

1.1 Příloha I: Dotazník pro specialisty (garant, vyučující)

Dear Mr./Mrs./Miss,

Thank you so much for participating in international survey about Physiotherapy student's quality of life and quality of education.. Please write or mark the appropriate responses that most closely match the situation at your university. There are possibilities to mark more than one answer to some questions (=multiple choices). Please answer every question.

If you have any question or need help, please do not hesitate to contact us on email (michaelaschramlova@gmail.com).

1.1.1 General Information

- Name of the university
 - Charles University
 - Savonia University of Applied Science
 - University of Milan
- The levels of physiotherapy education provided by your university?
 - Bc. (B.Sc.)
 - Mgr. (M.Sc)
 - Ph.D.
 - other – specify:
- Number of semesters in bachelor's deg.
- Number of semesters in master's deg.
- Number of students in each grade – please specify each grade separately.

Year	Number
<i>e.g. 1st B.Sc</i>	<i>130</i>

- Number of all students at the faculty.
- Number of all students at the university.
- Type of physiotherapy study. How many students are in each type?
 - present - number
 - distance - number
 - combine – number

- Study programs at the **faculty** – General Medicine, Occupational Therapy, Nutrition Therapy, Nursing, Dentistry, Midwifery, Dental Hygiene (etc.)
- Do students have to pay some fees?
 - NO x YES– how much approximately for one year?
- Is there any chance getting the scholarship?
 - No x YES - what type, in what occasion?
- What educational system do you use – does your students complete the “blocks” (e.g. one whole week studying mobilization – theoretical + practical, another week studying paediatrics theoretical + practical ect.), or do they have school schedule from Monday to Friday (Monday – mobilization + paediatrics, Tuesday clinical practise at hospital /specialized institution, Wednesday – chemistry + biology ect.)
- Do your students have to complete compulsory summer traineeship (in hospital, senior homes, rehabilitation clinic etc.)? Where? How many hours per each year?
- Is there the possibility for individual study plan for e.g. students with small children(s), personal problem, financial problem etc.?
- How many ECTS (European Credit Transfer System) have student complete to successfully finished the physiotherapy education?
- What are the requests for admission test for students?
 - *E.g. in Czech Republic we have to write test from biology and physics (both 30 questions), after this, there is 2nd round = verbal interview with three-member commission (doctors, physiotherapist etc.) where we have text, which we have to read, understand and memorise the information in it and then commission ask questions and debate at the topic, we read 20 min before.*
- How many students are approximately accepted into the 1st year? How many of them usually finished and successfully graduate?
- How many students (%) usually continue with the master’s degree after finishing the bachelor’s?
- How many students (%) usually continue with studying General Medicine/Nursing etc.? (Different health degree?)

1.1.2 Study Equipment, Theoretical and Practical Courses

- Do you have library with special department for physiotherapy studies? With special literature specially for physiotherapy?
- Is at your university place, where students can come a study, study room etc., can they be here overnight?
- Do students have access to some computers, with printer?
- Do students have study materials online (e.g. in some application, school web ect.)?
- How many classrooms with special equipment used for courses do you have (rehabilitation table, overball, thera-bands etc.)?
- Can students use them in their free time (e.g. for revision and learning practical skills)?

Theoretical courses

- What is the average duration of 1 theoretical seminar (e.g. in Czech Republic we have 90 min for 1 seminar)?
- Do your students go to autopsy room when they study anatomy?

Practical courses

- Are students divided into groups for practical training?
- What is the max number of people in one group?
- What is the average duration of 1 theoretical seminar (e.g. In Czech Republic we have 90 min for 1 seminar)?
- Where do your students complete compulsory practical lessons? (e.g. only hospitals, specialized clinics, rehabilitation institutions etc.
- Could you please write down **all subjects**, total amount of hours spends by this subject in theoretical and practical seminars (separately), shortly describe what is this subject about and number of ECTS in each year of physiotherapy bachelor's degree program?

Year	Subject	Number of Theoretical seminars	Number of Practical seminars	ECTS	Short description of the subject (what students learn here)

1.1.3 Special Physiotherapy Methods and Approaches

- Do you teach following methods and approaches at your university? If yes do you teach them only theoretically or both (theoretically and practically)?

Methods, approaches	We do not teach this method / approach	Theoretically	Theoretically and practically
Aerobic training			
Anthropometry and goniometry			
Aquatherapy			
Balance platform (proprioceptive posture therapy – 3D Spacecurl, POSTUROMED, vibration platform)			
Biofeedback (electrical stimulation, pulse magnetic field therapy, TENS)			
Bobath concept			
Breathing exercise – respiratory rehabilitation			
Brunnstorm approach			
Brunkow			
Brügger concept			
Constraint-induced movement therapy (CIMT)			
Crotherapy			
Dual tasking (require perform wo tasks simultaneously)			
Feldenkrais method			
Heat therapy			
Hippotherapy			

Kinesio-taping			
Nordic walking			
Manual therapy (joint mobilization/manipulation, kneading, manipulation of muscles)			
Music therapy			
Muscle stretching (improve muscle's elasticity)			
Muscle strengthening (e.g. Resistant exercise to induce muscular contraction to build strength)			
Motor learning program			
Oriental methods (Acupuncture)			
Pain therapy			
PNF – proprioceptive neuromuscular facilitation			
Perfetti approach			
Pelvic floor exercise			
Proprioneuro-physiology methods (Post-isometric relaxation PIR)			
Relaxation techniques			
Robotic-assisted rehabilitation therapy (e.g. Lokomat, Armeo)			
Sensory stimulation			
Simple devices (overball, mirror, thera-band, splints, standing frame)			
Transfer (training of transfers and ambulatory abilities)			
Vojta reflex locomotion			

1.1.4 SARS-CoV-2 Situation

- To what extent, compared to the normal situation, do you currently have theoretical seminars, when we talk about special physiotherapy seminars?
 - 1 – 100% of the seminars, which we should be in person, are now online
 - 2 - 75% of the seminars are now online
 - 3 – 50% of the seminars are now online
 - 4 –25% of the seminars are now online
 - 5 – 0% of the seminars are now online
- To what extent, compared to the normal situation, do you have practical seminars (at faculty classroom or hospital), when we talk about special physiotherapy seminars?
 - 1 – 100% of the seminars are in person
 - 2 – 75% of the seminars are in person
 - 3 – 50% of seminars are in person
 - 4- 25% of seminars are in person
 - 5 – 0% of seminars are in person
- Can your students stay at dormitories during the lockdown?
 - NO
 - YES - Are there some rules?
- Can your students visit the library during the lockdown?
 - No x YES - Are there any limitations/rules?
- Can your students use the study rooms during the lockdown?
 - NO x YES - Are there some rules?
- Do you think that this situation will reflect on final exams results of your students?
 - NO x YES – how?

