

MINISTRY OF HEALTH PROTECTION OF UKRAINE

ODESSA NATIONAL MEDICAL UNIVERSITY

Faculty of Medicine №2

Department of physical rehabilitation, sports medicine and physical training

APPROVED

Vice-rector for scientific and pedagogical work

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September 4, 2023



**METHODOLOGICAL DEVELOPMENT
FOR SEMINAR CLASSES
FROM EDUCATIONAL DISCIPLINE**

Faculty of Medical, course IV

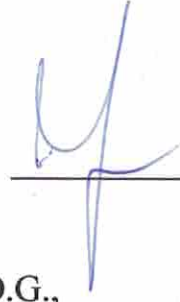
Study discipline: «**HYDROTHERAPY AND SPA TREATMENTS**»

Approved:

The meeting of the department of physical rehabilitation, sports medicine and physical education of
Odessa National Medical University

Protocol № 1 dated 09/04/2023

Head of the Department, Professor



Olga Iushkovska

Developers:

head of the department, MD, prof. Iushkovska O.G.,
professor, Doctor of Medicine, prof. Plakida O.L.,
PhD, associate professor Filonenko O.V.,
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SEMINAR CLASSES

Seminar lesson № 1

Topic: Natural healing factors, mechanisms of their influence on the human body. Main characteristics of therapeutic factors and features of their use. Peculiarities of health and wellness methods - climate therapy, mud therapy, balneotherapy, phytotherapy, etc.

Purpose: To get acquainted with the classification of medical factors, the legislation on the development of spas, and the main medical and health-improving techniques. Possess professional vocabulary and skills in handling such terms, concepts and definitions as "resort", "resort factors", "resort economy", "health tourism", "medical tourism".

Basic concepts: such as "resortology", "medical and recreational area", "resort business",

Equipment: Screen, multimedia projector.

Plan:

1. **Organizational activities** (greetings, verification of those present, announcement of the topic, purpose of the lesson, motivation of higher education seekers to study the topic).
2. **Control of the reference level of knowledge** (written work, written test, frontal survey on basic terminology, etc.) (if necessary).
3. **Question (test tasks) to check basic knowledge on the topic of the seminar:**
 1. Give a definition of the term medical and recreational area.
 2. Define the term resort economy.
 3. Name the main principles of resort science.
4. **Discussion of theoretical issues :**
 1. Resorts: concepts, functions, types, infrastructure.
 2. Resort business in the health care system and health tourism.
 3. Resortology: definition, tasks, directions.
 4. Indications for sanatorium-resort treatment.
 5. Contraindications to sanatorium-resort treatment.
 6. Concepts and tasks of medical climatology.
 7. Types of climate, weather, and their influence on the human body: adaptation, acclimatization, and hardening.
 8. The main methods of climate therapy.
5. **Topics of reports/abstracts :**
 1. History of the development of the sanatorium-resort business.
 2. Diseases associated with the action of climatic and meteorological factors.
 3. Diseases associated with the action of geophysical factors.
 4. Landscape therapy, mechanism of action, indications for use.
6. **Summing up:**
 1. Announce evaluations to applicants and justify them according to the criteria for evaluating knowledge.
 2. Topic of the next lesson: Characteristics 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.
 3. Control questions for the following topic:
 1. Treatment methods based on the use of direct current and electric field: galvanization, electrophoresis, franklinization. Mechanism of action of indications, contraindications.
 2. Treatment methods based on the use of pulsed currents of low voltage and low frequency: electrosleep, diadynamotherapy, amplipulsetherapy. Mechanism of action of indications, contraindications.
 3. Treatment methods based on the use of high-frequency currents: darsonvalization. Mechanism of action of indications, contraindications.
 4. Treatment methods based on the use of an electric field: UHF therapy. The mechanism of

action of indications, contraindications.

5. Treatment methods based on the use of a magnetic field: magnetotherapy, inductothermy. Mechanism of action of indications, contraindications.

