

**MINISTRY OF HEALTH CARE OF UKRAINE  
ODESA NATIONAL MEDICAL UNIVERSITY**

Department of physical rehabilitation, sports medicine, physical training

**Syllabus of the academic discipline  
«Hydrotherapy and spa treatments»**

<b>Scope of the academic discipline</b>	Total number of hours per discipline: 90 hours, 3.0 credits. Semester: VII- VIII 4th year of study
<b>Days, time, place of educational discipline</b>	According to the schedule of classes. Department of Physical Rehabilitation, Sports Medicine, Physical Training Odesa, 4-A Olgivivska St., ONMedU Sports Complex, 2nd floor.
<b>Teacher(s)</b>	Iushkovska Olga. Head of the Department, Doctor of Medical Sciences, Professor. Plakida Oleksandr. Doctor of Medicine, Professor of the Department. Filonenko Olena. Candidate of Medical Sciences, Associate Professor of the Department. Kravets Svitlana. Assistant of the Department. Semenenko Oleg. Assistant of the Department. Kamo Shakhnazaryan. Assistant of the Department.
<b>Contact information</b>	Help by phone: Viktoriya Seredovska, head teacher of the department 0672857552 Viktoriya Radaeva, laboratory assistant of the department, 0973824140, +380(48) 723-05-68, +380 (48) 728-50-30 E-mail: sportmed@onmedu.edu.ua Face-to-face consultations: from 15.00 to 17.00 every Thursday according to the schedule. Online consultations: from 16.00 to 18.00 every Thursday according to the schedule. A link to an online consultation is provided to each group during classes separately.

**COMMUNICATION**

Communication with applicants will be carried out in the classroom (in person). During distance learning, communication is carried out through the Microsoft Teams platform, as well as through e-mail correspondence, Viber messengers (through groups created in Viber for each group, separately through the group head).

**ABSTRACT OF THE EDUCATIONAL DISCIPLINE**

The subject of the discipline is the teaching of the use of the physics of water in its natural or preformed form and varieties of modern spa treatments.

Prerequisites and post-requisites of the discipline (place of the discipline in the educational program):

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*Prerequisites:* (list of disciplines that must be studied prior to the discipline «Hydrotherapy and spa treatments»): normal anatomy, normal physiology, pathological anatomy, pathological physiology, pharmacology, biochemistry, pediatrics, general surgery, clinical anatomy and operative surgery, medical psychology, propedeutics of internal medicine, traumatology and orthopedics, obstetrics and gynecology, neurology, emergency and urgent medical care.

*Post-requisites:* (list of disciplines for which the knowledge gained in the study of «Hydrotherapy and spa treatments» is required): manual therapy, cosmetology, current problems in physiotherapy, balneology and rehabilitation, information technology in medicine, basics of reflectotherapy. The goal of the discipline: Mastering by the student of higher education knowledge and formation of elements of professional competences in the field of kinesiotaping in sports medicine and physical and rehabilitation medicine.

*The goal of the discipline:* Formation of students' knowledge system about the peculiarities of hydrotherapy and spa procedures as a therapeutic method and an important component of medical rehabilitation; mastering theoretical knowledge, skills and abilities in all hydrotherapy and spa treatments.

*Tasks of the discipline:*

1. Provide knowledge about the healing properties of natural healing factors, features, and mechanisms of their influence on the human body
2. To state the theoretical foundations and methodological features of the study of socio-physiological mechanisms of adaptation of the human body to recreational and climatic factors;
3. To study the features of climatotherapy, balneotherapy, mud therapy, thalassotherapy, etc.;
4. To consider the basics of recreation and prevention at resorts and health-improving (spa) centers;
5. To familiarize students with the primary natural healing resources and their use in the spa industry;
6. To form students' knowledge, skills, and abilities to use spa and wellness methods and procedures in recreational and health-improving practice.

*Expected results:*

As a result of studying the academic discipline, the applicant must:

*Know:*

- The main healing properties of natural healing factors, the mechanisms of their impact on the human body;
- Main characteristics of therapeutic factors and features of their application
- Features of medical and health-improving methods - climatotherapy, mud therapy, balneotherapy, herbal medicine, etc.;
- Activity of health-improving and resort infrastructure; innovative methods and

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technologies;

- Mechanism of action and physiological changes in the body after treatment with physical factors;

