

Course Unit	-- null	Field of study	-
	Postgraduate Course in Circular and Sustainable Water Design: Health and Wellness	School	School of Hospitality and Wellbeing
Academic Year	2023/2024	Year of study	1
Type	Semestral	Semester	1
Workload (hours)	81	Contact hours	T - - TP 24 PL - TC - S - E - OT - O -
		Level	ECTS credits 3.0
		Code	5067-778-1104-05-23

T - Lectures; TP - Lectures and problem-solving; PL - Problem-solving, project or laboratory; TC - Fieldwork; S - Seminar; E - Placement; OT - Tutorial; O - Other

Name(s) of lecturer(s) Maria José Gonçalves Alves

#### Learning outcomes and competences

At the end of the course unit the learner is expected to be able to:

1. Mastering the concepts of hydrobalneotherapy to improve skills for the reasoned choice of techniques
2. Acquire specialized knowledge/scientific to increase professional autonomy
3. Identify and evaluate the physiological, psychological, and therapeutic effects of hydrobalneotherapy in users
4. Personalize the care and monitoring to guide and assist users during their presence in the spa, contributing to a better quality of services provided

#### Prerequisites

Before the course unit the learner is expected to be able to:  
Not applicable

#### Course contents

Good practices in hydrobalneotherapy. Therapeutic hydrobalneotherapy. Educational and preventive hydrobalneotherapy. Wellness Hydrobalneotherapy. Innovation in hydrobalneotherapy: techniques, equipment, and products.

#### Course contents (extended version)

1. Good practices in hydrobalneotherapy
  - Main care to have with users during their stay in the thermal spa
  - Basic care with the equipment, use of the facilities, and good sanitary practices
  - Protocol techniques, personal image, and interpersonal communication
2. Therapeutic hydrobalneotherapy
  - Fundamental therapeutic techniques in thermal spas
  - Main indications, contraindications, and body zones to protect
  - Complementary techniques
  - Practical classes on advanced techniques
3. Educational and preventive hydrobalneotherapy
  - Fundamental educational and preventive techniques in thermal spas
  - Main indications, contraindications, and body zones to protect
  - Complementary techniques
  - Practical classes on advanced techniques
4. Wellness Hydrobalneotherapy (10 hours) - - -
  - Wellness practices in thermal spas
  - Main indications, contraindications, and body zones to protect
  - Complementary techniques
  - Practical classes on advanced techniques
5. Innovation in hydrobalneotherapy: techniques, equipment, and products

#### Recommended reading

1. Chaitow, L. (2016). Hydrotherapy: Water Therapy for Health and Beauty. Collins & Brown.
2. Dail, C., & Thomas, C. (2012). Hydrotherapy: Simple Treatments for Common Ailments (2nd ed.). TEACH Services, Inc.
3. Fernández, M. R. P. (2014). Princípios da Hidroterapia e Balneoterapia. McGraw-Hill.
4. Ferreira, A. I. (2019). Terapia Aquática - Indicações, Métodos e Estratégias. Papa Letras Lda.
5. Stew, J. (2018). Hydrotherapy or the Water Cure: its Principles, Processes and Modes of Treatment. HardPress.

#### Teaching and learning methods

Theoretical-practical classes to present and explore concepts and apply techniques. Use of theoretical methods to present the content, using audiovisual media, complemented by interactive methods that encourage student participation through the application of the techniques presented. The aim is to consolidate the acquisition of theoretical knowledge in a practical way.

#### Assessment methods

1. Alternative 1 - (Regular, Student Worker) (Final, Supplementary)
  - Practical Work - 100%
2. Alternative 2 - (Regular, Student Worker) (Special)
  - Final Written Exam - 100%

#### Language of instruction

Portuguese

#### Electronic validation

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08-11-2023	08-11-2023