FEDERAL UNIVERSITY OF SÃO CARLOS FOUNDATION

GRADUATE PROGRAM IN PHYSIOTHERAPY – PPGFt/CCBS/R

COURSE CHARACTERIZATION FORM

Graduate Program: Physiotherapy

Course Code: FIT-217

Credits: 2

Course Title: Occupational Physiotherapy: Evidence-Based Assessment and Intervention

Start of Validity: 2026 – 1st Semester

Justification

This course was created as a specific discipline related to the faculty member's research line. It addresses key aspects of assessment and intervention in the field of Occupational Physiotherapy, aiming to provide specialized training for graduate students conducting research in this area.

Course Workload

Theoretical Classes: 15 hours

Practical Classes: Not applicable

Exercises/Seminars: 15 hours

Course Syllabus

• Exploration of work-related risk factors from a comprehensive perspective, considering physical, organizational, and psychosocial impacts on workers' health

• Application of innovative strategies and tools for risk identification and assessment, supported by technologies

• Study of the most relevant clinical and occupational outcomes in Occupational Physiotherapy, grounded in the biopsychosocial approach and the principles of decent and sustainable work

• In-depth analysis of evidence-based interventions aimed at health promotion, disease prevention, and work rehabilitation in different productive contexts, including on-site, hybrid, and remote work environments

Nature of the Course

Specific to the Area of Concentration in Physiotherapy and Functional Performance.

Main Bibliography

Pauli R, Lang J, Müller A, Taibi Y, Kraus T, Metzler Y. Requirements for occupational exposure limits in psychosocial risk assessment. Scandinavian Journal of Work, Environment & Health, 2025.

Triches MI, Mininel VA, Dos Santos GB, Sato TO. Risk factors for musculoskeletal and depressive symptoms among Brazilian healthcare workers. International Journal of Occupational Safety and Ergonomics, 2025.

Lee S, de Barros FC, de Castro CSM, de Oliveira Sato T. Effect of an ergonomic intervention involving workstation adjustments on musculoskeletal pain in office workers. Industrial Health, 2021.

Faria BSF et al. Mobile health technologies for workers' health and wellbeing. Journal of Bodywork & Movement Therapies, 2024.

Vieira LMSMA, Mininel VA, Sato TO. Sleep quality as a mediator of burnout, stress and multisite musculoskeletal pain. Healthcare, 2023.

Main Responsible Faculty

Tatiana de Oliveira Sato – Permanent Faculty

Approval

Approved at the 298th Ordinary Meeting of the PPGFT Graduate Program Committee on November 13, 2025.

São Carlos, November 13, 2025.

Prof. Dr. Anielle Cristhine de Medeiros Takahashi

Chair of the PPGFT Graduate Program Committee – UFSCar