

Speleotherapy and recreation in the Underground Health "Wieliczka" Salt Mine Resort

1. **Course Name:** Speleotherapy and recreation in the Underground Health Resort of "Wieliczka" Salt Mine

2. **Type of course:** Practical classes in the area of Health Resort "Wieliczka" Salt Mine adapted to the schedule of going down and coming up of underground chambers (12 pm meeting in Regis Shaft; transport underground on the level of 135 m, 8 pm transport to the Earth surface)

3. **Examination:** grade

4. **Semester in which classes will be conducted:** summer

5. **The proposed number of hours:** 20

6. Syllabus

Subterraneotherapy in the Underground Health Resort of "Wieliczka" Salt Mine. Treatment of asthma and other respiratory diseases through a comprehensive program of Health Resort of "Wieliczka" Salt Mine. Recreational values of the Wieliczka Salt Mine. General and recreational group exercises involving the elderly, general and recreational group exercises involving children-conducting 2 group exercise under the supervision of the teacher.

7. The effects of education:

Knowledge: Student has knowledge of speleotherapy

Skills: The student is able to lead a group physical exercise in speleotherapy conditions

Social competence: The student is able to take care of their own safety and bathers during speleotherapy

8. **Qualifications:** first and second degree studies

9. **Organisational unit of a course:** Department of Adapted Physical Activity and Sport, Faculty of Rehabilitation.

10. **Teacher responsible for the course:** Sylwia Mętel PhD, PT11.

11. **Conditions of the course** (group up to 10 persons due to regulation of the Mine, student deliver the written declaration of owning insurance policy and having no contraindication to stay underground)

12. **ECTS:** 4 points

13. **4 h** can be run on-line