1.2 Příloha II: Dotazník pro studenty

Dear student,

Thank you so much for participating in the questionnaire survey focused on the comparison of physiotherapy student's quality of life and quality of education at three European universities. (Charles University, Prague; Savonia University of Applied Science, Kuopio; University of Milan, Milan).

The questionnaire is anonymous. It consists of 3 major domains (general information; quality of life; quality of education). The Quality-of-Life domain is divided into 5 subcategories (a stress; a sleep quality; a nutritional habits; a physical activity; a paid job) and there are special questions for the COVID-19 situation. The quality of education domain is divided into 2 subcategories (satisfaction with study program; knowledge of the physiotherapy methods) and has special questions for the COVID-19 situation.

It takes about 60-90 minutes to fill in the questionnaire. Please mark the appropriate responds just by yourself. If you are not sure which answer to select, please choose the answer that comes closest of describing you. There are possibilities to mark more than one answer to some questions (=multiple choice), please, mark every question describing your opinion. Please answer every compulsory question. At the end of each domain, there is a question, where you can describe thought that come to your mind while filling out the specific domain, these questions are optional, but may be used for improving the questionnaire!

If you need help, please contact us by email (michaelaschramlova@gmail.com).

Thank you so much for your cooperation!

You are participating in an international study conducted by the Charles University, Prague; Savonia University of Applied Science, Kuopio; University of Milan, Milan.

This statement describes how your personal information will be processed in the study. [PRIVACY STATEMENT.docx \(sharepoint.com\)](#)

Link for online version: <https://www.surveio.com/survey/d/X3P3B4X5F2D1B4S4F>

1.2.1 Part 1. - General Information

- Gender
 - Woman
 - Man
 - Different: specify
- Age? – specify
- Weight? – specify in kg
- Height?– specify in cm
- University?
 - Charles University
 - Savonia University of Applied Sciences
 - University of Milan
- Current semester of study?
 - 1st, 2nd, 3rd, 4th, 5th, 6th, 7th
 - Different: specify
- Do you study in your native language? If NO – what is the study language and what is your native language?
 - YES, NO + My native and my study language is
- In your opinion, how good are you in English?
 - 1 -Very poor, 2 - poor, 3 -neither poor nor good, 4 -good, 5 -very good

1.2.2 Part 2. – Quality of Life

1.2.2.1 Stress and Mental Health

- How would you rate your quality of life?
 - 1 - Very poor, 2 - poor, 3 - neither poor nor good, 4 - good, 5 - very good
- How satisfied are you with your mental health?
 - 1 - Very dissatisfied, 2 - dissatisfied, 3 - neither dissatisfied nor satisfied, 4 - satisfied, 5 - very satisfied
- How much do you enjoy life?
 - 1 - Not at all, 2 - a little, 3 - a moderate amount, 4 - very much, 5 - an extreme amount
- To what extent do you feel your life to be meaningful?

- 1 - Not at all, 2 - a little, 3 - a moderate amount, 4 - very much, 5 - an extreme amount
- How satisfied are you with yourself?
 - 1 - Very dissatisfied, 2 - dissatisfied, 3 - neither dissatisfied nor satisfied, 4 - satisfied, 5 - very satisfied
- To what extent do you feel you have control over your life?
 - 1 - not at all, 2 - a little, 3 - a moderate amount, 4 - very much, 5 - an extreme amount
- To what extent has each of the following been a source of stress to you in the last year (which of these following topics were stressful for you)?
 - Chose 1 - If you do not consider it stressful at all, 2 – a little stressful, 3 - a moderately stressful, 4 – a very stressful, 5 an extremely stressful
 - ACADEMIC ISSUE
 - Amount of materials to be learnt in the course
 - Time demands of the course
 - Intellectual demands of the course
 - Overall level of stress
 - Uncertainty about the expectations in the course
 - Physical demands of the course
 - PERSONAL ISSUES
 - Stressful events (not at school but in your personal life)
 - Mood
 - Relation with family members
 - Relation with partner (wife/husband, girl/boyfriend...)
 - Physical health
 - Psychological health
 - Loneliness
 - FINANCIAL ISSUES
 - Personal finances (food, personal things, clothes...)
 - Cost of books/equipment
 - Transportation
 - Accommodation
 - Do you have university fee?

- NO x YES
- How stressful do you consider the university fee?

Same scale as above

SARS-CoV-2 Situation

- Do you feel more stressful about your future due the pandemic? (e.g. about finishing the education, future job, salary etc.)
 - 1 I feel MUCH LESS stressful
 - 2 - I feel LESS stressful
 - 3 –I feel SAME as before lockdown
 - 4 – I feel MORE stressful
 - 5 –I feel MUCH MORE stressful
- Do you now have different expenses than before the pandemic? (transportation, rent, food, fees, etc.)
 - 1- I have MUCH LOWER expenses
 - 2 –I have LOWER expenses
 - 3 –I have SAME expenses as before lockdown
 - 4 –I have HIGHER expenses
 - 5 –I have MUCH HIGHER expenses
- Do you think that COVID-19 situation has impact on your mental health?
 - YES x NO
- How would you describe your mental health during the lockdown?
 - 1 – MUCH WORSE than before lockdown
 - 2 – WORSE than before lockdown
 - 3 - SAME as before lockdown
 - 4 – BETTER than before lockdown
 - 5 - MUCH BETTER than before lockdown
- How often do you feel depressed/ that your life lost its meaning/ that you do not enjoy your life and you are losing control over your life?
 - 1 – not at all
 - 2 – sometimes
 - 3 – often
 - 4 – usually
 - 5 – all the time

- Have you started feeling this way during the pandemic? YES x NO (I felt this way before the pandemic, and now it only continues)
- Do you have any reminder to this part? Anything that was not mentioned above, but you think is important? (*OPTIONAL QUESTION*)

1.2.2.2 Sleep Quality

Questions related to **usual** sleep habits.

- When have you usually gone to bed at night?
 - Before 9 pm, 9pm-10pm, 10-11pm, 11-12pm, 12pm-1am, 1-2am, after 2am
- How long (in minutes) has it usually takes you to fall asleep each night?
 - Less than 5min, 5-15min, 15-30min, 30min-1hour, more than 1 hour
- When have you usually gotten up in the morning?
 - Before 5am, 5-6am, 6-7am, 7-8am, 8-9am, 9-10am, after 10 am
- How many hours of actual sleep do you get at night? (may be different from hours, you spend in bed)
 - Less than 4 hours, 4-5hours, 5-6 hours, 6-7 hours, 7-8 hours, 8-9 hours, more than 9 hours
- How would you rate your sleep quality overall?
 - 1 - very poor, 2 - poor, 3 - neither poor nor good, 4 - good, 5 - very good
- How often have you had trouble sleeping because you... (1 -not during the past month, 2 - less than once a week, 3 - once or twice a week, 4 - three to five times a week, 5 – six to seven times a week)
 - Cannot get to sleep within 30 min
 - Wake up in the middle of the night or early morning and have difficulty to falling asleep
 - Must get up to use the bathroom
 - Cannot breathe comfortably
 - Caught or snore loudly
 - Feel too cold
 - Feel too hot
 - Had bad dreams
 - Have pain

