

	UCNI NACRT PREDMETA/COURSE SYLLABUS
Predmet	Balneologija in hidrokinezioterapija
Course title	Balneology and Hydro-Kinesiotherapy

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

Vrsta predmeta/Course type modularni/module

Univerzitetna koda predmeta/University course code FTH 3 MI UN I

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

Nosilec predmeta/Lecturer:

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"> • <i>Zgodovina in razvoj zdravilišč v Evropi:</i> Specifičnost zdravljenja v naravnih zdraviliščih. • <i>Fizikalne lastnosti vode:</i> Mineralne vode. • <i>Fiziološki učinki vode na človeško telo.</i> • <i>Fizične lastnosti vode:</i> hidrostatika, hidrodinamika. • <i>Uporaba in tehnike hidroterapije:</i> zdraviliško zdravljenje, hidroterapija. 	<ul style="list-style-type: none"> • <i>History and development of spas in Europe:</i> Specificity of treatment in natural spas. • <i>Physical properties of water:</i> Mineral waters. • <i>Physiological effects of water on the human body.</i> • <i>Physical properties of water:</i> hydrostatics, hydrodynamics. • <i>Use and techniques of hydrotherapy:</i> spa treatment,

<ul style="list-style-type: none"> • Ključni za rehabilitacijo v vodi. • Zakaj rehabilitacija v vodi pomaga pospešiti zdravljenje. • Učinkovitost hidroterapije. • Učinkovitost balneorehabilitacije. • Komunikacija z drugimi zdravstvenimi delavci v rehabilitacijskem timu: Spremljanje ambulantne in zdraviliške rehabilitacije. 	<p>hydrotherapy.</p> <ul style="list-style-type: none"> • Keys to rehabilitation in water. • Why does rehabilitation in water help to accelerate healing. • Effectiveness of hydrotherapy. • Effectiveness of balneo-rehabilitation. • Communication with other health professionals in the rehabilitation team: Monitoring rehabilitation in ambulatory care clinics and health resorts.
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Temeljna literatura in viri/Readings:

Temeljna literatura/Basic literature

- Kisner, C. in Colby, L. A. (2012). *Therapeutic exercise*. 6th ed. Philadelphia: F.A. Davis, cop.
- 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,
- 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,

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,
- 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,

<ul style="list-style-type: none"> • sposobnost vedenja, skladno z načeli in principi Kodeksa etike fizioterapevtov SLO. 	<ul style="list-style-type: none"> • 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:

Student/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 tutorial*: demonstration, method of practical work, work in pairs, case studies, conversation, discussion, simulation.

Načini ocenjevanja:

Načini:

- pisni izpit

Delež (v %)

Weight (in %)

80 %

Assessment:

Types:

- written exam

<ul style="list-style-type: none">• kolokvij Ocenjevalna lestvica: ECTS.	20 %	<ul style="list-style-type: none">• preliminary exam Grading scheme: ECTS.
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