force at UCV, the distinction of "Matrícula de Honor" (Honours with Distinction) may be awarded to students who have achieved a grade of 9.0 or higher. The number of "Matrículas de Honor" (Honours with Distinction) may not exceed five percent of the students enrolled in the group for the corresponding academic year, unless the number of enrolled students is fewer than 20, in which case a single "Matrícula de Honor" (Honours with Distinction) may be awarded.

Exceptionally, these distinctions may be assigned globally across different groups of the same subject. Nevertheless, the total number of distinctions awarded will be the same as if they were assigned by group, but they may be distributed among all students based on a common criterion, regardless of the group to which they belong. The criteria for awarding "Matrícula de Honor" (Honours with Distinction) will be determined according to the guidelines stipulated by the professor responsible for the course, as detailed in the "Observations" section of the evaluation system in the course guide.



Learning activities

The following methodologies will be used so that the students can achieve the learning outcomes of the subject:

- M1 ON-CAMPUS CLASS
- M2 PRACTICAL CLASSES
- M3 SEMINAR
- M4 GROUP PRESENTATION OF PAPERS
- M5 OFFICE ASSISTANCE
- M6 ASSESSMENT
- M7 GROUP WORK
- M8 INDEPENDENT WORK



IN-CLASS LEARNING ACTIVITIES

	LEARNING OUTCOMES	HOURS	ECTS
ON-CAMPUS CLASS: Teacher presentation of contents, analysis of competences, explanation and in-class display of skills, abilities and knowledge. M1	R1, R2, R3, R4	29,00	1,16
PRACTICAL CLASSES: Group work sessions supervised by the professor. Case studies, diagnostic tests, problems, field work, computer room, visits, data search, libraries, on-line, Internet, etc. Meaningful construction of knowledge through interaction and student activity. M2	R1, R2, R3, R4	10,00	0,40
SEMINAR: Supervised monographic sessions with shared participation M3	R4	7,50	0,30
GROUP PRESENTATION OF PAPERS: Application of multidisciplinary knowledge M4	R2, R3	7,50	0,30
OFFICE ASSISTANCE: Personalized and small group attention. Period of instruction and /or orientation carried out by a tutor to review and discuss materials and topics presented in classes, seminars, eadings, papers, etc. M5	R2, R3	3,00	0,12
ASSESSMENT: Set of oral and/or written tests used in initial, formative or additive assessment of the student M6	R1, R2, R3, R4	3,00	0,12
TOTAL		60,00	2,40



LEARNING ACTIVITIES OF AUTONOMOUS WORK

	LEARNING OUTCOMES	HOURS	ECTS
GROUP WORK: Group preparation of readings, essays, problem solving, seminars, papers, reports, etc. to be presented or submitted in theoretical lectures, practical and/or small-group tutoring sessions. Work done on the university e-learning platform (www.plataforma.ucv.es) M7	R2, R3, R4	40,00	1,60
INDEPENDENT WORK: Student study: Group Individual preparation of readings, essays, problem solving, seminars, papers, reports, etc. to be presented or submitted in theoretical lectures, practical and/or small-group tutoring sessions. Work done on the university e-learning platform (www.plataforma.ucv.es) M8	R1, R2, R3, R4	50,00	2,00
TOTAL		90,00	3,60



Description of the contents

Description of the necessary contents to acquire the learning outcomes.

Theoretical contents:

Content block	Contents
Block 1. Activity and Occupation	·The fundamentals of activity and occupation.
Block 2. Activities of Daily Living	·Definition, classification and meaning of activities of daily living.
Block 3. Activity analysis.	·Analysis, adaptation and graduation of the activity in Occupational Therapy.
Block 4. Evaluation in Activities of Daily Living	·Occupational assessment ·Phases of Occupational Evaluation ·Evaluation Instruments and Information Sources in Occupational Therapy ·Occupational diagnosis
Block 5. Intervention in Activities of Daily Living	·Planning of interventions in the activities of daily life from Occupational Therapy. ·Phases of the intervention



Temporary organization of learning:

Block of content	Number of sessions	Hours
Block 1. Activity and Occupation	6,00	12,00
Block 2. Activities of Daily Living	6,00	12,00
Block 3. Activity analysis.	6,00	12,00
Block 4. Evaluation in Activities of Daily Living	6,00	12,00
Block 5. Intervention in Activities of Daily Living	6,00	12,00



References

- Crepeau, E. B., Willard, H. S., Cohn, E. S., Spackman, C. S., & Schell, B. A. B. (2005). *Terapia ocupacional*. Ed. Médica Panamericana.
- Kielhofner, G. (2006). *Fundamentos Conceptuales de Terapia Ocupacional*. Ed. Médica Panamericana.
- Kielhofner, G. (2004). *Terapia ocupacional: modelo de ocupación humana: teoría y aplicación*. Ed. Médica Panamericana.
- Laborda, A., Emeric, D., Cantero, P. (2024) *Ética en Terapia Ocupacional*. Editorial Síntesis
- Margallo, P., Sanjuán, M., Jonquera, S., & Navas, I. (2005). *El análisis y la adaptación de la actividad en Terapia Ocupacional*. Aytona Editores.
- Rodríguez, M., Navas, R, Garrido, JA. (2018). *Terapia Ocupacional en las actividades de la vida diaria*. Editorial Síntesis.
- Romero, D., & Ocupacional, M. M. P. T. (2003). *Teoría y técnicas*. Editorial Masson.
- Romero, D. M. (2007). *Actividades de la vida diaria*. Editorial Masson.
- Souto, A.I. (2019). *Terapia Ocupacional y promoción de la salud*. Editorial Síntesis.
- Ytarte, R.M. (2017). *Ocio, bienestar y calidad de vida en terapia ocupacional*. Editorial Síntesis.

Interesting articles:

- Duque, J. A. V. (2011). Actividades y terapia asistida por animales desde la mirada del Modelo de Ocupación Humana. *Revista Chilena de Terapia Ocupacional*, 11(1), Pág-29.
- Hunter, E. G., & Kearney, P. J. (2018). Occupational therapy interventions to improve performance of instrumental activities of daily living for community-dwelling older adults: A systematic review. *American Journal of Occupational Therapy*, 72(4), 7204190050p1-7204190050p9.
- Gutiérrez, L. M., Videira, S. D., Fernández-Conde, M. G., & Martín, A. V. (2010). Una experiencia de Terapia Ocupacional con pacientes oncológicos. *Revista electrónica de terapia ocupacional Galicia, TOG*, (11), 2.
- Legg, L., Drummond, A., & Langhorne, P. (2006). Occupational therapy for patients with problems in activities of daily living after stroke. *Cochrane Database of Systematic Reviews*, (4).
- Naranjo, A. A., & González, J. G. (2011). ¿Qué avd son las más afectadas en pacientes con fibromialgia?. Visión de la enfermedad y abordaje integral apoyado en terapia ocupacional. *Revista electrónica de terapia ocupacional Galicia, TOG*, (14), 8.
- Picallo Amigo, P. (2013). Percepción del desempeño ocupacional en el área de actividades de la vida diaria de usuarios de pisos protegidos con trastorno mental grave: la intervención del terapeuta ocupacional.
- Tafur, M. L. C. (2018). Instrumentalización de las Actividades de la Vida Diaria (AVD), una revisión desde Terapia Ocupacional. *Revista Chilena de Terapia Ocupacional*, 18(1), 27-34.