- How often have you take the medicine (prescribed / “over the counter” to help you sleep?
 - 1 - no during the past month, 2 - less than once a week, 3 - once or twice a week, 4 - three to five times a week, 5 – six to seven times a week
- How often have you had trouble staying awake while driving, eating meals, engaging the social activity?
 - 1 - not during the past month, 2 - less than once a week, 3 - once or twice a week, 4 - three to five times a week, 5 – six to seven times a week
- Which of the following thing **most often** cause you stay up late into the night?
 - Studying/course assignments
 - Socializing with friends/family
 - Internet – social media
 - Video games/tv/computer playing
 - Different: specify
- How often did you feel tired during the past month?
 - 1 - not during the past month, 2 - less than once a week, 3 - once or twice a week, 4 -three to five times a week, 5 – six to seven times a week
- After sleep deprivation (condition of not having enough sleep) do you experience some physical issue(s) – like headache, nausea, vomiting etc.? *You can choose more options.*
 - Headache
 - Nausea
 - Vomiting
 - Tiredness – exhaustion
 - Deteriorated attention
 - Different: specify
 - I do not suffer from sleep deprivation
- How well are you able to concentrate?
 - 1 – not at all (have huge problem with concentration)
 - 2 – difficult concentration
 - 3 – neither difficult concentration nor good concentration
 - 4 – good concentration (sometimes have difficulty to concentrate)
 - 5 – great concentration, do not have any problem with concentration

- Do you feel you have enough energy for everyday life?
 - 1 – not at all
 - 2 – usually I am without energy
 - 3 – sometimes I feel without energy, sometimes I feel full of energy (50% of time I am full of energy, 50% I am without energy)
 - 4 – usually I feel full of energy
 - 5 – 100% of time I feel full of energy

SARS-CoV-2 Situation

- How would you describe your sleeping quality in association with the “pandemic period”? Nowadays, my sleep quality is:
 - 1 – MUCH WORSE than before lockdown
 - 2 – WORSE than before lockdown
 - 3 – SAME as usual
 - 4 – BETTER than before lockdown
 - 5 – MUCH BETTER than before lockdown
- Can you see any differences in your sleep rhythm and quality, concentrations etc. due to the “pandemic period”? (*MAY CHOOSE MORE OPTIONS*).
 - I see no difference(s)
 - Currently, I go to bed later than I used to
 - Currently, I get up later than I used to
 - Currently, I go to bed sooner than I used to
 - Currently, I get up sooner than I used to
 - I sleep MORE hours than I used to
 - I sleep LESS hours than I used to
 - It took me MORE time to fall asleep than it used to
 - It took me LESS time to fall asleep than it used to
 - I have MORE bad dreams than I used to
 - I have LESS bad dreams than I used to
 - I must take medicine to fall asleep/ I must take MORE medicine to fall asleep than I used to
 - I do not have to take medicine to fall asleep (I used to take it) / I take LESS medicine to fall asleep than I used to

- I experienced conditions like headaches, nausea, vomiting, tiredness/exhaustion, deteriorated attention MORE often than I used to
- I experienced conditions like headaches, nausea, vomiting, tiredness/exhaustion, deteriorated attention LESS often than I used to
- I feel MORE tired than I used to
- I feel LESS tired than I used to
- I am not able to concentrate as well as I used to
- I am able to concentrate SAME or BETTER than I used to
- I do not have enough energy for everyday than I used to
- I have SAME or MORE energy for everyday life than I used to
- Problem or difference you can now see when we talk about sleeping but was not mentioned above: specify please
- Do you have any remarks for the part “Sleep quality”? Anything that was not mentioned above, but you think is important? (*OPTIONAL QUESTION*)

1.2.2.3 Physical Activity

- During the typical 7-Day period...
 - ...how many days, do you exercise **for total of at least 30 minutes**? This includes things like jogging, playing soccer, doing fitness, dance, home exercising, walking, lifting heavy things etc. (every exercise you can imagine) **Do not count housework, walking from place to place.**
 - 0 days, 1 day, 2 days, 3 days, 4 days, 5 days, 6 days, 7 days
 - ...how many times per week, do you do workouts to build and strengthen you muscles (at least for 10 minutes)?
 - 1 - 0 times, 2 - once a week, 3 -twice a week, 4 -3 times a week, 5 - 4 times a week, 6 -5 times a week, 7 -6 times a week, 8 -7 times a week, 9 - different: specify
 - On average, how long does your exercise take?
 - 1 – 10 - 30 minutes
 - 2 – 30 – 60 minutes
 - 3 – 60-90 minutes
 - 4 – more than 90 minutes
 - 5 – different: specify

- ... how many times per week, do you do **vigorous exercise** (take hard physical effort and make you breathe much harder than normal, at least for 10 minutes) like running, jogging, hockey, football, soccer, basketball, rugby, beach volleyball, squash, basketball, judo, karate, tae kwon do, jujitsu, jumping rope, jumping jacks, rowing (or rowing machine, stair climber machine), roller skating, swimming, long distance bicycling (more than 10 mph or on steep uphill terrain or stationary bicycling – using vigorous effort), boxing, aerobic walking and racewalking (5mph or faster), mountain climbing, roller skating or in-line skating, aerobic dancing (or different dance type but energetically!), tennis – singles, skiing (vigorous effort) ?
 - 1 - 0 times, 2 - once a week, 3 -twice a week, 4 -3 times a week, 5 -4 times a week, 6 -5 times a week, 7 -6 times a week, 8 -7 times a week, 9 - different: specify
 - On average, how long does your one exercise take?
 - 1 – 10 - 30 minutes
 - 2 – 30 – 60 minutes
 - 3 – 60 – 90 minutes
 - 4 – more than 90 minutes
 - 5 – different: specify
- how many times per week, do you do **moderate exercise** (take moderate physical effort and make you breathe somewhat harder than normal, at least for 10 minutes) like fast walking (3-4,5 mph), easy hiking, roller skating (or in-line skating) at a leisurely pace, easy bicycling (5-9 mph, or stationary bicycling using moderate effort), easy swimming, water aerobics, yoga, ballroom dancing (or ballet, or different dance style with no maximal effort), alpine skiing, table tennis, tennis – doubles, golf, frisbee playing, archery, badminton, skiing with light effort, sailing, horseback riding etc.?
 - 1 - 0 times, 2 - once a week, 3 -twice a week, 4 -3 times a week, 5 -4 times a week, 6 -5 times a week, 7 -6 times a week, 8 -7 times a week, 9 – different: specify
 - On average, how long does your one exercise take?
 - 1 – 10 -30 minutes

