



IDENTIFYING DATA

(*)Exercicio terapéutico en medio acuático

Subject	(*)Exercicio terapéutico en medio acuático			
Code	P05M191V01204			
Study programme	Máster Universitario en Ejercicio terapéutico en fisioterapia			
Descriptors	ECTS Credits	Choose	Year	Quadmester
	3	Optional	1st	2nd
Teaching language	Spanish Galician			
Department				
Coordinator	Abalo Núñez, María del Rocío			
Lecturers	Abalo Núñez, María del Rocío			
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Web				
General description	Optative subject of 3 credits that pretends to teach wools possibilities of him therapeutic exercise in him water			

Skills

Code	
A2	That the students know how to apply the knowledge acquired and their ability to solve problems in new or little-known environments within broader (or multidisciplinary) contexts related to their area of study.
B1	Know how to work in teams that are structured in a uni or multidisciplinary and interdisciplinary way as a professional specialized in Therapeutic Exercise in Physiotherapy.
B2	Incorporate the ethical and legal principles of the physiotherapist profession into professional practice, as well as integrate social and community aspects in decision-making in interventions focused on Therapeutic Exercise in Physiotherapy.
C4	Analyze, program and apply movement as a therapeutic measure, promoting the participation of the patient/user in the process.
C6	Ability to solve problems in new and imprecisely defined environments to identify the most appropriate treatment based on therapeutic exercise in the different processes of alteration, prevention and health promotion, as well as integration with other professionals for the benefit of health of the patient/user.
C11	Adapt therapeutic exercise sessions based on the characteristics of the patient, the pathology and the environment.
C12	Apply a protocol for measuring the functional capacity of patients based on their characteristics, as well as the pathology in the different areas of specialization.
D1	Ability to understand the meaning and application of the gender perspective in the different fields of knowledge and in professional practice with the aim of achieving a fairer and more equal society.
D3	Sustainability and environmental commitment. Equitable, responsible and efficient use of resources.
D6	Creativity, entrepreneurial spirit and adaptation to new situations.
D7	Develop leadership and organization skills.
D8	Maintain an attitude of learning and improvement.

Learning outcomes

Expected results from this subject	Training and Learning Results
Know fundamental appearances related with the therapeutic exercise in half aquatic.	B2 C4 D3 D6

Know design programs of therapeutic exercise in half aquatic.	B1 C4 C11 C12 D1 D6 D7 D8
Adapt the exercises to the person and/or pathology.	A2 C6 C11 D1 D3 D7 D8

Contents

Topic	
General appearances of in half aquatic and his installations for the practice of therapeutic exercise	Characteristic hydrodynamic principles of wool functional recovery in the Material water and *implementos of flotation basic Norms of security
Different technical of therapeutic exercise in half aquatic	Therapeutic exercise in deep swimming pool. Therapeutic exercise in swimming pool little deep.
Design of sessions of aquatic therapeutic exercise oriented the different pathologies	Aquatic therapeutic exercise in the upper quadrant aquatic therapeutic Exercise in the inferior quadrant
Design of aquatic therapeutic exercise according to the populational group	Aquatic therapeutic exercise in the sporty therapeutic Exercise aquatic in boys and girls aquatic Exercise in greater people aquatic Exercise in pregnant women

Planning

	Class hours	Hours outside the classroom	Total hours
Introductory activities	1	0	1
Lecturing	7	35	42
Practicum, External practices and clinical practices	10	16	26
Systematic observation	3	0	3
Case studies	3	0	3

*The information in the planning table is for guidance only and does not take into account the heterogeneity of the students.

Methodologies

	Description
Introductory activities	Activity directed the presentation of the matter as well as gather information of the students
Lecturing	Exhibition of the contents by part of the/the educational. Theoretical classes-participatory where boost the active participation of the students employing half audiovisual.
Practicum, External practices and clinical practices	Demonstration by the teaching staff of the techniques that the students will carry out in pairs with the supervision of the lecturer. Proposal of clinical cases in which, following the guidelines of collaborative learning, the plot is reached by applying the therapeutic exercise. Also activities based on problem solving. The students will make a portfolio/dossier of the practices

Personalized assistance

Methodologies	Description
Introductory activities	The personalised attention will be centred in the resolution of doubts that can have the students in relation to organisation of the subject.

Lecturing	The personalised attention will be centred in the resolution of doubts that can have the students in relation with the subject through tutorship face-to-face, email and/or remote campus
Practicum, External practices and clinical practices	The personalised attention will be centred in the resolution of doubts that can have the students in relation to the practical contents of collective or/individual way of face-to-face way or through the remote campus

Assessment						
	Description	Qualification	Training	Learning	Results	
Systematic observation (*)	O alumnado será avaliado durante as sesións prácticas	60	A2	B1	C4 C6 C11 C12	D1 D3 D6 D7
Case studies	(*)O alumnado revolverá as actividades propostas polo profesorado	40	A2	B2	C4 C6 C11 C12	D1 D8

Other comments on the Evaluation

In order to pass the subject, it is compulsory to attend 80% of the classes in person.

Sources of information

Basic Bibliography

Kisner, C, **Ejercicio terapéutico : fundamentos y técnicas**, 84-8019-788-9, Paidotribo, 2015

Güeita J, Fernández de las Penas C, Alonso M, **Terapia acuática: Abordajes desde la fisioterapia y la terapia ocupacional.**, 978-84-9022-810-4, Elsevier, 2015

Baker A, Talevski J, Morello R, Brand C, Rahmann A, Urquhart D, **Effectiveness of Aquatic Exercise for Musculoskeletal Conditions: A Meta-Analysis**, <https://doi.org/10.1016/j.apmr.2014.04.005>, Archives of Physical Medicine and Rehabilitation, 2014

Complementary Bibliography

Sova, R., **Ejercicios acuáticos**, 84-8019-099-X, Paidotribo, 1993

Jiménez, J, **Columna vertebral y medio acuático : ejercicios preventivos y terapéuticos**, 84-8013-140-3, Gymnos, 1998

Bartels E, Juhl C, Christensen R, Hagen K, Danneskiold-Samsoe B, Dagfinrud H, Lund H, **Aquatic exercise for the treatment of knee and hip osteoarthritis (review)**, <https://doi.org/10.1002/14651858.CD005523.pub3>, Cochrane Database of Systematic Reviews, 2016

Corvillo I, VarelaE, Armijo F, Álvarez-Badillo A, Armijo O, MAraver F, **Efficacy of aquatic therapy for neck pain: a systematic review**, DOI: 10.1007/s00484-019-01738-6, International Journal of Biometereology, 2020

Brandao T, Marcelino J, Fles B, Tasiana C, Mazzarioli R, Pasqual A, Lopes E, Rosa J., **The effectiveness of aquatic physical therapy in the treatment of fibromyalgia: a systematic review with meta-analysis**, <https://doi.org/10.1177/0269215513484772>, Clinical Rehabilitation, 2013

Recommendations