



# Bachelor's Degree in Podiatry

## Academic plan

| FIRST COURSE – FIRST SEMESTER |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |                                                           |                              |
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| Subjects                      | Description                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             | Workload                                                  | Credits (ECTS)               |
| HUMAN ANATOMY I               | Know in a basic way the structure and embryonic development of the systems of the human body, always in relation to function, and with special emphasis on the nervous system, understanding that the human being is constituted as an anatomical and functional unit in all periods. temporary.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        | Directed: 120 h<br>Autonomous: 30 h<br>Total hours: 150 h | Theory: 3,4<br>Practice: 2,6 |
| PHYSIOLOGY                    | Study of the structures and functions of living beings and the way in which they are regulated. In this subject, theoretical and practical concepts are introduced that allow the student to apply the scientific method and acquire skills in managing sources of information, which facilitate knowledge of the functional processes of the organism.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 | Directed: 64 h<br>Autonomous: 86 h<br>Total hours: 150 h  | Theory: 6                    |
| BIOLOGY                       | Development, structure and functions of the human body, specifically, the biological principles and their characteristics, as a necessary basis to understand pathological processes. Molecular structure of the main biological compounds: carbohydrates, lipids, amino acids and proteins, coenzymes and nucleotides. Physico-chemical principles that govern the exchange of energy in cellular biochemical reactions. Main metabolic routes and processes of regulation of metabolic flows between organs. Metabolic exchange flows between organs and tissues of the body during the transition between the fed and fasted state. Functions and regulation of the different organs and systems of the human body. Physico-chemical principles that govern intercellular communication. Morpho-structural organization of organic matter, from the cell to the different organs, and its integration into functional processes. The cell: structure, ultrastructure and function of all cellular organelles. Human tissues and the relationships established between them to form the organs, devices and systems of special relevance in Podiatry. | Directed: 60 h<br>Autonomous: 90 h<br>Total hours: 150 h  | Theory: 5,5<br>Practice: 0,5 |



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| PSYCHOLOGY    | Introduction to the knowledge of Psychology as a science, focusing on the concept, explanatory models of human behavior and research methods of scientific psychology. Introduction to knowledge of the main basic psychological processes: attention, learning, memory, motivation, emotion, learning, cognitive processes and coping, personality, etc. Application of scientific knowledge about human behavior and basic psychological processes to improve professional performance in podiatry.                                                                                                                                                                                                                                                                                                              | Directed: 148 h<br>Autonomous: 2 h<br>Total hours: 150 h | Theory: 6 |
| PUBLIC HEALTH | Introduction to Public Health: conceptual framework and historical evolution; Health-Illness process; health determinants. Health and human ecology: concept and evolution; influence of climate on health; air pollution and its effects on health; health aspects of water; waste management (urban and clinical); physical pollutants (noise, radiation, thermal and vibration pollution); the human habitat; food and health; sanitation. Disinfection and sterilization. Disinfestation and deratization. Disasters and catastrophes. Health demographics: static and dynamic. General epidemiology: descriptive and analytical epidemiology; Intervention studies; clinical epidemiology. Preventive and community podiatry. Areas and levels of action. Health Education in podiatric professional practice | Directed: 60 h<br>Autonomous: 90 h<br>Total hours: 150 h | Theory: 6 |