6. Treatment methods based on the use of ultra-high and extremely high-frequency magnetic fields: microwave therapy, microwave therapy. The mechanism of action of indications, contraindications

7. Treatment methods based on the use of ultrasound: ultrasound therapy, low-frequency ultrasound therapy. Mechanism of action of indications, contraindications

7. List of recommended literature

Main:

1. Nesser-maddeli A, Kagamiori S: Balneotherapy in medicine: A review. Environ Health Prev Med 2019.-252

2. Hermann Veber: Climatotherapy And Balneotherapy; The Climates And Mineral Water Health Resorts (spas) Of Europe And North Africa, Including The General Principles Of Climatotherapy And Balneotherapy, And Hints As To The Employment Of Various Physical And Dietic Methods London :A review. Smith, Elder, & co.2020-848

3. Bohdanovska N.V., Kalonova I.V. Physical rehabilitation by means of physiotherapy. University book, 2023. 328 p.

4. Fedoriv Y.R.M. Physiotherapy. Tutorial. Magnolia, 2022. - 559

Additional:

1. Zavarika H. M. Resort business: study guide. Ministry of Education and Science of Ukraine. - Kyiv: Center for Educational Literature, 2015. - 263 p.

2. Yakovenko N.P., Samoilenko V.B. Physiotherapy: textbook. Medicine, 2018. - 256 p. 3.

Kushniruk Yu. Recreation and resort science: Study guide. - NUVHP, 2012. - 146 p

Electronic information resources:

1. <http://www.mckinseyquarterly.com> (website of "The McKinsey Quarterly" magazine)

2. <https://www.physio-pedia.com/Aquatherapy>

3. <https://www.physio->

[pedia.com/Hydrotherapy_in_ACL_Rehabilitation?utm_source=physiopedia&utm_medium=related_articles&utm_campaign=ongoing_internal](https://www.physio-pedia.com/Hydrotherapy_in_ACL_Rehabilitation?utm_source=physiopedia&utm_medium=related_articles&utm_campaign=ongoing_internal)

4. <https://www.hydroworx.com/research-education/video-library/>

Seminar session No. 2

Topic: Characteristics 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.

Purpose: To get acquainted with the methods of applying physical factors. Master the professional vocabulary and skills of operating such terms, concepts and definitions as "natural physical factors", "preformed physical factors", "direct current", "alternating current", "impulse current". Learn to identify indications for use.

Basic concepts: such as "galvanization", "diadynamotherapy", "amplipulsetherapy", "darsonvalization", "inductothermy", "light therapy"

Equipment: Screen, multimedia projector.

Plan:

1. **Organizational activities** (greetings, verification of those present, announcement of the topic, purpose of the lesson, motivation of higher education seekers to study the topic).

2. **Control of the reference level of knowledge** (written work, written test, frontal survey on basic terminology, etc.) (if necessary).

3. **Question (test tasks) to check basic knowledge on the topic of the seminar:**

1. Describe the specific impact of physical factors.

2. Describe the non-specific impact of physical factors.
3. Magnetotherapy. Mechanism of action, indications, contraindications.
4. Electroson. The mechanism of action of indications, contraindications.

4. Discussion of theoretical issues:

1. Treatment methods based on the use of direct current and electric field: galvanization, electrophoresis, franklinization. The mechanism of action of indications, contraindications.
2. Treatment methods based on the use of pulsed currents of low voltage and low frequency: electrosleep, diadynamotherapy, amplipulsetherapy. The mechanism of action of indications, contraindications.
3. Treatment methods based on the use of high-frequency currents: darsonvalization. The mechanism of action of indications, contraindications.
4. Treatment methods based on the use of an electric field: UHF therapy. Mechanism of action of indications, contraindications.
5. Treatment methods based on the use of a magnetic field: magnetotherapy, inductothermy. The mechanism of action of indications, contraindications.
6. Treatment methods based on the use of ultra-high and extremely high frequency magnetic fields: microwave therapy, microwave therapy. The mechanism of action of indications, contraindications
7. Therapeutic methods based on the use of ultrasound: ultrasound therapy, low-frequency ultrasound therapy. The mechanism of action of indications, contraindications.