- Classification of resorts and the mechanism of action of resort factors on the body;
- Characteristics of physical factors (pf);
- Indications and contraindications for the appointment of physiotherapy methods;
- Mechanisms of action of physical factors (pf);
- Methods of application of physical factors;
- Definition of key concepts and terms;
- Rules for carrying out facial skin care procedures depending on its type and age;
- Complex programs for skin care of hands and feet;
- Indications and contraindications for various types of cosmetic procedures;
- Features of skin care in the salon and at home;
- Classification of cosmetic products depending on their physical and chemical

structure;

- Positive and negative aspects of phyto-, aroma-, spa, diet therapy;
- Classifications of masks and the order of their application;
- Methods of non-surgical rejuvenation; types and techniques of modern cosmetic massage, manual therapy, reflexology and acupuncture;
- Methods of figure correction;

*Be able to:*

- Define the basic concepts of the course;
- Identify and evaluate the main groups of resort resources;
- Understand the general patterns of influence of natural factors on the human body;
- Explain the basics of using physical factors in health resort practice;
- Analyze the current state, directions and prospects for the development of sanatorium treatment; prove the need for rational use of natural resort resources

- Determine the appropriate methods of exposure to physical factors in certain diseases;

- Choose the optimal physiotherapy complex for the patient;
- Assess the impact of physical factors on the body of a healthy and sick person;
- Conduct a comprehensive review to address the issue of prescribing physiotherapy methods;

- Substantiate and prescribe a method of physiotherapy

## **DESCRIPTION OF THE EDUCATIONAL DISCIPLINE**

*Forms and methods of education:*

The discipline will be taught in the form of seminar classes (30 class hours); organization of independent work of the applicant (60 hours).

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*Teaching methods:* conversation, narration, explanation, demonstration, instruction, training exercises.

*Content of the academic discipline*

**Content module 1.**  
**General grounds for using hydrotherapy and balneotherapy**

**Topic 1.** Natural healing factors, mechanisms of their influence on the human body. The main characteristics of therapeutic factors and features of their application. Features of medical and health-improving methods - climatotherapy, mud therapy, balneotherapy, herbal medicine, etc.

**Topic 2.** Characterization of physical factors. Mechanisms of action of physical factors. Methods of application of physical factors. Mechanism of action and physiological changes in the body after treatment with physical factors.

**Topic 3.** Fundamentals of hydrotherapy. Hydrotherapy and balneotherapy. Types of hydrotherapy. General indications and contraindications for the use of hydrotherapy. The main methods of hydrotherapy, the effect on the body, and features of the application. Baths, types, application features.

**Topic 4.** The concept of balneotherapy. Mineral waters, natural and artificial. Classification of mineral waters by chemical composition, physical properties, and medicinal value. External and internal use of mineral waters.

**Topic 5.** The use of mineral waters for drinking healing. Classification of drinking mineral waters. Physiological action of mineral water. The impact of drinking mineral waters on various organs and systems of the body. Indications and contraindications for the use of drinking mineral waters of different chemical composition.

**Topic 6.** Thalassotherapy. Indications and contraindications for thalassotherapy. Pelaidotherapy. Mud cure. Healing mud. Types of dirt. The effect of the mud of different compositions on the body. Types of mud procedures. Peculiarities of mud treatment procedures, indications, and contraindications.

**Topic 7.** Modern concepts of SPA procedures. The history of the development of SPA and wellness services. SPA classification. The main natural healing resources and their use in the spa.

**Topic 8.** The concept of the SPA procedure. The main tasks of SPA procedures. Indications and contraindications for various types of SPA procedures. Rules for conducting SPA procedures. Features of carrying out depending on the age of the patient.

## **Content module 2.**

### **Peculiarities of nutritional support for athletes**

**Topic 9.** The main types of SPA procedures. The effect of various types of SPA procedures on the human body.

**Topic 10.** Spa treatments for face and hair. Skin types. Basic methods for determining skin types. Methods for testing age-related changes in the skin. The concept of peeling. Types of peels. Peeling and scrubbing with different materials of mineral or vegetable origin. Saturation of the skin with vitamins, minerals, and macronutrients with the help of masks from therapeutic mud, and clay, oils and plant extracts.

**Topic 11.** Spa treatments for arms, legs and feet. Milk, wine, beer, sea baths. Mud, chocolate or seaweed wraps. Hydromassage.

**Topic 12.** Spa treatments for the body. Peeling with salts and algae. Wraps: mineral with mud, algae, and healing silt, as well as pearl and silk. Baths: sea, milk, modeling, relaxing. Jacuzzi with hydromassage effect, phytobarrel, hammam, sauna.