#### FIRST COURSE – SECOND SEMESTER

| Subjects                                        | Description                                                                                                                                                                                                                                                                                               | Workload                                                 | Credits (ECTS)               |
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| HUMAN ANATOMY II<br>(Anatomy of the lower limb) | Descriptive anatomy of the lower limb that provides professional training to understand and efficiently manage functional topographic, radiological and clinical anatomy, as well as research conduct, in the field of podiatry.                                                                          | Directed: 60 h<br>Autonomous: 90 h<br>Total hours: 150 h | Theory: 3,4<br>Practice: 2,6 |
| PODIATRIC PROFESSION                            | Concept of profession and its conceptual framework, deontological obligations of the profession, current legislation, standard practice criteria and civil and health responsibility. Basic criteria of clinical management, health economics and efficient use of resources.                             | Directed: 60 h<br>Autonomous: 90 h<br>Total hours: 150 h | Theory: 6                    |
| PHYSIOPATHOLOGY                                 | Pathological processes and their clinical manifestations, physiopathology of the major syndromes and their repercussions on organs, apparatus and systems. Mechanisms of disease production and its consequences, identifying risk factors.                                                               | Directed: 60 h<br>Autonomous: 90 h<br>Total hours: 150 h | Theory: 6                    |
| GENERAL PODIATRY                                | Podiatric medical history and recording the information obtained. The foot through history. Physical examination techniques. Normal clinical parameters in decubitus, static and dynamic standing. Techniques and form of podiatric action in the health care setting.                                    | Directed: 60 h<br>Autonomous: 90 h<br>Total hours: 150 h | Theory: 5,5<br>Practice: 0,5 |
| STATISTICS                                      | Technologies and sources of biomedical information to obtain, organise, interpret and communicate scientific and health information. Basic concepts of biostatistics and their application. Biomedical information search and retrieval systems and understand and critically interpret scientific texts. | Directed: 52 h<br>Autonomous: 98 h<br>Total hours: 150 h | Theory: 6                    |

#### SECOND COURSE – FIRST SEMESTER

| Subjects | Description | Workload | Credits (ECTS) |
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| GENERAL SURGICAL CONCEPTS | Examination techniques, HP diagnosis and treatment of wounds, ulcers and infections of the foot. Diabetic foot and mechanisms of repair and healing. Surgical instruments, sterilisation methods and taking samples for cultures, clinical history, preoperative protocol and informed consent.                                                                                                                                                          | Directed: 60 h<br>Autonomous: 90 h<br>Total hours: 150 h | Theory: 6                    |
| BIOPATHOLOGY              | Pathological anatomy. Cellular pathology. Tissue repair. Alterations in cell growth. Nomenclature and classification of neoplasms. Basic concepts of microbiology. Morphology and physiology of microorganisms. Infection. Immunology. Vaccines and serums. Most frequent micro-organisms in foot pathologies. Fundamental aspects of health parasitology. Laboratory and microbiological diagnosis of diseases.                                         | Directed: 66 h<br>Autonomous: 84 h<br>Total hours: 150 h | Theory: 6                    |
| BIOMECHANICS              | Fundamentals of biomechanics and kinesiology. Theories of support. Human gait. Structural alterations of the foot. Postural alterations of the locomotor apparatus with repercussions on the foot and vice versa. Instruments for biomechanical analysis.                                                                                                                                                                                                | Directed: 60 h<br>Autonomous: 90 h<br>Total hours: 150 h | Theory: 5,5<br>Practice: 0,5 |
| PODIATRIC PATHOLOGY I     | Pathological processes of the foot and systemic processes with podiatric repercussions, foot at risk and the pathological parameters of the structural and functional affections of the locomotor apparatus in decubitus, static and dynamic standing. Dermatological lesions and their treatment. Techniques to make a diagnosis and the orthopaedic treatment plan for the pathology of the lower limb. Congenital deformities, neurological injuries. | Directed: 70 h<br>Autonomous: 80 h<br>Total hours: 150 h | Theory: 5,5<br>Practice: 0,5 |
| MEDICAL PATHOLOGY I       | Anatomical and functional concept of disease and classification of diseases. Pathologies of different organs, apparatus and systems. Pathological vascular processes and diseases of the different apparatuses.                                                                                                                                                                                                                                          | Directed: 60 h<br>Autonomous: 90 h<br>Total hours: 150 h | Theory: 6                    |

