**ACADEMIC DISCIPLINE OVERVIEW**

1. **Program data**

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| 1.1. Higher education institution | Grigore T. Popa University of Medicine and Pharmacy Iasi |
| 1.2. Faculty | Medical Bioengineering |
| 1.3. Department | Biomedical Sciences |
| 1.4. Field of study | Health |
| 1.5. The cycle of studies | Bachelor |
| 1.6. Study program / qualification | Balneo-physiokinetotherapy and rehabilitation – english language / Physiokinetotherapist |

**2. Discipline data**

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| 2.1. Name of the discipline / Code | **Aquagym** | **RE1126** |
| 2.2. Teaching staff in charge with lectures | **-** |
| 2.3. Teaching staff in charge with practical activities | **Lecturer Bogdan Anton-Prisacariu, PhD** |
| 2.4. Year of study | **I** | 2.5. Semester | **2** | 2.6. The type of assessment | **Colloquium, C2** |
| 2.7. Discipline type | **Elective** | **Specialty discipline** |

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

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| 3.1. Number of hours / week: | 3.2. Courses number of hours / week | 3.3. Seminars / practical classes number of hours / week |
| Semester 1 | **-** | **-** | **-** |
| Semester 2 | **1** | **-** | **1** |
| 3.4. Total number of learning hours: | **14** | 3.5. Of which: Courses |  | 3.6. Of which: Seminars / practical classes: | **14** |
| 3.7. Distribution of individual study time: | Hours sem. 1 | Hours sem. 2 |
| Study time using course book materials, bibliography and hand notes |  | 15 |
| Supplementary documentation in the library, using specialised platforms via internet and by field work |  | 10 |
| Preparation time for seminars / practical classes, study themes, reviews, portfolio and essays |  | 6 |
| Tutorship |  | 2 |
| Examinations |  | 2 |
| Other activities |  | 5 |
| Total hours of individual study (*without examinations*) |  | **36** |
| 3.8. Total hours per semester |  | **50** |
| 3.9. Number of credits |  | **2** |

**4. Preconditions (where applicable)**

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

5. **Conditions (where applicable)**

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

**6. Specific competences acquired**

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| **Professional competencies** | **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 |

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| **Transversal****competencies** | **CT1** | 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 |

7**.** **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. |

**8. Contents**

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| **8.2. Practical activities - practical class**  | **Teaching methods** | **Observations** |
| 1 | Hydrotherapy and health | PowerPoint presentation, video presentations, interactive discussions, practical demonstrations, applications | 2 hours |
| 2 | Changes and adaptations of the human body by swimming. Swimming for adults | 4 hours |
| 3 | Swimming recovery for people with disabilities motor and other physical deficiencies | 2 hours |
| 4 | Means of transferring to the water of people with motor deficiencies. Devices used in water for people with motor deficiencies | 2 hours |
| 5 | Maintenance and recovery programs via aquagym. Program for the development of aerobic resistance | 4 hours |

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| **8.3. Bibliography:** |
| ***Mandatory:*** |
| 1. Bădău, A., Aquagym teorie și motodologie, Ed. University Press, Tg. Mureș, 20162. Oelmann, J., Wollschlonger, I., Aquafitness Basics, Ed. Meyer&Meyer Sport, 2013 |

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| ***Elective:***1. McLeod, I., Anatomia înotului. Ghid ilustrat pentru creșterea forței, vitezei și rezistenței înotătorului, Ed. Lifestyle, 2019 |

**9. *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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| Knowledge and abilities are established as didactic objectives and specified as such in the analytic programs that are revised yearly. After their analysis by the study discipline staff, these are discussed and approved in the Curricular Committee, towards curricular harmonization among the various study disciplines. Along this entire process systematic evaluation is performed, directly if possible, regarding the correspondence of the contents to the expectations of the academic community and of the representatives of the social community, professional associations, and employers. |

**10. Evaluation**

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| **Type of activity** | **Type of activity** | **Evaluation methods** | **Contribution to the final grade** |
| **Practical activities** | Familiarization with theoretical notions and aspects introduces during the course.  | Practical exam | 80% |
| **Individual study** | Activity during semesterDemonstration of in-depth knowledge through individual study | Tests during semester | 20**%** |
| **Minimal performance standard:** * knowledge of the role of physical effort in adaptation
* knowledge of movement amplitude assessment and of the practical bases of recovery.
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| Date | Holder of course / signature, | Holder of practical activities / signature, |
| 14.09.2024 |  | Lecturer Bogdan Anton-Prisacariu, PhD |

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| Date of approval in the Department Council/Teaching Council,  |
| 19.09.2024 |  | Department director / signature, |
|  |  | Associate Professor Daniela-Viorelia Matei, MD, PhD |