

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	Level	ECTS credits 3.0
Type	Semestral	Semester	1	Code	5067-778-1103-10-23
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 specialized knowledge in the area of hydrokinesitherapy.
2. Establish hydrokinesitherapy therapies appropriate to each user, based on mastery of its technical principles;
3. Develop skills and acquire specialized knowledge/scientific to increase professional autonomy
4. Identify and evaluate the physiological, psychological, and therapeutic effects of hydrokinesitherapy techniques on users
5. Personalize the care and monitoring to guide and assist users during their presence in the spa, contributing to a better quality of services provided
6. Introduction of techniques, equipment, and products in hydrokinesitherapy

### Prerequisites

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

### Course contents

Good practices in Good practices in hydrokinesitherapy. Hydrokinesitherapy in health and well-being. Applied hydrokinesitherapy.

### Course contents (extended version)

1. Good practices in hydrokinesitherapy
  - Main care to have with the 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. Hydrokinesitherapy in health and well-being
  - Fundamental hydrotherapy techniques in thermal spas
  - Development of exercise programmes and use of equipment with technical correction
  - Main indications and contraindications for the use of equipment and exercise program
  - Complementary techniques
  - Practical classes of advanced techniques
3. Applied hydrokinesitherapy
  - In pregnant women
  - In respiratory rehabilitation
  - In reducing stress and anxiety
  - In users with reduced mobility

### Recommended reading

1. Enoka, R. M. (2000). Bases Neuromecânicas da Cinesilogia. Manole.
2. Ferreira, A. I. (2019). Terapia Aquática - Indicações, Métodos e Estratégias. Papa Letras Lda.
3. Hamilton, N., Weimar, W., & Luttgens, K. (2013). Cinesilogia: Teoria e Prática do Movimento Humano. Guanabara Koogan.
4. Iborra, J. F. de la T. (2013). Técnicas de Hidroterapia Y Bañoterapia. Editorial Zumaque, S. L.
5. Rash, P. J., & Burk, R. K (2003). Cinesilogia e Anatomia Aplicada. Guanabara Koogan.

### 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 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