- 2 – 30 – 60 minutes
 - 3 – 60 – 90 minutes
 - 4 – more than 90 minutes
 - 5 – different: specify
- ...how many times per week do you do **meditation/relaxing exercise?**
(yoga, tai-chi etc., at least for 10 minutes)
 - 1 - 0 times, 2 - once a week, 3 -twice a week, 4 -3 times a week, 5 -4 times a week, 6 -5 times a week, 7 -6 times a week, 8 -7 times a week, 9 – different: specify
 - On average, how long does your one exercise take?
 - 1 – 10 - 30 minutes
 - 2 – 30 – 60 minutes
 - 3 – 60 – 90 minutes
 - 4 – more than 90 minutes
 - 5 – different: specify
- ...how many **DAYS per week** do you spend walking for at **least 10 minutes?** This includes at work and at home, walking to travel from place to place, and any other walking that you have done solely for recreation, sport, exercise, or leisure.
 - 1 - 0 days, 2 – 1 day a week, 3 -2 days a week, 4 -3 daysmes a week, 5 -4 days a week, 6 -5 days a week, 7 -6 days a week, 8 -7 days a week, 9 – different: specify
 - On average, how much time do you usually spend walking **in total on one of those day?**
 - 1 – 30 minutes or less
 - 2 – 30 – 60 minutes
 - 3 – 60 – 90 minutes
 - 4 – more than 90 minutes
 - 5 – different: specify
- How often do you make small changes on purpose to be more active? (Things like walking instead of driving, getting of the bus one stop early, doing a few minutes of exercise, or moving around instead of sitting while watching TV.
 - 1 – never, 2 – sometimes, 3 – often, 4 – usually, 5 – always

- How would you describe your physical activity in comparison with your peers?
 - 1 – my physical activity is MUCH WORSE in comparison with my peers
 - 2 – my physical activity is WORSE in comparison with my peers
 - 3 – my physical activity is SAME in comparison with my peers
 - 4 – my physical activity is BETTER in comparison with my peers
 - 5 – my physical activity is MUCH BETTER in comparison with my peers
- On average, how many steps do you take **NOW** per day?
 - 1 - 0 – 2 500 steps per day
 - 2 – 2 500 – 5 000 steps per day
 - 3 – 5 000 – 7 000 steps per day
 - 4 – 7 000 – 10 000 steps per day
 - 5 – 10 000 – 15 000 steps per day
 - 6 – more than 15 000 steps per day
 - 7 – I don't know
- How did the number of steps change during the “lockdown period”?
 - 1- NOW I take LESS steps than before lockdown
 - 2 – NOW I take SAME steps than before lockdowns
 - 3 – NOW I take MORE steps than before lockdown
 - 4 – I don't know

SARS-CoV-2 Situation

- Do you think that COVID-19 situation has impact on your physical health/physical activity?
 - YES x NO
- How would you describe your physical activity during the “lockdown period”?
 - 1 – MUCH WORSE than before lockdown
 - 2 – WORSE than before lockdown
 - 3 - SAME as before lockdown
 - 4 – BETTER than before lockdown
 - 5 - MUCH BETTER than before lockdown
- Do you think that physical activity affects your mental health?
 - YES x NO
- Do you have any remarks for the part “Physical activity”? (*OPTIONAL QUESTION*)

1.2.2.4 Paid Job

- Do you currently have a paid job? Please *write NO if you currently volunteer in hospital and get paid for it.* - YES x NO
- How many hours per week you spend in your employment?
 - 1 – 5 hours or less per week
 - 2 - 6 to 10 hours per week
 - 3 – 11 – 15 hours per week
 - 4 - 16-20 hours per week
 - 5 – 21-25 hours per week
 - 6 - more than 26 hours per week: specify please
- Do you work in you study field? Wellness, fitness, trainer, retirement homes, hospitals (no as volunteer!) – YES x NO

SARS-CoV-2 Situation

- Did you lose your job because of “lockdown period”? YES x NO
- Do you volunteer? In hospital, retirement home, helping with children or elderly people etc...? Do you volunteer because of pandemic?
 - YES X NO
- Why have you decided to become a volunteer?
 - I volunteer normally, pandemic situation has no impact on my doing
 - I decided to help because of the pandemic – NO government regulation, faculty order etc.
 - I decided to become a volunteer because I lost my previous job
 - I must volunteer because of the government regulation, faculty order etc.
 - As a volunteer are you getting paid?
 - YES x NO
- Do you have any remarks for the part “Paid job”? Anything that was not mentioned above, but you think is important? (*OPTIONAL QUESTION*)

1.2.2.5 Nutritional Habits

- Do you drink at least 1.5 litres of drinks (water, tea, mineral water etc.) every day (Monday to Sunday)?

- How many portion(s) of fruit do you approximately consume **per day**? (1 portion = 1x banana or 1x small apple or 1x cup of 100% fruit juice or 8 strawberries or 3 plums)
 - 1 – I do not eat fruit at all
 - 2 – 1 portion per day
 - 3 – 2 portions per day
 - 4 – 3 portions per day
 - 5 – 4 or more portions per day
- How many portion(s) of vegetables do you approximately consume **per day**? (1 portions = 1x cup of 100% vegetable juice, 1x big tomato, 2x carrots, 1x pepper, 2x cups of fresh leaf vegetables (e.g. spinach, lamb's lettuce etc.))
 - 1 – I do not eat vegetable at all
 - 2 – 1 portion per day
 - 3 – 2 portions per day
 - 4 – 3 portions per day
 - 5 – 4 or more portions per day
- How many portions of fresh, frozen, or canned fish do you consume **per week**? (1 portion = approximately 150g, normal can have usually 120-150g)
 - 1 – I do not eat fish at all
 - 2 – 1 portion per week
 - 3 – 2 portions per week
 - 4 – 3 portions per week
 - 5 – 4 or more portions per week
- How many portions of legumes (peas, lentils, bean) do you consume **per week**?
 - 1 – I do not eat legumes at all
 - 2 – 1 portion per week
 - 3 – 2 portions per week
 - 4 – 3 portions per week
 - 5 – 4 or more portions per week
- How many times per week do you consume one or more cans (or glasses) of sweetened beverages?
 - 1 – I do not drink sweetened beverages at all
 - 2 -1-2 drinks per week

- 3 - 3-4 drinks per week,
- 4 – 5-6 drinks per week
- 5- 7 drinks per week (everyday)
- 6 - several times a day = more than 7 times per week
- What oil or fat-based ingredient do you use **most often on a weekly basis** to prepare your meals? Choose the one you use the most often
 - olive oil, rapeseed oil or canola oil (řepkový), sunflower oil, coconut oil, ghee, butter, I do not use oil/fat-based ingredient, other – specify)
- Do you consume at least 30g of nuts (walnut, hazelnut, almond, peanut) or seeds (sunflower seed, linen seed...) or one-half of an avocado every day (Monday to Sunday)? (1-2 table-spoon(s) of sunflower seeds/day)
 - YES x NO
- What type of meat do you consume **most often** on a weekly basis?
 - chicken, red meat -pork, beef, fish, venison (deer, muflon etc.), not eating meat at all, different: specify
- How many times **per week** do you consume processed food (fried foods, sausage, packaged meals ready to heat and serve)?
 - 1 – I do not eat processed food at all
 - 2 – once a week
 - 3 – twice a week
 - 4 – 3 times per week
 - 5 – 4 times per week
 - 6 – 5 or more times per week
- How many times **per week do** you consume not prepared food at home?
 - 1 – I eat only food which I prepared at home
 - 2 – once a week
 - 3 – twice a week
 - 4 – 3 times per week
 - 5 – 4 times per week
 - 6 – 5 or more times per week
- How many times **per week** do you consume dessert food (e.g. cookies, crème caramel (flan), rice pudding, cakes) or sweets (candy, popsicles, chocolates)?
 - 1 – I do not eat dessert food or sweets at all