5. Topics of reports/abstracts:

1. Modern methods of physiotherapy: pneumatic massage, phonophoresis. Peculiarities of their application.
2. Modern methods of physiotherapy: carboxytherapy, laser therapy. Mechanism of action, indications, contraindications. Peculiarities of their application.
3. Modern methods of physiotherapy: electrotherapy (amplipulse electrostimulation, TENS, KOTS currents). Mechanism of action, indications, contraindications. Features of application.
4. Modern methods of physiotherapy: shock wave therapy. Mechanism of action, indications, contraindications. Features of application.
5. Modern methods of physiotherapy: light therapy (ultraviolet radiation, Bioptron therapy). Mechanism of action, indications, contraindications. Features of application.

6. Summing up:

1. Announce evaluations to applicants and justify them according to the criteria for evaluating knowledge.
2. Topic of the next lesson: Basics of hydrotherapy. Hydrotherapy and balneotherapy. Types of hydrotherapy. General indications and contraindications for the use of hydrotherapy. Basic methods of hydrotherapy, effects on the body and features of use. Baths, types, features of use.
3. Control questions for the following topic:
 1. The healing effect of fresh water on the human body. Hydrotherapy.
 2. Hydrotherapeutic procedures, indication of contraindications.
 3. Classification of souls. Indications, contraindications for use.
 4. Classification of baths. Indications, contraindications for use.

7. List of recommended literature

Main:

1. Nessermedeli A, Kagamiori S: Balneotherapy in medicine: A review. Environ Health Prev Med 2019.-252
2. Hermann Veber: Climatotherapy And Balneotherapy; The Climates And Mineral Water Health Resorts (spas) Of Europe And North Africa, Including The General Principles Of Climatotherapy And Balneotherapy, And Hints As To The Employment Of Various Physical And Dietic Methods London: A review. Smith, Elder, & co.2020-848
3. Bohdanovska N.V., Kalonova I.V. Physical rehabilitation by means of physiotherapy. University book, 2023. 328 p.

4. Fedoriv Y.R.M. Physiotherapy. Tutorial. Magnolia, 2022. - 559

Additional:

1. Zavarika H. M. Resort business: study guide. Ministry of Education and Science of Ukraine. - Kyiv: Center for Educational Literature, 2015. - 263 p.
2. Yakovenko N.P., Samoilenko V.B. Physiotherapy: textbook. Medicine, 2018. - 256 p.
3. Kushniruk Yu. Recreation and resort science: Study guide. - NUVHP, 2012. - 146 p

Electronic information resources:

1. <http://www.mckinseyquarterly.com> (website of "The McKinsey Quarterly" magazine)
2. <https://www.physio-pedia.com/Aquatherapy>
3. https://www.physio-pedia.com/Hydrotherapy_in_ACL_Rehabilitation?utm_source=physiopedia&utm_medium=related_articles&utm_campaign=ongoing_internal
4. <https://www.hydroworx.com/research-education/video-library/>

Seminar session No. 3

Topic: Basics of hydrotherapy. Hydrotherapy and balneotherapy. Types of hydrotherapy. General indications and contraindications for the use of hydrotherapy. Basic methods of hydrotherapy, effects on the body and features of use. Baths, types, features of use.

Purpose: To get acquainted with the basics of hydrotherapy and balneotherapy. Master the professional vocabulary and skills of operating such terms, concepts and definitions as "hydrotherapy", "balneotherapy". Familiarize yourself with the features of use for various diseases in the conditions of sanatorium-resort treatment.