#### *List of recommended literature:*

##### *Basic:*

1. Marybetts Sinclair. Hydrotherapy for Bodyworkers: Improving Outcomes With Water Therapies. Handspring Publishing; 2nd edition, 2020. 391 p.
2. R. J. Nikola. Creatures of Water: Hydro and Spa Therapy Textbook. Europa Publishing; 5th Edition, 2005. 238 p.

##### *Additional:*

1. Jane Crebbin-Bailey. The Spa Book: The Official Guide to Spa Therapy: The Official Guide to Spa Therapy (Hairdressing and Beauty Industry Authority). Cengage Learning; 1st edition, 2004.
2. Hannelore R. Leavy, Reinhard R. Bergel. The Spa Encyclopedia: A Guide to Treatments & Their Benefits for Health & Healing. Milady, 1st Edition, 2002. 192 p.

## **ASSESSMENT**

*Forms and methods of current control:* oral (questionnaire), theoretical testing, evaluation of test performance, evaluation of activity in the classroom.

*Criteria for current assessment in practical classes*

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<b>Grade</b>	<b>Evaluation criteria</b>
«5»	The applicant worked systematically during the semester, showed versatile and deep knowledge of the program material, was able to successfully complete the tasks provided for by the program, mastered the content of basic and additional literature, realized the relationship between individual sections of the discipline, their importance for the future profession, revealed creative abilities in the mind using educational and program material that has shown the ability to i update and replenish knowledge dependently.
«4»	The applicant has revealed full knowledge of the educational and program material, successfully fulfills the tasks stipulated by the program, mastered the basic literature recommended by the program, showed a sufficient level of knowledge in the discipline and can independently update and update them in the course of further education and professional activity.
«3»	The applicant has shown knowledge of the main educational and program material to the extent necessary for further education and subsequent work in the profession, copes with the tasks provided for by the program, made some mistakes in the answers to the exam and when performing test tasks, but has the necessary knowledge to overcome the mistakes made under the guidance of a scientific and pedagogical worker.
«2»	The applicant did not reveal sufficient knowledge of the main educational and program material, made fundamental mistakes in implementing the tasks provided for by the program, could not use knowledge in further training without the help of a teacher, and could not master the skills of independent work.

*Forms and methods of final control:* a credit is given to an applicant who has completed all sections of the educational program of the elective discipline, actively participated in seminars, has a current average grade of at least 3.0 and has no academic debt.

*Possibility and conditions for receiving additional (bonus) points:* not provided.

### **INDEPENDENT WORK OF HIGHER EDUCATION ACQUIRES**

Independent work involves preparation for each seminar session.

### **EDUCATIONAL DISCIPLINE POLICY**

*Deadlines and Rescheduling Policy:*

Absences of classes for non-respectable reasons are made up according to the schedule of the teacher on duty.

Absences due to valid reasons are processed according to an individual schedule with the permission of the dean's office.

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*Policy on academic integrity:*

- It is mandatory for applicants to observe academic integrity, namely:
- independent performance of all types of work, tasks, forms of control provided for by the work program of this academic discipline;
- references to sources of information in the case of using ideas, developments, statements, information;
- compliance with the legislation on copyright and related rights;
- provision of reliable information about the results of one's own educational (scientific) activity, used research methods and sources of information.

*The following are unacceptable in educational activities for participants of the educational process:*

- using family or official ties to obtain a positive or higher grade during any form of control of learning results or advantages in scientific work;
- use of prohibited auxiliary materials or technical means (cheat sheets, notes, micro-earphones, telephones, Smartphone, tablets, etc.) during control measures;
- passing procedures for control of training results by fake persons.

*For violation of academic integrity, students may be held to the following academic responsibility:*

- a decrease in the results of assessment of control work, assessment in class, credit, etc.;
- repeated evaluation (test, credit, etc.);
- appointment of additional control measures (additional individual tasks, control works, tests, etc.);
- additional inspection of other works authored by the violator.

*Attendance and Tardiness Policy:*

*Uniform:* a medical gown that completely covers the outer clothing, or medical pajamas, a cap, a mask, and a change of shoes.

*Equipment:* notebook, pen.

*State of health:* applicants suffering from acute infectious diseases, including respiratory diseases, are not allowed to attend classes.

A student who is late for class can attend it, but if the teacher has put "abs" in the journal, he must complete it in the general order.

*Use of mobile devices:*

Students with the permission of the instructor may use mobile devices if they are needed to complete the assignment.

*Behavior in the audience:*

The behavior of applicants and teachers in the classrooms should be working and calm, strictly comply with the rules established in accordance with the Code of Academic Ethics and Relations of the University Community of Odesa National Medical University.