- 2 – once a week
- 3 – twice a week
- 4 – 3 times per week
- 5 – 4 times per week
- 6 – 5 or more times per week
- How much alcohol do you consume approximately **per week**? (1 – standard alcoholic drink = 1 dcl of wine, 0,3 l of beer, 40 ml of distilled (e.g. vodka, rum, whiskey), 1,5 dcl of champagne)
 - 1 – I do not drink alcohol at all
 - 2 – 1-2 standard alcoholic drinks per week
 - 3 – 3-4 standard alcoholic drinks per week
 - 4 – 5-6 standard alcoholic drinks per week
 - 5 – 7 standard alcoholic drinks per week (everyday)
 - 6 – several drinks a day (more than 7 per week)
- What type of alcohol do you consume the most often?
 - beer, red wine, white wine, champagne, distilled (vodka, rum, whiskey), different: specify
- Do you see any difference in frequency of drinking alcoholic drinks during the pandemic?
 - 1 – NOW I drink alcohol MUCH LESS than before lockdown
 - 2 - NOW I drink LESS than before lockdown
 - 3 – NOW I drink same as before lockdown
 - 4 - NOW I drink more than before lockdown
 - 5 - NOW I drink MUCH MORE than before lockdown
- How many cups of coffee/ or different caffeine sources (e.g.maté) do you approximately consume **per day**?
 - 1 - I do not drink coffee/different caffeine sources at all
 - 2 – 1 cup per day
 - 3 - 2 cups per day
 - 4 – 3 cups per day
 - 5 - 4 cups per day
 - 6 - 5 or more cups per day
 - 7 – different: specify (e.g. I drink 1 cup of coffee per week/month etc)

- Do you see any difference in frequency of drinking coffee/ caffeine sources during the pandemic?
 - 1 – NOW I drink coffee/caffein MUCH LESS than before lockdown
 - 2 - NOW I drink coffee/caffein LESS than before lockdown
 - 3 – NOW I drink coffee/caffein same as before lockdown
 - 4 - NOW I drink more than before lockdown
 - 5 - NOW I drink MUCH MORE than before lockdown
- Are you currently following a diet?
 - NO
 - Yes, as advised by my doctor for medical reason – **specify, how long**
 - Yes, it was my personal decision – **specify, how long**
- Do you currently smoke cigarettes, pipe, or other tobacco?
 - YES x NO
- Did you start smoking during the pandemic?
 - YES x NO
- Do you see any difference in frequency of smoking during the pandemic?
 - 1 - NOW I smoke MUCH LESS than before lockdown
 - 2 - NOW I smoke LESS than before lockdown
 - 3 - NOW I smoke SAME as before lockdown
 - 4 - NOW I smoke MORE than before lockdown
 - 5 - NOW I smoke MUCH MORE than before lockdown
- Did you smoke cigarettes, pipe, or other tobacco?
 - NO
 - YES – please specify how long it has been since you have stopped smoking
- How would you describe your nutritional habits?
 - 1 -very poor, 2- poor, 3 -neither poor nor good, 4- good, 5 - very good
- How would you describe your health status in comparison to your peers?
 - 1 – MUCH WORSE than others
 - 2 - WORSE than others
 - 3 – SAME as others
 - 4 - BETTER than others
 - 5 – MUCH BETTER than others

- Do you think nutritional education is important for you as future physiotherapist?
 - YES x NO
- How satisfied are you with the level of education (quality and quantity) in nutrition at your university?
 - 1 - very dissatisfied
 - 2 - dissatisfied
 - 3 - neither dissatisfied nor satisfied
 - 4 - satisfied
 - 5 - very satisfied
- Please specify, where you see the biggest issues and what should be improved?
 - The quantity is insufficient
 - The quality is insufficient
 - Different: specify

SARS-CoV-2 Situation

- How would you describe the amount of food you consumed during the “lockdown period”?
 - 1 – NOW I eat MUCH LESS than before lockdown
 - 2 – NOW I eat LESS than before lockdown
 - 3 – NOW I eat SAME as before lockdown
 - 4 – NOW I eat MORE than before lockdown
 - 5 – NOW I eat MUCH MORE than before lockdown
- How would you describe the quality of food you consumes during the “lockdown period”?
 - 1 – NOW I eat MUCH LOWER quality food than before lockdown
 - 2 – NOW I eat LOWER quality food than before lockdown
 - 3 – NOW I eat same quality food as before lockdown
 - 4 – NOW I eat MORE quality food than before lockdown
 - 5 – NOW I eat MUCH MORE quality food than before lockdown
- Have you started to pay more attention to what and when do you eat during to the “lockdown period”? YES x NO
- Do you have any remarks for the part “Nutritional habits “? Anything that was not mentioned above, but you think is important? (*OPTIONAL QUESTION*)

1.2.3 Part 3. – Quality of Education

1.2.3.1 Study Programme, Study Environment

- How difficult do you consider the study program?
 - 1 - very easy, 2 - easy, 3 - neither easier nor difficult, 4 - difficult, 5 - very difficult
- Is the study more or less challenging than you expected?
 - 1- MUCH LESS challenging, 2 – LESS challenging, 3- SAME, 4 - MORE challenging, 5 -MUCH MORE challenging
- Do you think you get enough and complex information at you courses? *Please focused only on the special physiotherapy courses.*
 - YES I got enough information during the lecture, I do not need to study external materials to pass the exam
 - YES I got a lot of information, but I need to study independently external materials, but most of them I got from teacher
 - YES I got a lot of information, but I need to study independently external materials, which I need to search for first
 - NO I do not get enough information and to pass the exam I must study independently external materials which I need to search for first
 - Different- specify
- Do you think there is a good communication between students and teachers? When we think about the exams, individual study issues (individual study programme etc)? *Please try to answer objectively, as if there was no COVID situation.*
 - 1 – THE WORST communication
 - 5 – THE BEST communication
- How many hours do you spend studying?
 - 1 – I do not study at home,
 - 2 - less than 3 hours/week
 - 3 - 3-6 hours/week
 - 4- between 1-2 hours/day (7-14hours/week)
 - 5- between 2-3hours/day (14 – 21 hours/week)
 - 6- more than 3hours/day (21hours/week)