Basic concepts: such as "nutraceutical", "parapharmaceutical", "probiotic", "dietary supplements", "food products for special dietary use", "functional food products"

Equipment: Screen, multimedia projector.

Plan:

1. **Organizational activities** (greetings, verification of those present, announcement of the topic, purpose of the lesson, motivation of higher education seekers to study the topic).
2. **Control of the reference level of knowledge** (written work, written test, frontal survey on basic terminology, etc.) (if necessary).
3. **Question (test tasks) to check basic knowledge on the topic of the seminar:**
 1. According to the degree of mineralization, waters are distinguished:
 2. Describe the mechanism of action of fresh water on the body.
 3. Name the main methods of hydrotherapy procedures.
 4. Name the mechanism of action of fresh baths.
4. **Discussion of theoretical issues:**
 1. The healing effect of fresh water on the human body. Hydrotherapy.
 2. Hydrotherapeutic procedures, indication of contraindications.
 3. Classification of souls. Indications, contraindications for use.
 4. Classification of baths. Indications, contraindications for use.
5. **Topics of reports/abstracts:**
 1. Features of hardening adults and children by the dowsing method indications, contraindications.
 2. Showers: dust, needle, Charcot shower, rain shower, Scottish shower, ascending shower, underwater massage shower, circular shower. Mechanism of action, indications and contraindications for use.
 3. Application of mineral waters in the form of baths: vibrating, aromatic, mud, oxygen, combined mineral. Mechanism of action. Indications and contraindications for use.
6. **Summing up:**
 1. Announce evaluations to students and justify them according to the criteria for evaluating knowledge.

2. Topic of the next lesson: Concept of balneotherapy. Mineral waters, natural and artificial. Classification of mineral waters by chemical composition, physical properties and therapeutic value. External and internal use of mineral waters.

3. Control questions for the following topic:

1. Characteristics of mineral waters by mineralization.
2. Characteristics of mineral waters of different chemical composition.
3. Characterization of mineral waters by predominant ions.
4. Characteristics of mineral waters according to the presence of gasses.
5. Characteristics of mineral waters according to the content of biologically active trace elements.
6. Characteristics of external and internal use of mineral waters.

7. List of recommended literature

Main:

1. Nessimaddeli A, Kagamiori S: Balneotherapy in medicine: A review. Environ Health Prev Med 2019.-252
2. Hermann Veber: Climatotherapy And Balneotherapy; The Climates And Mineral Water Health Resorts (spas) Of Europe And North Africa, Including The General Principles Of Climatotherapy And Balneotherapy, And Hints As To The Employment Of Various Physical And Dietic Methods London : A review. Smith, Elder, & co.2020-848
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1. Zavarika H. M. Resort business: study guide. Ministry of Education and Science of Ukraine. - Kyiv: Center for Educational Literature, 2015. - 263 p.
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Seminar session No. 4

Topic: Concept of balneotherapy. Mineral waters, natural and artificial. Classification of mineral waters by chemical composition, physical properties and therapeutic value. External and internal use of mineral waters.

Purpose: To get acquainted with the basics of the use of balneotherapy. Master the professional vocabulary and skills of operating such terms, concepts and definitions as "hydrotherapy", "balneotherapy". Familiarize yourself with the features of use for various diseases in the conditions of sanatorium-resort treatment.

Basic concepts: "mineral waters", "mineralization", "balneotechnics".

Equipment: Screen, multimedia projector.

Plan:

1. **Organizational activities** (greetings, verification of those present, announcement of the topic, purpose of the lesson, motivation of higher education seekers to study the topic).
2. **Control of the reference level of knowledge** (written work, written test, frontal survey on basic terminology, etc.) (If necessary).

3. Question (test tasks) to check basic knowledge on the topic of the seminar:

1. Define the concept of balneotherapy.
2. Name the characteristics of mineral waters by mineralization.
3. Name the indications and contraindications for the internal use of mineral waters.