#### SECOND COURSE – SECOND SEMESTER

| Subjects        | Description                                                                                                                                                                                                                                                                                                                                                                                                                                      | Workload                                                 | Credits (ECTS)               |
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| CHIROPODOLOGY   | Dermatopathies and keratopathies, treatment of helomas and their causes. Onychology, pathology and conservative treatment of the nail apparatus. Techniques for the exploration, diagnosis and treatment of wounds, ulcers and infectious processes on the foot. Diabetic foot Mechanisms of repair and healing. Drug administration and treatments. Instruments in surgery and chiropodology, sterilisation and taking of samples for cultures. | Directed: 69 h<br>Autonomous: 81 h<br>Total hours: 150 h | Theory: 5,5<br>Practice: 0,5 |
| PHARMACOLOGY    | General principles of Pharmacology (mechanisms of action, pharmacological effects, pharmacokinetic properties, adverse reactions, indications and interactions) of the drugs that the podiatrist prescribes or manages and those prescribed by other health professionals for the treatment of non-podiatric pathologies. General principles for selecting the most appropriate drug and route of administration. Rational use of medicines.     | Directed: 60 h<br>Autonomous: 90 h<br>Total hours: 150 h | Theory: 6                    |
| ORTHOPODOLOGY I | General concepts of orthopedics. Instruments, materials and machinery used in the preparation and application of orthopodological treatments Technology of the therapeutic materials most used in orthopedics and identification of the most suitable ones for the different orthopodological treatments. Fundamentals and techniques for foot-leg shaping. Design, preparation and application using different techniques and                   | Directed: 55 h<br>Autonomous: 95 h<br>Total hours: 150 h | Theory: 5<br>Practice: 0,5   |



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|                      | materials of digital, plantar and lower limb orthoses and prostheses. Therapeutic alternatives to digital and plantar orthoses. Studies of footwear and footwear therapy. Prescription of orthopedic treatments of the lower extremity.                                                                                                                                                                                                                                                                                                                                                                         |                                                          |             |
| MEDICAL PATHOLOGY II | Etiology, clinic, diagnosis and treatment of neurological, rheumatological, endocrine and hematological diseases.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               | Directed: 60 h<br>Autonomous: 90 h<br>Total hours: 150 h | Theory: 6   |
| PRACTICUM I          | Pre-professional practices carried out at the University Podiatry Clinic of the Complutense University of Madrid, with a final evaluation of skills that allow the student to incorporate the professional values acquired in the subjects of the Degree and the fundamental skills for the exercise of the profession. Clinical practices that include comprehensive podiatric care in real patients. During this period, students learn the different protocols of Clinical Services and the handling of instruments while being in direct contact with real patients, under the supervision of a podiatrist. | Directed: 150 h<br>Autonomous: 0 h<br>Total hours: 150 h | Practice: 6 |

#### THIRD COURSE – FIRST SEMESTER

| Subjects     | Description                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     | Workload                                                 | Credits (ECTS) |
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| PRACTICUM II | Pre-professional practices carried out at the University Podiatry Clinic of the Complutense University of Madrid, with a final evaluation of skills that allow the student to incorporate the professional values acquired in the subjects of the Degree and the fundamental skills for the exercise of the profession. Clinical practices that include comprehensive podiatric care in real patients. During this period, students learn the different protocols of Clinical Services and the handling of instruments while being in direct contact with real patients, under the supervision of a podiatrist. | Directed: 750 h<br>Autonomous: 0 h<br>Total hours: 750 h | Practice: 30   |

#### THIRD COURSE – SECOND SEMESTER

| Subjects               | Description                                                                                                                                                                                                                                                                                                                                                                                                                         | Workload                                                 | Credits (ECTS)               |
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| PODIATRIC SURGERY I    | Diagnose, prescribe, indicate, perform and/or prepare and evaluate any type of surgical treatment, based on the clinical history.                                                                                                                                                                                                                                                                                                   | Directed: 69 h<br>Autonomous: 81 h<br>Total hours: 150 h | Theory: 5,5<br>Practice: 0,5 |
| PODIATRIC PATHOLOGY II | Pathological processes of the foot and systemic processes with podiatric repercussions, foot at risk and the pathological parameters of the structural and functional affections of the locomotor apparatus. Dermatological lesions and treatment. Diagnosis and the orthopaedic treatment plan for the pathology of the lower limb. Congenital deformities, neurological injuries. Neurological injuries. amputations Asymmetries. | Directed: 69 h<br>Autonomous: 81 h<br>Total hours: 150 h | Theory: 5,5<br>Practice: 0,5 |
| ORTHOPODOLOGY II       | Orthopodological treatment of pathologies of the forefoot, hindfoot, and pathologies of the 1st metatarsophalangeal joint. Orthopedic treatment of combined foot pathologies. of childhood pathology, MM.II dysmetries and the impact that systemic diseases have on the foot: diabetic foot and rheumatic foot                                                                                                                     | Directed: 57 h<br>Autonomous: 93 h<br>Total hours: 150 h | Theory: 5,5<br>Practice: 0,5 |
| PHYSICAL THERAPY       | Knowledge and application of physical methods in the therapy of different foot pathologies. Therapy of pain and inflammation in the foot.                                                                                                                                                                                                                                                                                           | Directed: 60 h<br>Autonomous: 90 h<br>Total hours: 150 h | Theory: 6                    |
| DIAGNOSTIC IMAGING     | Perform radiological activities specific to podiatry. X-ray equipment. Imaging magnitudes and units. Radiobiology and                                                                                                                                                                                                                                                                                                               | Directed: 49 h                                           | Theory: 6                    |