- 7- different: specify
- How satisfied are you with the organisation of each study semester/year?
(Having enough theoretical and practical/clinical teaching, etc.). *Please try to answer objectively, as if there was no COVID situation.*
 - 1 – absolutely dissatisfied
 - 2 – dissatisfied
 - 3 – neither dissatisfied nor satisfied
 - 4 – satisfied
 - 5 – absolutely satisfied
 - 6 – do not know I am a first-year student, and I can't compare the “normal situation” and “lockdown period”
- Please specify the biggest issue(s) you find in the field of organisation of the study year. (open question)

SARS-CoV-2 Situation

- How do you think your university/ rehabilitation/ physiotherapy department are handling with current pandemic situation?
 - 1 – not at all/very badly
 - 2 – badly
 - 3 – neither bad nor good
 - 4 – good
 - 5 – perfectly/ very good
- To what extent, compared to the normal situation, do you currently have **theoretical seminars/lessons?**
 - 1 – 100% of the seminars are now online
 - 2 - 75% of the seminars are now online
 - 3 – 50% of the seminars are now online
 - 4 –25% of the seminars are now online
 - 5 – 0% of the seminars are now online
- How satisfied are you with the **ongoing online theoretical learning?**
 - 1 – absolutely dissatisfied, 2 dissatisfied, 3- neither dissatisfied nor satisfied, 4 - satisfied, 5 – absolutely satisfied

- How satisfied were you with the **theoretical learning BEFORE the “lockdown period”**?
 - 1 – absolutely dissatisfied, 2- dissatisfied, 3 – neither dissatisfied nor satisfied, 4 -satisfied, 5 – absolutely satisfied
 - 6 – I don’t know I am a first-year student, and I can’t compare the “normal period” with the “lockdown period”
- To what extent, compared to the normal situation, do you have **practical seminars/lessons** (at faculty classroom or hospital)?
 - 1 – 100% of the seminars are in person
 - 2 – 75% of the seminars are in person
 - 3 – 50% of seminars are in person
 - 4- 25% of seminars are in person
 - 5 – 0% of seminars are in person, we don’t have practical lessons at all, we have to self-study
- How satisfied are you with ongoing online practical learning?
 - 1 -absolutely dissatisfied, 2- dissatisfied, 3- neither dissatisfied nor satisfied, 4 - satisfied 5 -absolutely satisfied
- How satisfied were you with the practical learning before the “lockdown period”?
 - 1 – absolutely dissatisfied, 2 – dissatisfied, 3 – neither dissatisfied nor satisfied, 4 – satisfied, 5- absolutely satisfied
 - 6 – I don’t know I am a first-year student, and I can’t compare the “normal period” with the “lockdown period”
- Based on the limitations in theoretical/practical lessons (not having them in person, not having at all), do you think it may reflect negatively on your final exams results?
 - YES X NO
- What do you see as the biggest issue(s) during the **“pandemic period”**? (please mark them as 1 – not problem at all, 2 – slightly problem, 3- don’t know, 4 – big problem 5 – huge problem)
 - Bad communication between students and teachers
 - Bad IT support – poor quality of online lectures, time limitations in online meetings etc.

- Lack of practical training/lessons/seminars
- Lack of theoretical seminars/lessons
- Lack of social contact with other faculty students
- Is/Are there another issue(s) which was not/were not mentioned above?
Specify:
- What do you want to do after your bachelor's degree graduation?
 - Work as physiotherapist. Bachelor's degree is enough for me. Do not want to study anymore.
 - Work as personal trainee/ in fitness etc. but not as physiotherapist, but I will use knowledge gained during the study
 - Work in different field - not as physiotherapist, but do not want to study anymore
 - Will study for master's degree in Physiotherapy
 - Want to study something different - no master's degree in Physiotherapy
 - Different: specify
- Do you have any remarks for the part "Study programme, study environment"?
Anything that was not mentioned above, but you think is important?
(OPTIONAL QUESTION)

1.2.3.2 Knowledge of the Physiotherapy Methods and Approaches

- How well do you know the following methods and approaches?
- On a range between:
 - **1** - never heard of it
 - **2** - I have heard of it/or read about it but in course we never been taught it
 - **3** - I have heard of it in theoretical lesson, but we did not have any practical lesson
 - **4** - did not have any theoretical lesson, but I was taught in practical seminars (e.g. in hospital etc.)
 - **5** - I know the method theoretically and practically from lessons
- Aerobic training
- Aquatherapy

- Balance platform (proprioceptive posture therapy – 3D Spacecurl, PORTUROMED, vibration platform)
- Biofeedback (electrical stimulation, pulse magnetic field therapy, TENS)
- Bobath concept
- Breathing exercise – respiratory rehabilitation
- Brunnstrom approach
- Brunkow approach
- Brügger concept
- Constraint-induced movement therapy (CIMT)
- Cryotherapy
- Dual tasking (require perform two tasks simultaneously)
- Feldenkrais method
- Heat therapy (application of heat to the body for pain relief)
- Hippotherapy
- Nordic walking
- Manual therapy (joint mobilization/manipulation, kneading, manipulation of muscles)
- Music therapy
- Muscle stretching (improve muscle's elasticity)
- Muscle strengthening (e.g. Resistant exercise to induce muscular contraction to build strength)
- Motor learning program
- Oriental methods (acupuncture)
- Pain control
- PNF – proprioceptive neuromuscular facilitation
- Perfetti approach
- Pelvic floor exercise
- Proprio-neuro-physiological methods (post-isometric relaxation)
- Relaxation techniques
- Robotic-assisted rehabilitation therapy (e.g. Lokomat, Armeo)
- Sensory stimulation

- Simple devices (kinesio-tape, overball, mirror, thera-band, splints, standing frame)
- Transfer (training of transfers and ambulatory abilities)
- Vojta reflex locomotion
- Do you have any remarks for the part “Knowledge of physiotherapy methods”?
E.g. are there any methods you can use /were taught on your university but were not mentioned above? (*OPTIONAL QUESTION*)

