

SPA and water recreation

1. **Course:** SPA and water Recreation
2. **Type of classes:** practical classes
3. **Assessment:** grade
4. **Semester in which classes will be conducted:** winter semester
5. **The proposed number of hours:** 20
6. **Syllabus**

Pre-requisites: Student has knowledge of human anatomy and has no contraindications to exercise. Swimsuit and sports clothes and shoes are necessary on practical classes.

Content: Indications and contraindications to SPA treatments. Finnish sauna. Cryotherapy -cube massage. Hydrotherapy – hydromassage, Jacuzzi, whirlpool bath, Scottish showers. SPA capsule. Cap massage. Water recreation. SPA centres in the home countries of Erasmus+ students.

7. **Learning outcomes:** Student knows indications and contraindications to SPA treatment and therapy. Student is able to use SPA treatments and is ready to conduct recreational water exercises. Student is able to provide safe working conditions at SPA centre.
8. **Qualifications:** first and second degree studies
9. **Organisational unit of a course:** Department of Adapted Physical Activity and Sport, Faculty of Rehabilitation.
10. **Person responsible for the subject:** Sylwia Mętel PhD, PT
11. **Terms and conditions of the course:** a group (max. 14 persons)
12. **Proposed number of ETCS:** 4
13. 6h can be run on-line