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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
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| 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
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| 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
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| 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

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| 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
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| 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 |