**ACADEMIC DISCIPLINE OVERVIEW**

1. **Program data**

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| **1.1.** | **GRIGORE T. POPA UNIVERSITY OF MEDICINE AND PHARMACY IASI** |
| **1.2.**  | **FACULTY OF MEDICAL BIOENGINEERING**  |
| **1.3.** | **PROGRAMME:** Physio-kinetotherapy and rehabilitation |
| **1.4.**  | **STUDY FIELD:** Health |
| **1.5.** | **STUDY CYCLE**: UNDERGRADUATE |
| **1.6.** | **STUDY PROGRAMME:** INENGLISH |
| 1. **Subject data**
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| **2.1.** | **Subject: Aquagym rehabilitation RE 1222** |
| **2.2.** | **Module leader: Lecturer Bogdan Anton, Ph-D** |
| **2.3.** | **Seminar leader: Lecturer Bogdan Anton, Ph-D** |
| **2.4. Year of study** | **2** | **2.5. Semester in which is taught** | **II** | **2.6. Evaluation type** | colloquium | **2.7. Subject status** | Elective/ D.S. |

1. **Estimated total time (hours/semester of didactic activity)**

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| **3.1.Number of hours / week** | 3 | **3.2. Courses number of hours / week** | 2 | **3.3.Seminar / l practical classes** | 1 |
| **3.4. Total number of learning hours** | 42 | **3.5. Courses** | 28 | **3.6. Seminar / practical classes** | 14 |
| **3.7. Distribution of the available time** | Hours |
| **Study based on the manual, lecture support, bibliography and hand notes** | 2 |
| **Supplementary documentation in the library, using specialized platforms via internet and by field work** | 2 |
| **Preparation for seminars / practical classes, study themes, reviews, portfolio, and essays** | 2 |
| **Tutorship** | 2 |
| **Examinations** | 2 |
| **Other activities** | 2 |
| **3.8. Total hours of individual study** | 8 |
| **3.9. Total hours pes semester** | 50 |
| **3.10. Number of credits** | 2 |

1. **Preconditions (where applicable)**

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| **4.1.** of curriculum | - |
| **4.2.** of competences | - |

1. **Conditions (where applicable)**

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| **5.1.** for lectures | Logistic video support |
| **5.2.** for seminars / practical classes | Water basin, Kinetotherapy room, special equipment  |

1. **Specific competences acquired**

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| Professional competences (expressed as knowledge and abilities) | C1.3 Knowing the notions of physical activity adapted to water. Application of kinetotherapy programs related to the functional diagnosis and according to the physician's indications, also performing secondary in wather.C1.4 Use of adequate parameters in the techniques to increase articular mobility, muscle force, coordination, balance, to improve certain altered parameters: cardiovascular |
| Transverse competences (of role, of professional development, personal) | competent institutional organization and human resource management- to participate in group work;- to organize activities with groups of preschoolers and adults;-to organize time, space and resources of the institution;- to promote the establishment of agreements / partnerships, to collaborate with other teachers /and abroad;-to plan educational activities  |

1. **Objectives of the study discipline (according to the grid of specific competences acquired)**

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| **7.1.** General objective | General and specialized knowledge in the field of movement pedagogy to allow the comprehension, analysis and realization of new competences in this field, as well as familiarization with the professional activities performed in this field, with specialized pedagogic language, by defining the fundamental concepts/notions of the theory and methodology of training, namely the theory and methodology of evaluation;  |
| **7.2.** Specific objectives | Capacity of processing and interpretation of certain information from the field of pedagogy of movement in wather (clinical data, physiological parameters, etc.) in view of supporting and taking decisions and of applying certain principles and ideas in this field; realization of recovery programs.  |

1. **Contents**

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| **8.1. Lecture** | **Teaching methods** | **Observations** |
| 1. Hydrotherapy and health | PowerPoint presentation, video presentations, interactive discussions, practical demonstrations, applications | 2 hours |
| 2., 3. Changes and adaptations of the human body by swimming | 4 hours |
| 4. Swimming for adults | 2 hours |
| 5.The role of swimming in recovering physical deficiencies | 2 hours |
| 6., 7. Swimming recovery for people with disabilities motor | 4 hours |
| 8. Means of transferring to the water of people with motor deficiencies | 2 hours |
| 9. Devices used in water for people with motor deficiencies | 2 hours |
| 10., 11., 12. Maintenance and recovery programs via aquagym | 6 hours |
| 13., 14. Program for the development of aerobic resistance | 4 hours |
| **Bibliography****mandatory**1.Terapii – tehnici – metode complementare de relaxare, decontracturare folosite in kinetoterapie, University Lecturer, Main Professor Kinetotherapy at Oradea University, PASZTAI ZOLTAN and University Graduate Assistant, PASZTAI ANDREA; LOGOS Printing House, 2001**selective**2. Ghid de medicina fizica si recuperare medicala Georgiana-Ozana Tache, under the supervision of Mircea Beuran – Collection of the Resident Doctor3. Kinetologie profilactica, terapeutica si de recuperare, Tudor Sbenghe, Editura Medicala, Bucharest, 19374. Introducere in kinetologie – course notes; Veronica Balteanu, “Al. I. Cuza” University Printing Press, Iasi 20045. Ghid de medicina fizica si recuperare medicala- Georgiana-Ozana Tache, under the supervision of Mircea Beuran - Collection of the Resident Doctor |
| **8.2. Seminar / practical classes** | **Teaching methods** | **Observations** |
| 1. Practical applications- Hydrotherapy and health | Practical applications in pool,interactive discussions, demonstrations,  | 2 hours |
| 2., 3. Practical applications -Program for the development of aerobic resistance | 4 hours |
| 4., 5. Swimming for adults | 4 hours |
| 6., 7. Maintenance and recovery programs via aquagym | 4 hours |

1. **Correlation of the discipline contents with the expectations of the epistemic community, professional associations, and representative employers from the afferent program field**

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| The content of the *Course* *Syllabus* is the result of an annual assessment process carried out within the faculty, based on information from students, alumni and employers.  |

1. **Evaluation**

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| **Type of activity** | **Type of activity** | **Evaluation methods** | **Contribution to the final grade** |
| **Lecture** | Familiarization with theoretical notions and aspects introduces during the course.  | Written exam | 50% |
| **Seminar/practical classes** | Themes of practical works  | Practical Test | 40% |
| Activity during semester |  | 10**%** |
| **Minimal performance standard:** Promotion with a grade of minimum 5* knowledge of the general mechanism of locomotion
* knowledge of the role of physical effort in adaptation

knowledge of movement amplitude assessment and of the practical bases of recovery.  |

**Date: Signature of head of discipline**

25.09.2019 Lecturer Bogdan Anton, Ph-D

**Department approval date**

30.09.2019

 **Signature of department director**

Lecturer Daniela-Viorelia Matei, Ph-D