4. Discussion of theoretical issues:

1. Characteristics of mineral waters by mineralization.
2. Characteristics of mineral waters of different chemical composition.
3. Characterization of mineral waters by predominant ions.
4. Characteristics of mineral waters according to the presence of gasses.
5. Characteristics of mineral waters according to the content of biologically active trace elements.
6. Characteristics of external and internal use of mineral waters.

5. Topics of reports/abstracts:

1. The history of the use of mineral waters for the treatment of diseases.
2. Peculiarities of the chemical composition of water in different regions of Ukraine.
3. Quality of drinking water. Norms. The method of calculating the need for different age groups of the population.

6. Summing up:

1. Announce evaluations to applicants and justify them according to the criteria for evaluating knowledge.
2. Topic of the next lesson: Use of mineral waters for drinking treatment. Classification of drinking mineral waters. Physiological effect of mineral water. The influence 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.
3. Control questions for the following topic:
 1. Classification of mineral waters for drinking treatment.
 2. Indications for the use of balneotherapy.
 3. Contraindications to the use of balneotherapy.
 4. Balneotherapy methods and their characteristics.
 5. Method of treatment with mineral waters.

7. List of recommended literature

Main:

1. Nessermeddeli A, Kagamiori S: Balneotherapy in medicine: A review. Environ Health Prev Med 2019.-252
2. Hermann Veber: Climatotherapy And Balneotherapy; The Climates and Mineral Water Health Resorts (spas) Of Europe and North Africa, Including the General Principles of Climatotherapy and Balneotherapy, And Hints as to the Employment of Various Physical and Dietic Methods London: A review. Smith, Elder, & co.2020-848
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Seminar session No. 5

Topic: Use of mineral waters for drinking treatment. Classification of drinking mineral waters. Physiological effect of mineral water. The influence 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.

Purpose: To get acquainted with the meaning and principles of using mineral waters. Master the professional vocabulary and skills of operating such terms, concepts and definitions as "balneology", "balneotechnics", "balneolykuvalnytsya".

Basic concepts: "inhalations", "irrigation", "mineral baths".

Equipment: Screen, multimedia projector.

Plan:

1. **Organizational activities** (greetings, verification of those present, announcement of the topic, purpose of the lesson, motivation of higher education seekers to study the topic).
2. **Control of the reference level of knowledge** (written work, written test, frontal survey on basic terminology, etc.) (if necessary).
3. **Question (test tasks) to check basic knowledge on the topic of the seminar:**
 1. Describe the phases of action of mineral water on the body.
 2. Name the contraindications to the use of balneotherapy.
 3. List the main methods of balneotherapy.
4. **Discussion of theoretical issues :**
 1. Classification of mineral waters for drinking treatment.
 2. Indications for the use of balneotherapy.
 3. Contraindications to the use of balneotherapy.
 4. Balneotherapy methods and their characteristics.
 5. Methods of treatment with mineral waters.
5. **Topics of reports/abstracts:**
 1. Diseases caused by water of different chemical composition.
 2. Method of treatment with mineral waters of different chemical composition.
 3. Features of mineral water treatment for children.
 4. Features of mineral water treatment of elderly people.
6. **Summing up:**
 1. Announce evaluations to students and justify them according to the criteria for evaluating knowledge.
 2. The topic of the next lesson: Thalassotherapy. Indications and contraindications for thalassotherapy. Peloid Therapy. Mud treatment. Healing mud. Types of mud. Effect of mud of different composition on the body. Types of mud treatments. Peculiarities of conducting mud treatment procedures, indications and contraindications
 3. Control questions for the following topic.
7. **List of recommended literature**

Main:

