

BACHELOR DEGREE  
PHYSICAL THERAPY  
2<sup>ND</sup> YEAR OF STUDY, 2<sup>ND</sup> SEMESTER

COURSE TITLE	<b>SWIIMING AND AQUATIC PHYSIOTHERAPY</b>
COURSE CODE	SL1212260
COURSE TYPE	tutorial
COURSE LEVEL	1 <sup>st</sup> cycle (bachelor's degree)
YEAR OF STUDY, SEMESTER	2 <sup>nd</sup> year of study, 2 <sup>nd</sup> semester
NUMBER OF ECTS CREDITS	5
NUMBER OF HOURS PER WEEK	4 (2 lecture hours + 2 seminar hours)
NAME OF LECTURE HOLDER	PUNI RAREȘ-ALEXANDRU
NAME OF SEMINAR HOLDER	PUNI RAREȘ-ALEXANDRU
PREREQUISITES	Advanced level of English
A	GENERAL AND COURSE-SPECIFIC COMPETENCES
	<p><b>General competences:</b></p> <ul style="list-style-type: none"> <li>→ Modular design (Kinetotherapy and special motor skills) and planning the basic contents of the field with interdisciplinary orientation</li> <li>→ The assessment of physical growth and development and the quality of the motor according to the specific requirements / objectives of the physical and sports education, the attitude towards the independent practice of the physical exercise</li> <li>→ Description and demonstration of specific operational systems for physical and sports education, by age groups</li> <li>→ Evaluation of the level of training of practitioners of physical education and sports activities</li> </ul> <p><b>Course-specific competences:</b></p> <ul style="list-style-type: none"> <li>→ Organization of physical and sports education activities for people of different ages and levels of training under qualified assistance conditions, respecting the rules of professional ethics and deontology</li> <li>→ Fulfillment of efficient and effective work tasks for organizing and conducting sports activities</li> </ul>
B	LEARNING OUTCOMES
	<ul style="list-style-type: none"> <li>→ Formation of a system of theoretical knowledge and practical skills specific to swimming, for practicing it as a means of nautical recreation and maintaining its own health,</li> <li>→ Using this knowledge to organize and conduct aquatic activities with children or with people of different ages</li> </ul>
C	LECTURE CONTENT
	<ul style="list-style-type: none"> <li>- Swimming history, the evolution of the technique of sports swimming procedures</li> <li>- Swimming characteristics and the influences exerted by its practice on the body</li> <li>- The evolution in time of the use of swimming as a means of treatment of certain conditions.</li> <li>- The technical basis of swimming: the laws of floating and diving, the study of the effectiveness of swimming movements</li> <li>- Influences exerted by the physical properties of water in the treatment of ailments</li> <li>- Influences exerted by the chemical properties of water in the treatment of diseases</li> <li>- Use of swimming as a means of treatment of conditions</li> <li>- Introduction to hydrokinetotherapy and the main treatment procedures used</li> <li>- Method of making therapy programs using as a therapeutic means water and swimming</li> <li>- Methodology of organizing and conducting a therapy activity using as a therapeutic means water and swimming</li> </ul>
D	RECOMMENDED READING FOR LECTURES
	<ul style="list-style-type: none"> <li>• Ruben Guzman – The Swimming Drill Book, Human Kinetics, Illinois, USA, 2006, ISBN: 0735062513;</li> <li>• Ian Mcleod – Swimming Anatomy, Human Kinetics, USA, 2009, ISBN: 0736075712;</li> <li>• Jim Montgomery, Mo Chambers – Mastering Swimming (The Masters Athlete Series), Human Kinetics, USA, 2008, ISBN: 0736074538</li> </ul>

E	SEMINAR CONTENT	
	<ul style="list-style-type: none"> <li>• Exercises on the ground and in the water for learning the technique of sports procedures swimming on the chest, back and arm exercises: exercises on the ground, exercises to accommodate the water, floating, breathing, opening the eyes in water</li> <li>• Technique of the movements of the legs and arms in the procedures chest-chest, back-and-neck, their coordination and their breathing, full swimming</li> <li>• Exercises for reinforcing the technique of learned swimming procedures</li> <li>• Segmental swimming used to treat conditions</li> <li>• Creation of special programs for the treatment of diseases using adapted swimming and the beneficial effects exerted by the physical and chemical properties of the water</li> </ul>	
F	RECOMMENDED READING FOR SEMINARS	
	<ul style="list-style-type: none"> <li>• Ruben Guzman – The Swimming Drill Book, Human Kinetics, Illinois, USA, 2006, ISBN: 0735062513;</li> <li>• Ian Mcleod – Swimming Anatomy, Human Kinetics, USA, 2009, ISBN: 0736075712;</li> <li>• Jim Montgomery, Mo Chambers – Mastering Swimming (The Masters Athlete Series), Human Kinetics, USA, 2008, ISBN: 0736074538</li> </ul>	
G	EDUCATION STYLE	
LEARNING AND TEACHING METHODS	Interactive lectures, explanation, demonstrations, viewing material and so on	
ASSESSMENT METHODS	Practical and teoretical evaluation	
LANGUAGE OF INSTRUCTION	English	