

Subject: Aquatic Therapy

I. General information

Organization unit	Faculty of Rehabilitation Chair of Teaching Movement
Course name	Aquatic Therapy
Subject code	FV-41
Teaching language	groups with English support
Type of subject (obligatory/ facultative)	Facultative
Level of studies	5-year master degree studies
Study year	III
Semester	V
ECTS points	1,5
Teacher/e-mail	dr Anna Ogonowska-Słodownik anna.ogonowskaslodownik@awf.edu.pl
Studies program in which the subject is realized	PHYSIOTHERAPY
Method of realization (stationary/ distance learning)	stationary
Prerequisites	Ability to swim 50m

II. Detailed Information

Course aims and objectives

A1	Familiarize student with student with the specifics of teaching in the water with people with different disabilities
A2	Prepare student to use the properties of the water environment in the process of improvement and rehabilitation
A3	Prepare students to use the forms of games and exercise in the treatment in water that are necessary for the restoration, maintenance and development of functional capabilities of the body

Learning outcomes

Learning outcome	Subject's learning outcomes
Knowledge	
<p>O.W11 issues related to conditioning, maintaining and restoring fitness and performance to people of different ages, including the elderly, who lost or reduced their performance due to various diseases or injuries; as well as the principles of health promotion - at an advanced level</p> <p>C.W11 rules for the selection of various forms of adapted physical activity, sport, tourism and therapeutic recreation in the treatment process and maintaining the fitness of people with special needs, including people with disabilities;</p>	<ol style="list-style-type: none"> 1. Has knowledge about basic goals and objectives, methods and means of teaching motor activities in the water. 2. Has knowledge about the selection of various forms of physical activity in the water for people with reduced mobility, with intellectual disability, blind and visually impaired. 3. Defines exercise in the water and its role in the physical activity of people with disabilities. 4. Gives examples of disability, which is an indication or contraindication to therapy in the water. 5. Know the basic methods of therapy in the water.
Skills	
<p>O.U6 apply activities in the field of adapted physical activity and sport of people with disabilities for planning, selection, modification and creation of various forms of recreational and sport activities for people with special needs, including the elderly;</p> <p>C.U7 show motor skills necessary to demonstrate and to ensure safety during the performance of respective exercises</p>	<ol style="list-style-type: none"> 1. Has a basic level of physical fitness special needed to conduct classes in water 2. Has the basic skills related to the specifics of conducting therapy in the water.
<p>C.U6 select exercises for people with various disorders and functional abilities, methodically teach people how to perform exercises while grading the intensity of difficulty and physical effort;</p>	<ol style="list-style-type: none"> 1. Can offer selected forms of activity in the water for people with various disabilities.
Social Competences	
<p>O.K3 demonstrate the attitude that promotes a healthy lifestyle, promote and actively create the healthy lifestyle and health promotion during activities related to the professional practice</p>	<ol style="list-style-type: none"> 1. Can attend classes in the water for people with different disabilities. 2. Can promote and actively create a healthy lifestyle and health promotion. 3. Can perform tasks using the principles of safety.

and to determine the level of fitness necessary to practice the profession of a physiotherapist;

Syllabus contents

No	Title
Classes/ Practical classes	
SC1	Basic information about aquatic therapy - the specifics and principles of conducting classes in water
SC2	Basic upper extremity exercises in water
SC3	Basic lower extremity exercises in water
SC4	Basic trunk exercises in water
SC5	Exercises with the use of aqua fitness equipment (noodles)
SC6	Exercises with the use of aqua fitness equipment (belts)
SC7	Exercises with the use of aqua fitness equipment (betic, dumbbells, rings)
SC8	Circuit station training in shallow water
SC9	Circuit station training in deep water
SC10	Exercises for older people – fall prevention
SC11	Exercises for pregnant women
SC12	Exercises for low back pain in shallow water
SC13	Exercises for low back pain in deep water
SC14	Exercises for people after hip replacement
SC15	Exercises for people after ACL reconstruction
SC16	Exercises for people with lower extremity injury
SC17	Corrective swimming
SC18	Corrective swimming (scoliosis)
SC19	Aquatic therapy methods – theory (1)
SC20	Aquatic therapy methods – theory (2)
SC21	Halliwick concept (1)
SC22	Halliwick concept (2)
SC23	WOTA 1/WOTA 2
SC24	PNF in water
SC25	Bad Ragaz Ring Method
SC26	Aquatic sensory integration
SC27	Ai Chi
SC28	Theoretical test
SC29	Practical test
SC30	Improving skills in selected aquatic therapy methods

Assessment criterion

Local grade	Grade	Criteria
5	A	meets 91-100% of the criteria required to pass classes
4,5	B	meets 81-90% of the criteria required to pass classes
4	C	meets 71-80% of the criteria required to pass classes
3,5	D	meets 61-70% of the criteria required to pass classes
3	E	meets 51-60% of the criteria required to pass classes
2	F	meets <50% of the criteria required to pass classes

1ECTS point = 30 hours students work (contact + self study)

TYPES OF CLASSES	HOURS
Contact hours	30
Self study	15
Total = 45 hours = 1,5 ECTS	