1. Nesser-maddeli A, Kagamiori S: Balneotherapy in medicine: A review. Environ Health Prev Med 2019.-252
2. Hermann Veber: Climatotherapy And Balneotherapy; The Climates And Mineral Water Health Resorts (spas) Of Europe And North Africa, Including The General Principles Of Climatotherapy And Balneotherapy, And Hints As To The Employment Of Various Physical And Dietic Methods London :A review. Smith, Elder, & co.2020-848
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2. Yakovenko N.P., Samoilenko V.B. Physiotherapy: textbook. Medicine, 2018. - 256 p.
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1. <http://www.mckinseyquarterly.com> (website of "The McKinsey Quarterly" magazine)
2. <https://www.physio-pedia.com/Aquatherapy>
3. https://www.physio-pedia.com/Hydrotherapy_in_ACL_Rehabilitation?utm_source=physiopedia&utm_medium=related_articles&utm_campaign=ongoing_internal
4. <https://www.hydroworx.com/research-education/video-library/>

Seminar lesson No. 6

Topic: Thalassotherapy. Indications and contraindications for thalassotherapy. Peloid Therapy. Mud treatment. Healing mud. Types of mud. Effect of mud of different composition on the body. Types of mud treatments. Peculiarities of conducting mud treatment procedures, indications and contraindications.

Purpose: To learn the meaning, indications and contraindications of mud treatment procedures and their effect on the body. Master the professional vocabulary and skills of operating such terms, concepts and definitions as "thalassotherapy", "peloid therapy", "healing muds"

Basic concepts: such as "peloids", "sorption", "peloid therapy", "thalassotherapy",

Equipment: Screen, multimedia projector.

Plan:

1. **Organizational activities** (greetings, verification of those present, announcement of the topic, purpose of the lesson, motivation of higher education seekers to study the topic).
2. **Control of the reference level of knowledge** (written work, written test, frontal survey on basic terminology, etc.) (if necessary).
3. **Question (test tasks) to check basic knowledge on the topic of the seminar:**
 1. Thalassotherapy is
 2. Peloid Therapy is
 3. Name the indications and contraindications for thalassotherapy
 4. Name the indications and contraindications for peloidotherapy

Discussion of theoretical issues:

1. Healing mud: concepts and classification.
 2. Peculiarities of the healing effect of therapeutic mud on the human body.
 3. Methods of conducting mud treatment procedures.
 4. Combined methods of peloid therapy, application features.
 5. Thalassotherapy, concept and classification.
 6. Peculiarities of the healing effect of seawater procedures on the human body, indications and contraindications.
4. **Topics of reports/abstracts :**
 1. Features of mud treatment for diseases of the central and peripheral nervous system.
 2. Features of mud treatment for diseases of the musculoskeletal system.
 3. Peculiarities of using mud therapy for the elderly.
 4. Modern centers of thalassotherapy and mud therapy.
 5. **Summing up:**
 1. Announce evaluations to applicants and justify them according to the criteria for evaluating knowledge.

2. Topic of the next class: 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 spas.

3. Control questions for the following topic:

1. Modern concepts of SPA procedures.
2. The history of the development of SPA and wellness services.
3. Spa classification.
4. The main natural healing resources and their use in spas
5. Healing methods used in spas.
6. Tasks and prospects of SPA in Ukraine.
7. The concept of wellness and its components.

6. List of recommended literature

1. Nessermedeli A, Kagamiori S: Balneotherapy in medicine: A review. Environ Health Prev Med 2019.-252
2. Hermann Veber: Climatotherapy And Balneotherapy; The Climates And Mineral Water Health Resorts (spas) Of Europe And North Africa, Including The General Principles Of Climatotherapy And Balneotherapy, And Hints As To The Employment Of Various Physical And Dietic Methods London: A review. Smith, Elder, & co.2020-848
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1. Zavarika H. M. Resort business: study guide. Ministry of Education and Science of Ukraine. - Kyiv: Center for Educational Literature, 2015. - 263 p.
2. Yakovenko N.P., Samoilenko V.B. Physiotherapy: textbook. Medicine, 2018. - 256 p.
3. Kushniruk Yu. Recreation and resort science: Study guide. - NUVHP, 2012. - 146 p

