

	UČNI NAČRT PREDMETA/COURSE SYLLABUS
Predmet	Termalno zdravljenje
Course title	Thermal Treatment

Študijski program in stopnja Study programme and level	Študijska smer Study field	Letnik Academic year	Semester Semester
Fizioterapija / 1. stopnja	Ni smeri študija	3. letnik	6.
Physiotherapy / 1 st Cycle	No study field	3 rd year	6 th

Vrsta predmeta/Course type izbirni/elective

Univerzitetna koda predmeta/University course code FTH 3 IPStr UN7

Predavanja	Sem. vaje	Kab. vaje	Lab. vaje	Teren. vaje	Samost. delo	ECTS
Lectures	Tutorial	Cabinet tutorial	Laboratory work	Field work	Individ. work	
30		45			75	5

Nosilec predmeta/Lecturer: Nataša Koprivnik, pred.

Jeziki/ Languages:	Predavanja/Lectures:	slovenski/Slovenian
	Vaje/Tutorial:	slovenski/Slovenian

Pogoji za vključitev v delo oz. za opravljanje študijskih obveznosti:	Prerequisites:
Vpis v tretji letnik študijskega programa.	A prerequisite for inclusion is enrolment in the third year of study.

Vsebina:	Content (Syllabus outline):
<ul style="list-style-type: none"> • Specifičnost zdravljenja v slovenskih zdraviliščih. • Različne terapevtske metode termalnega zdravljenja: blatne kopeli, biserne kopeli, podvodne masaže, inhalacije, pitje mineralne vode, različne oblike savn. • Značilnosti vadbe v vodi. • Indikacije in kontraindikacije hidroterapije. • Načini gibanja in vadbe v vodi: aerobna vadba, vadba za moč (plavanje proti toku), vadba za gibljivost, vadba za ravnotežje, vadba za koordinacijo. • Pripomočki za vadbo v vodi. • Vodne igre. • Priporočila za izbiro ustrezne plavalne tehnike pri različnih patologijah. 	<ul style="list-style-type: none"> • Specificity of treatment in Slovenian spas. • Different therapeutic methods of thermal treatment: mud baths, pearl baths, underwater massages, inhalations, drinking mineral water, different forms of saunas. • Characteristics of exercise in water. • Indications and contraindications to hydrotherapy. • Modes of exercise and training in water: aerobic exercise, strength training (swimming against the current), flexibility training, balance training, coordination training. • Water exercise equipment. • Water games.

<ul style="list-style-type: none"> • Uporaba različnih metod in tehnik hidroterapije pri specifičnih patologijah: razgibavanje v Hubbardovi banji, štiricelična galvanizacija. <p>Kabinetne vaje:</p> <ul style="list-style-type: none"> • Oglede term in njihove ponudbe za izvajanje hidroterapije. • Hidrogimnastika. • Hidroaerobika (s pripomočki). • Vodne igre. • Priprava sklopa vaj s slikovnih gradivom za posamezne patologije v okviru hidroterapije. • Uporaba ustrezne plavalne tehnike pri različnih patologijah in izbira plavalnega pripomočka za modificirano obliko plavalne tehnike. • Edukacija pacientov s specifično patologijo glede ergonomске ureditve kopalnice in njene uporabe v domačem okolju. 	<ul style="list-style-type: none"> • Recommendations for the selection of appropriate swimming technique for different pathologies. • Application of different hydrotherapy methods and techniques for specific pathologies: Hubbard bath, four-cell galvanisation. <p>Cabinet exercises:</p> <ul style="list-style-type: none"> • A tour of spa and their offer of hydrotherapy. • Hydrogymnastics. • Hydroaerobics (with aids). • Water games. • Preparation of a set of exercises with pictorial material for specific pathologies in the context of hydrotherapy. • Application of appropriate swimming technique for different pathologies and selection of swimming aid for modified form of swimming technique. • Educating patients with specific pathologies on ergonomic bathroom design and its use in the home environment.
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Temeljna literatura in viri/Readings:

Temeljna literatura/Basic literature

- Kisner, C., Colby, L. A. in Borstad, J. (2018). *Therapeutic exercise. Foundation and Techniques. 7th ed.* Philadelphia: Davis Company.
- Štefančič, M. in Demšar, A. (2003). *Izbrana poglavja iz osnove fizikalne medicine in rehabilitacije gibalnega sistema.* Ljubljana: IRSR.
- Zupan, A. in Plevnik, M. (2014). *Swimming and other forms of aquatic exercise for people with neuromuscular disorders.* Ljubljana.