|                                        | radioprotection. Legislation. Other techniques for diagnostic images of the foot. Radiological techniques and interpretation.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   | Autonomous:101 h<br>Total hours: 150 h                    |                              |
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| <b>FOURTH COURSE – FIRST SEMESTER</b>  |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |                                                           |                              |
| <b>Subjects</b>                        | <b>Description</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              | <b>Workload</b>                                           | <b>Credits (ECTS)</b>        |
| PODIATRIC SURGERY II                   | Know and apply technical procedures and skills in podiatric surgery. Know and diagnose foot pathology with surgical indications.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                | Directed: 110 h<br>Autonomous: 40 h<br>Total hours: 150 h | Theory: 4<br>Practice: 2     |
| PODIATRIC PRESCRIPTION                 | Make a correct prescription within the scope and professional competencies, using critical judgment to establish the prescription that produces the best result for the person. Analyze, using the elements of therapeutic judgment, the most suitable prescription for the person, integrating the prescription process into podiatric care protocols. Know and apply the pharmacology use in podiatry. Know and use the pharmacology pre-post surgery, types of anaesthesia at podiatry techniques.                                                                                                           | Directed: 60 h<br>Autonomous: 90 h<br>Total hours: 150 h  | Theory: 6                    |
| ORTHOPODOLOGY III                      | Techniques to make a diagnosis and prognosis, design orthopaedic treatment plan for lower limb pathology. Bone and musculo-ligamentous trauma. Forefoot and rearfoot pathology. Neurological injuries. Asymmetries. Plantar and digital supports, prostheses and splints with different techniques and materials. Footwear and footwear therapy. Prescription of orthopaedic treatments of the lower limb.                                                                                                                                                                                                      | Directed: 57 h<br>Autonomous: 93 h<br>Total hours: 150 h  | Theory: 5,5<br>Practice: 0,5 |
| OCCUPATIONAL HEALTH AND SAFETY         | Prevention of occupational hazards. Occupational accidents in the podiatric profession. Professional diseases related to the podiatric profession. Adequate protection for each occupational risk. Job security. Radiological protection measures in radiodiagnosis facilities. Management of clinical waste. Work ethics.                                                                                                                                                                                                                                                                                      | Directed: 60 h<br>Autonomous: 90 h<br>Total hours: 150 h  | Theory: 6                    |
| CLINICAL SESSIONS                      | Provide knowledge on preparation, protocolisation and presentation of podiatric clinical of podiatric clinical sessions, supported by scientific documentation.                                                                                                                                                                                                                                                                                                                                                                                                                                                 | Directed: 60 h<br>Autonomous: 90 h<br>Total hours: 150 h  | Theory: 6                    |
| <b>FOURTH COURSE – SECOND SEMESTER</b> |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |                                                           |                              |
| <b>Subjects</b>                        | <b>Description</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              | <b>Workload</b>                                           | <b>Credits (ECTS)</b>        |
| END-OF-DEGREE THESIS                   | Design, preparation and presentation of a scientific paper or text on some aspect of podiatry.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  | Directed: 30 h<br>Autonomous: 120 h<br>Total hours: 150 h | Theory: 1<br>Practice: 5     |
| PRACTICUM III                          | Pre-professional practices carried out at the University Podiatry Clinic of the Complutense University of Madrid, with a final evaluation of skills that allow the student to incorporate the professional values acquired in the subjects of the Degree and the fundamental skills for the exercise of the profession. Clinical practices that include comprehensive podiatric care in real patients. During this period, students learn the different protocols of Clinical Services and the handling of instruments while being in direct contact with real patients, under the supervision of a podiatrist. | Directed: 600 h<br>Autonomous: 0 h<br>Total hours: 600 h  | Practice: 24                 |