1.3 Příloha III: Hodnoty/množství základních složek potravy

	tekutiny	ovoce	zelenina	ryby	luštěniny	ořechy, semínka	maso	alkohol	proces. potraviny	sladké tekutiny	kofein/ týden
doporučení	1,5 litru /den	2 porce /den	3 porce /den	2-3 porce /týden	1 porce/ týden	30 g-70 g / den	max 4- 5 porcí /týden	ženy 1, muži 2 max	Čím méně tím lepší	Čím méně tím lepší	
průměr celkem	79,4 % ANO	1,6	1,8	1	1,6	71,4 % ANO	3,4	1,5	1,2	1	9
SD		0,8	1	0,8	1,1		1,6	1,7	1,2	1,4	8
muži		1,8	2,1	1,2	1,7		4,5	2,3	1,5	1,8	9,2
SD		0,9	1,1	0,6	1,1		0,7	2,4	1,6	1,8	9,1
ženy		1,5	1,8	1	1,5		2,9	1,4	1,2	0,7	8,9
SD		0,8	1	0,8	1,1		1,6	1,4	1,1	1,3	7,8
p = *		0,234	0,32	0,246	0,607		0,002	0,094	0,358	0,023	0,933
Praha	83 % ANO	1,4	1,7	1	1,5	23,4 % ANO	3,2	1,6	1	1	7,2
Praha SD		0,6	1	0,8	1		1,5	1,6	1,1	1,4	6,7
Kuopio	80 % ANO	2,4	2,6	1,1	2,1	50 % ANO	3,1	1,2	1,4	1,7	14,9
Kuopio SD		1,3	1,2	0,6	1,2		1,8	2	1,2	1,6	4,5
Milano	50 % ANO	1,8	1,7	0,8	1,8	33,3 % ANO	3,5	1,5	2,5	0	15,2
Milano SD		0,8	0,5	0,4	1,3		2,1	1,7	1,4	0	13,6
p = **		0,004	0,0502	0,785	0,232		0,901	0,375	0,015	0,093	0,004

* t-test, ** F-test

1.4 Příloha IV: Procentuální zastoupení studentů s povědomím o metodikách a přístupech – všichni studenti

	<i>výuka metodik na univerzitách</i>			<i>% studentů mající povědomí</i>				
	Praha	Kuopio	Miláno	celkm (všichni)	Praha	Kuopio	Miláno	p = *
Aerobní trénink	T + P	T + P	T	95	93	100	100	1
Aquaterapie	T	T + P	T + P	91,7	91	100	83	0,51
Balanční podložky	T + P	N	T + P	95	93	100	100	1
Biofeedback	T + P	T + P	T + P	98,3	98	100	100	1
Bobath koncept	T + P	T + P	T + P	78,3	76	88	83	0,868
Dechová cvičení	T + P	T + P	T + P	98,3	100	88	100	0,233
Brunnstorm	T + P	N	N	18,3	17	12	33	0,623
Brunkow	T + P	N	N	38,3	48	12	0	0,02
Brügger koncept	T	N	N	40	52	0	0	0,001
CIMT	T	N	T	48,3	46	38	83	0,18
Kryoterapie	T	N	T + P	85	89	75	67	0,167
Dual tasking	T + P	T + P	T + P	78,3	72	100	100	0,101
Feldenkrais	T + P	T	N	76,7	93	38	0	0
Terapie teplem	T	T + P	T + P	90	91	88	83	0,43
Hipoterapie	T + P	N	N	85	100	50	17	0
Nordic chůze	T	T	N	80	85	62	67	0,19
Manuální terapie	T + P	T + P	T + P	98,3	98	100	100	1
Hudební terapie	T + P	T + P	N	70	74	75	33	0,161

Svalové protahování	T + P	T + P	T + P	98,3	98	100	100	1
Svalové posilování	T + P	T + P	T + P	96,7	96	100	100	1
Motorické programy aktivující terapie	T+P	T	T + P	68,3	59	100	100	0,01
Orientální metody	T + P	N	N	75	78	88	33	0,055
Terapie bolesti	T + P	T + P	T	73,3	65	100	100	0,039
PNF	T + P	T + P	T + P	83,3	80	100	83	0,501
Perfetti přístup	N	T + P	T + P	18,3	11	0	100	0
Pánevní dno	T + P	T + P	T + P	81,7	83	75	83	0,846
Proprioneuro-fyzioplogické metody - PIR	T + P	T + P	T + P	80	87	75	33	0,015
Relaxační techniky	T + P	T + P	T + P	88,3	91	100	50	0,024
Robotická asis.terapie	T	N	T + P	78,3	76	88	83	0,866
Senzorická stimulace	T + P	T + P	T + P	81,7	76	100	100	0,161
Jed. pomůcky	T + P	T + P	T + P	96,7	96	100	100	1
Přesuny	T + P	T + P	T + P	65	63	62	83	0,804
Vojtovva metoda	T + P	T + P	N	71,7	91	12	0	0

**Fischerův exaktní test*

1.5 Příloha V: Procentuální zastoupení studentů se znalostí metodik – všichni studenti

	<i>% studentů, kteří se o metodě dozvěděli ve výuce</i>					<i>% studentů ovládající metodiku</i>				
	celkem (všichni)	Praha	Kuopio	Miláno	p = *	celkem (všichni)	Praha	Kuopio	Miláno	p = *
Aerobní trénink	46,7	37	100	50	0,002	15	7	62	17	0,001
Aquaterapie	46,7	48	62	17	0,23	10	9	25	0	0,273
Balanční podložky	58,3	54	50	100	0,97	20	20	12	33	0,728
Biofeedback	70	63	100	83	0,06	31,7	30	25	50	0,631
Bobath koncept	46,7	39	62	83	0,071	6,7	2	12	33	0,021
Dechová cvičení	91,7	96	88	67	0,046	45	52	25	17	0,156
Brunnstorm	3,3	2	12	0	0,415	1,7	2	0	0	1
Brunkow	21,7	26	12	0	0,415	10	13	0	0	0,781
Brügger koncept	8,3	11	0	0	1	0	0	0	0	??
CIMT	30	24	38	67	0,085	6,7	7	0	17	0,416
Kryoterapie	41,7	41	38	50	0,91	5	4	0	17	0,314
Dual tasking	50	39	75	100	0,004	18,3	11	25	67	0,007
Feldenkrais	53,3	65	25	0	0,001	28,3	37	0	0	0,026
Terapie teplem	70	65	88	83	0,49	28,3	30	12	33	0,623
Hipoterapie	60	76	12	0	0	13,3	17	0	10	0,429
Nordic chůze	38,3	37	62	17	0,225	8,3	9	12	10	0,749
Manuální terapie	90	89	100	83	0,593	70	76	50	50	0,199
Hudební terapie	23,3	22	38	17	0,572	1,7	0	12	10	0,233

Svalové protahování	85	80	100	100	0,295	46,7	41	62	67	0,4
Svalové posilování	80	74	100	100	0,128	38,3	30	62	67	0,088
Motorické programy aktivující terapie	35,3	41	88	100	0,001	18,3	13	25	50	0,074
Orientální metody	82,3	28	38	17	0,786	3,3	4	0	0	1
Terapie bolesti	45	33	88	83	0,001	10	4	25	33	0,029
PNF	78,3	74	100	83	0,355	60	63	38	67	0,435
Perfetti přístup	13,3	4	0	100	0	5	0	0	50	0,001
Pánevní dno	40	35	38	83	0,085	8,3	4	25	17	0,078
Proprioneuro-fyzioplogické metody - PIR	66,7	72	62	33	0,203	53,3	65	25	0	0,001
Relaxační techniky	71,7	72	100	33	0,021	30	28	50	17	0,392
Robotická asis. terapie	56,7	52	62	83	0,327	13,3	11	0	50	0,04
Senzorická stimulace	53,3	41	88	100	0,001	20	17	25	33	0,552
Jed. pomůcky	65	54	100	100	0,006	21,7	17	25	50	0,151
Přesuny	53,3	50	50	83	0,367	31,7	33	25	33	1
Vojtovva metoda	58,3	74	12	0	0	26,7	35	0	0	0,039
<i>*Fischerův exaktní test</i>										