Priporočljiva literatura/Recommended literature

- Izbrani članki iz zbornikov znanstvenih srečanj, izbrani članki iz domačih in tujih znanstvenih revij s področja hidroterapije, balneoterapije, izbrane internetne strani.

Cilji in kompetence:

Učna enota prispeva predvsem k razvoju naslednjih splošnih in specifičnih kompetenc:

- poznavanje specifičnosti zdravljenja s hidrokinezioterapijo,
- poznavanje fizioloških učinkov vode in vpliv na človeško telo,
- razumevanje uporabe hidroterapije,

Objectives and competences:

The learning unit mainly contributes to the development of the following general and specific competences:

- knowledge of the specificity of treatment with hydro-kinesiotherapy,
- knowledge of the physiological effects of water and the impact on the human body,

<ul style="list-style-type: none"> • poznavanje indikacij in kontraindikacij za uporabo hidroterapije, • razvoj veščin in spretnosti za izvedbo hidroterapije, • uporaba praktičnega znanja pri organizaciji in izvajanju hidroterapije, • sposobnost vključevanja pacientov v fizioterapevtski program glede na njihovo zdravstveno stanje, • sposobnost kritično presoditi kakovost lastnega dela, • sposobnost evalvacije rezultatov dela, • sposobnost sodelovanja v fizioterapevtskem, interdisciplinarnem in multidisciplinarnem timu, • sposobnost vedenja, skladno z načeli in principi Kodeksa etike fizioterapevtov SLO. 	<ul style="list-style-type: none"> • understanding the use of hydrotherapy, • knowledge of indications and contraindications for the use of hydrotherapy, • development of skills and competences for the implementation of hydrotherapy, • use of practical knowledge in the organization and implementation of hydrotherapy, • the ability to integrate patients into the physiotherapy programme according to their state of health, • the ability of critically assessing the quality of one`s own work, • the ability to evaluate the work results, • the ability to participate in a physiotherapeutic, interdisciplinary and multidisciplinary team, • the ability to behave in accordance with the principles of the Code of Ethics for Physiotherapists in Slovenia.
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Predvideni študijski rezultati:

Študent/študentka:

- razume pomen balneologije in hidrokinezioterapije,
- pozna zgodovino balneologije in hidroterapije,
- pozna patološka in patofiziološka dogajanja v organih in morfološke spremembe na tkivih gibalnega sistema,
- razume uporabo hidroterapije,
- pozna indikacije in kontraindikacije za uporabo hidroterapije,
- je sposoben izvedbe individualne ali skupinske hidrogimnastike,
- pozna indikacije, kontraindikacije in omejitve,
- razume razliko med posameznimi vrstami hidroterapije,
- sposoben je izbrati določene fizioterapevtske tehnike in jih ustrezno vključiti v fizioterapevtski program.

Intended learning outcomes:

Students:

- understand the importance of balneology and hydro-kinesiotherapy,
- know the history of balneology and hydrotherapy,
- know the pathological and pathophysiological events in body organs and morphological changes of tissues of the motor system,
- understand the use of hydrotherapy,
- know the indications and contraindications for the use of hydrotherapy,
- are capable of performing individual or group hydrogymnastics,
- know the indications, contraindications and limitations,
- understand the difference between individual types of hydrotherapy,
- are able to choose specific physiotherapy techniques and include them appropriately in the physiotherapy programme.

Metode poučevanja in učenja:

- *predavanja* z aktivno udeležbo študentov (razlaga, diskusija, vprašanja, primeri, reševanje problemov),
- *kabinetne vaje*: demonstracija, metoda praktičnih del, delo v parih, študije primera, razgovor, diskusija, simulacija.

Learning and teaching methods:

- *lectures* with active student participation (explanation, discussion, questions, examples, problem solving),
- *cabinet work*: demonstration, method of practical work, work in pairs, case studies, conversation, discussion, simulation.

Delež (v %)

Weight (in %)

Načini ocenjevanja:

Načini:

- izpit
- kolokvij (kabinetne vaje)

Ocenjevalna lestvica: ECTS.

Assessment:

Types:

- exam
- preliminary exam (cabinet work)

Grading scheme: ECTS