

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
		Level	
		ECTS credits	3.0
		Code	5067-778-1105-09-23
Workload (hours)	81	Contact hours	T - , TP 24 , PL - , TC - , S - , E - , OT - , O -

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. Acquire notions of salutogenesis and health promotion
2. Know the most common pathologies in hydrotherapy
3. Mastering the concepts, indications and contraindications of different hydrotherapy techniques
4. Acquire specialized knowledge/scientific different therapeutic forms for the respective pathologies

#### Prerequisites

Not applicable

#### Course contents

Notions of health. Mental Health. Physiopathologies.

#### Course contents (extended version)

1. Notions of health
2. Mental Health
  - Stress, anxiety and depression
  - Mindfulness: application in hydrotherapy
3. Physiopathologies
  - Gastrointestinal
  - Osteoarticular and musculoskeletal diseases
  - Respiratory
  - Cardiovascular
  - Nervous
  - Dermatological

#### Recommended reading

1. GRIN (2014). Stress reduction through joy of life. The salutogenesis model by Aaron Antonovsky (1st ed.). GRIN Verlag.
2. Mittelmark, M. B., Sagy, S., Eriksson, M., Bauer, G. F., Pelikan, J. M., Lindstrom, B., & Espnes, G. A. (Eds.) (2017). The Handbook of Salutogenesis (1st ed.). Springer.

#### Teaching and learning methods

Theoretical-practical classes of presentation of concepts and application of techniques in real situations. Use of theoretical exposition methods, using audiovisual media, complemented with interactive methods that stimulate student participation. It is intended, in a practical way, to consolidate the acquisition of theoretical knowledge and the expected competencies.

#### Assessment methods

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

#### Language of instruction

Portuguese

#### Electronic validation

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31-10-2023	08-11-2023