1.6 Příloha VI: Procentuální zastoupení studentů s povědomím o metodikách a přístupech – čeští studenti

		<i>% studentů mající povědomí</i>				
	Praha	1. ročník	2. ročník	3. ročník	p = *	p = **
Aerobní trénink	T + P	94	89	100	0,785	0,531
Aquaterapie	T	88	89	100	1	0,681
Balanční podložky	T + P	82	100	100	0,042	0,028
Biofeedback	T + P	94	100	100	0,567	0,213
Bobath koncept	T + P	41	100	90	0,001	0,001
Dechová cvičení	T + P	100	100	100	1	0,929
Brunnstorm	T + P	18	16	20	0,975	0,576
Brunkow	T + P	18	47	100	0,012	0,003
Brügger koncept	T	24	58	90	0,077	0,021
CIMT	T	29	63	40	0,39	0,509
Kryoterapie	T	94	89	80	0,19	0,085
Dual tasking	T + P	53	79	90	0,036	0,011

Feldenkrais	T + P	82	100	100	1	0,667
Terapie teplem	T	82	100	90	0,647	0,363
Hipoterapie	T + P	100	100	100	0,19	0,085
Nordic chůze	T	82	89	80	0,778	0,442
Manuální terapie	T + P	94	100	100	0,567	0,213
Hudební terapie	T + P	65	79	80	0,767	0,503
Svalové protahování	T + P	94	100	100	0,567	0,213
Svalové posilování	T + P	88	100	100	0,156	0,076
Motorické programy aktivující terapie	T + P	18	74	100	0	0
Orientální metody	T + P	59	89	90	0,38	0,018
Terapie bolesti	T + P	47	68	90	0,028	0,007
PNF	T + P	47	100	100	0,0001	0,0001
Perfetti přístup	N	6	16	10	1	0,746
Pánevní dno	T + P	65	95	90	0,224	0,75
Proprioneuro-fyzioplogické metody - PIR	T + P	65	100	100	0,056	0,172

Relaxační techniky	T + P	88	95	90	0,5199	0,435
Robotická asis.terapie	T	53	89	90	0,036	0,011
Senzorická stimulace	T + P	53	84	100	0,003	0,001
Jed. pomůcky	T + P	88	100	100	0,456	0,076
Přesuny	T + P	24	89	80	0,001	0,007
Vojtovva metoda	T + P	76	100	100	0,764	0,96
<i>*Fischerův exaktní test, **Linear-by-linear test</i>						

1.7 Příloha VII: Procentuální zastoupení studentů se znalostí metodik – čeští studenti

	<i>% studentů, kteří se o metodě dozvěděli v hodinách</i>					<i>% studentů ovládající metodiku</i>				
	1. ročník	2. ročník	3. ročník	p = *	p = **	1. ročník	2. ročník	3. ročník	p = *	p = **
Aerobní trénink	6	42	80	0,001	0,0002	6	0	20	0,096	0,028
Aquaterapie	6	68	80	0,0002	0,0002	0	16	10	0,105	0,053
Balanční podložky	12	68	100	0,0002	0,0001	0	16	60	0,012	0,004
Biofeedback	18	89	90	0	0,0001	6	42	50	0,144	0,053
Bobath koncept	6	53	70	0,002	0,001	0	5	0	0,559	0,386
Dechová cvičení	88	100	100	1	0,681	41	58	60	0,8	0,537
Brunnstorm	0	5	0	0,501	0,9	0	5	0	1	0,929
Brunkow	0	16	90	0	0	0	0	60	0,0001	0,0003
Brügger koncept	0	16	20	0,247	0,15	0	0	0	???	???
CIMT	12	37	20	0,635	0,412	0	11	10	1	0,855
Kryoterapie	29	47	50	0,798	0,817	0	0	20	0,1	0,347
Dual tasking	12	42	80	0,003	0,001	0	5	40	0,008	0,011
Feldenkrais	41	68	100	0,115	0,036	12	37	80	0,026	0,007

Terapie teplem	35	84	80	0,007	0,004	6	37	60	0,002	0,001
Hipoterapie	59	84	90	0,72	0,403	0	32	20	0,059	0,203
Nordic chůze	6	68	30	0,002	0,111	0	16	10	0,247	0,75
Manuální terapie	71	100	100	0,007	0,041	41	95	100	0,032	0,011
Hudební terapie	12	26	30	0,139	0,046	0	0	0	0,25	0,455
Svalové protahování	59	95	90	0,008	0,01	29	42	60	0,129	0,045
Svalové posilování	47	89	90	0,002	0,002	6	42	50	0,006	0,003
Motorické programy aktivující terapie	12	53	70	0,002	0,0005	0	21	20	0,035	0,011
Orientální metody	24	32	30	0,469	0,235	6	5	0	1	0,4
Terapie bolesti	12	47	40	0,036	0,045	0	11	0	0,75	0,426
PNF	29	100	100	0	0	6	95	100	0	0
Perfetti přístup	0	11	0	1	0,789	0	0	0	0,1	0,347
Pánevní dno	6	42	70	0,003	0,001	0	5	10	0,115	0,04
Proprioneuro-fyzioplogické metody – PIR	29	95	100	0,0005	0,001	18	89	100	0,0003	0,001
Relaxační techniky	53	89	70	0,024	0,277	18	32	40	0,485	0,233

Robotická asis. terapie	29	58	80	0,013	0,004	6	0	0	0,001	0,023
Senzorická stimulace	6	42	100	0	0	0	11	60	0,001	0,001
Jed. pomůcky	24	63	9	0,0004	0,0001	0	16	50	0,0003	0,0002
Přesuny	18	68	70	0,018	0,015	6	42	60	0,0019	0,001
Vojtova metoda	29	100	100	0,002	0,011	0	47	70	0,001	0,002

*Fischerův exaktní test, **Linear-by-linear test

1.8 Příloha VIII: Epidemiologická situace

	k 31.1.2021			k 28.2.2021			k 31.3.2021		
	Česká republika	Finsko	Itálie	Česká republika	Finsko	Itálie	Česká republika	Finsko	Itálie
počet nakažených	984774	45238	2553032	1235480	57672	2925265	1532332	77452	3583668
počet vyléčených	871917	31000	2010548	1067557	46000	2405199	1366461	46000	2913045
počet úmrtí	16308	671	88516	20339	742	97699	26421	844	109346
aktivně nemocných	96549	13567	453968	147584	10930	422367	139450	30608	561277

Zdroj: <https://statistichecoronavirus.it/>, cit. 3.6.2021

