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| BACHELOR DEGREE**PHYSICAL THERAPY**2ND YEAR OF STUDY, 2ND SEMESTER |

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| **Course title** | | **SWIIMING AND AQUATIC PHYSIOTHERAPY** |
| Course code | | SL1212260 |
| Course type | | tutorial |
| Course level | | 1st cycle (bachelor’s degree) |
| Year of study, semester | | 2nd year of study, 2nd semester |
| Number of ECTS credits | | 5 |
| Number of hours per week | | 4 (2 lecture hours + 2 seminar hours) |
| Name of lecture holder | | PUNI RAREȘ-ALEXANDRU |
| Name of seminar holder | | PUNI RAREȘ-ALEXANDRU |
| Prerequisites | | Advanced level of English |
| A | **General and course-specific competences** | |
|  | **General competences**:   * Modular design (Kinetotherapy and special motor skills) and planning the basic contents of the field with interdisciplinary orientation * The assessment of physical growth and development and the quality of the motor according to the specific requirements / objectives of the physical and sports education, the attitude towards the independent practice of the physical exercise * Description and demonstration of specific operational systems for physical and sports education, by age groups * Evaluation of the level of training of practitioners of physical education and sports activities   **Course-specific competences**:   * Organization of physical and sports education activities for people of different ages and levels of training under qualified assistance conditions, respecting the rules of professional ethics and deontology * Fulfillment of efficient and effective work tasks for organizing and conducting sports activities | |
| B | **Learning outcomes** | |
|  | * Formation of a system of theoretical knowledge and practical skills specific to swimming, for practicing it as a means of nautical recreation and maintaining its own health, * Using this knowledge to organize and conduct aquatic activities with children or with people of different ages | |
| C | **Lecture content** | |
|  | - Swimming history, the evolution of the technique of sports swimming procedures  - Swimming characteristics and the influences exerted by its practice on the body  - The evolution in time of the use of swimming as a means of treatment of certain conditions.  - The technical basis of swimming: the laws of floating and diving, the study of the effectiveness of swimming movements  - Influences exerted by the physical properties of water in the treatment of ailments  - Influences exerted by the chemical properties of water in the treatment of diseases  - Use of swimming as a means of treatment of conditions  - Introduction to hydrokinetotherapy and the main treatment procedures used  - Method of making therapy programs using as a therapeutic means water and swimming  - Methodology of organizing and conducting a therapy activity using as a therapeutic means water and swimming | |
| D | **Recommended reading for lectures** | |
|  | * Ruben Guzman – The Swimming Drill Book, Human Kinetics, Illinois, USA, 2006, ISBN: 0735062513; * Ian Mcleod – Swimming Anatomy, Human Kinetics, USA, 2009, ISBN: 0736075712; * Jim Montgomery, Mo Chambers – Mastering Swimming (The Masters Athlete Series), Human Kinetics, USA, 2008, ISBN: 0736074538 | |
| E | **Seminar content** | |
|  | * Exercises on the ground and in the water for learning the technique of sports procedures swimming on the chest, back and arm exercises: exercises on the ground, exercises to accommodate the water, floating, breathing, opening the eyes in water * Technique of the movements of the legs and arms in the procedures chest-chest, back-and-neck, their coordination and their breathing, full swimming * Exercises for reinforcing the technique of learned swimming procedures * Segmental swimming used to treat conditions * Creation of special programs for the treatment of diseases using adapted swimming and the beneficial effects exerted by the physical and chemical properties of the water | |
| F | **Recommended reading for seminars** | |
|  | * Ruben Guzman – The Swimming Drill Book, Human Kinetics, Illinois, USA, 2006, ISBN: 0735062513; * Ian Mcleod – Swimming Anatomy, Human Kinetics, USA, 2009, ISBN: 0736075712; * Jim Montgomery, Mo Chambers – Mastering Swimming (The Masters Athlete Series), Human Kinetics, USA, 2008, ISBN: 0736074538 | |
| G | **Education style** | |
| learning and teaching methods | | Interactive lectures, explanation, demonstrations, viewing material and so on |
| assessment methods | | Practical and teoretical evaluation |
| Language of instruction | | English |