

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

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 (11:30 am 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 "Wieliczka" Salt Mine in Wieliczka. Treatment of asthma and other respiratory diseases through a comprehensive program of Health Resort "Wieliczka" Salt Mine. Recreational values of the Wieliczka Salt Mine. Group physical training and breathing exercise involving the patients (exam-conducting 2 group exercise: breathing and recreational 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 breathing and recreational 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, certificate of unpunishment, signed document of lack of contraindications to go underground, civil liability insurance

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 having no contraindication to stay underground)

12. **ECTS:** 4 points

13. **5 h** can be run on-line