

1. Course title – Aquatic Therapy
2. Type of class – exercises.
3. Form of credit – Credit with a grade.
4. Semester, which will be held activities – winter.
5. Suggested number of hours - 20 hours.
6. Syllabus:

The main aim of the course is to acquaint students with the Aquatic Therapy. Students will learn modifications for participants with specific medical conditions including arthritis, diabetes, hypertension and obesity.

In addition, students will gain the confidence to choose appropriate equipment for all the populations. Course program: Aquatic Therapy for Deconditioned and Moderate Obesity, Aquatic Therapy for Diabetes Mellitus, Aquatic Therapy for Cardiovascular Diseases, Aquatic Therapy for Osteoarthritis, Aquatic Therapy Teaching methods: verbal, demonstrative, practical activity. Assessment: practical exercise, active participation in classes. Conditions complete the course: preparation and execution of the chosen Aquatic Therapy form, individually or in groups with special regard for safety, appropriate methods, components and equipment.

7. Educational outcomes:

Knowledge: Knowledge of Aquatic Therapy terminology and recreational swimming impact on the human body (hot water-cold water). Understand the program components for a safe and effective aquatic work out, including warm up, endurance and conditioning, and cool down and stretch.

Skills: Describe exercise training principles specific to exercise in the water. Review resistance training exercises for many musculoskeletal conditions. Know how to select appropriate aquatic exercise equipment and use the equipment effectively.

Social competence: Understand concepts for how to get started working with special populations the aquatic environment including standard of care and risk management.

8. Determine the qualifications I and II degree.

The student obtains the necessary knowledge about biological and social skills enabling competent influence of physical means on the body and pedagogical personality and are prepared to therapist work either to design your own safe and effective aquatic therapy programming for special populations.

9. Organizational unit implementing the course – Department of Water Sports University of Physical Education, Kraków, Poland.
10. The person leading course– PhD Katarzyna Kucia, dr hab. Marek Strzała, prof AWF, mgr Lesław Gadacz
11. Course conditions - group classes.
12. Suggested number of ECTS points – 3.

13. In remote mode, online classes if necessary, it can be carried out from 3-5 hours.

14. Students should come to class well prepared. What the student must have to carry out:

- One-piece swimsuit for ladies and swimming briefs (close-fitting without pockets) for men
- Swimming cap + swimming goggles
- Flip-flops
- Towel

There are rules in the swimming pool that students be required to explain themselves at the first class.

Guidelines for arranging a schedule of classes: Classes should take place both in a large swimming pool and in a small one. Before arranging a schedule for Erasmus students, the Water Sports Department asks for consultation.