Electronic information resources:

1. <http://www.mckinseyquarterly.com> (website of "The McKinsey Quarterly" magazine)
2. <https://www.physio-pedia.com/Aquatherapy>
3. [https://www.physio-pedia.com/Hydrotherapy in ACL Rehabilitation?utm_source=physiopedia&utm_medium=related_articles&utm_campaign=ongoing_internal](https://www.physio-pedia.com/Hydrotherapy_in_ACL_Rehabilitation?utm_source=physiopedia&utm_medium=related_articles&utm_campaign=ongoing_internal)
4. <https://www.hydroworx.com/research-education/video-library/>

Seminar lesson No. 7

Topic: 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 spas.

Goal: Learn the difference between spa procedures and wellness procedures. Master the professional vocabulary and skills of operating such terms, concepts and definitions as "spa procedures", "wellness procedures", "spa tourism", "wellness tourism",

Basic concepts: such as "spa procedures", "wellness procedures".

Equipment: Screen, multimedia projector.

Plan:

1. **Organizational activities** (greetings, verification of those present, announcement of the topic, purpose of the lesson, motivation of higher education seekers to study the topic).
2. **Control of the reference level of knowledge** (written work, written test, frontal survey on basic terminology, etc.) (if necessary).
3. **Question (test tasks) to check basic knowledge on the topic of the seminar:**
 1. What are the main spa procedures?
 2. What are the main wellness procedures?
 3. Spa classification.

4. Name the main natural healing resources used in spas.

4. Discussion of theoretical issues

1. Modern concepts of SPA procedures.
2. History of the development of SPA and wellness services.
3. Spa classification.
4. The main natural healing resources and their use in spas
5. Tasks and prospects of SPA in Ukraine.
6. The concept of wellness and its components.

5. Topics of reports/abstracts :

1. History of the development of SPA and wellness services.
2. Sanitation, hygiene and safety in "SPA"
3. SPA in Ukraine.

6. Summing up:

1. Announce evaluations to applicants and justify them according to the criteria for evaluating knowledge.
2. Topic of the next lesson: Concept of SPA procedure. The main tasks of SPA procedures. Indications and contraindications for various types of SPA procedures. Rules for SPA procedures. Peculiarities of procedures. Rules for SPA procedures. Features of the procedure depending on the age of the patient.
3. Control questions for the following topic:
 1. Concept of SPA procedure
 2. Indications and contraindications for SPA procedures.
 3. Rules for Spa procedures.
 4. Methods of recovery used in SPA.
 5. Peculiarities of the procedure depending on the age of the patient.

7. List of recommended literature

Main:

1. Nessimaddeli A, Kagamiori S: Balneotherapy in medicine: A review. Environ Health Prev Med 2019.-252
2. Hermann Veber: Climatotherapy And Balneotherapy; The Climates And Mineral Water Health Resorts (spas) Of Europe And North Africa, Including The General Principles Of Climatotherapy And Balneotherapy, And Hints As To The Employment Of Various Physical And Dietic Methods London: A review. Smith, Elder, & co.2020-848
3. Bohdanovska N.V., Kalonova I.V. Physical rehabilitation by means of physiotherapy. University book, 2023. 328 p.
4. Fedoriv Y.R.M. Physiotherapy. Tutorial. Magnolia, 2022. - 559

Additional:

1. Zavarika H. M. Resort business: study guide. Ministry of Education and Science of Ukraine. - Kyiv: Center for Educational Literature, 2015. - 263 p.
2. Yakovenko N.P., Samoilenko V.B. Physiotherapy: textbook. Medicine, 2018. - 256 p.
3. Kushniruk Yu. Recreation and resort science: Study guide. - NUVHP, 2012. - 146 p

Electronic information resources:

1. <http://www.mckinseyquarterly.com> (website of "The McKinsey Quarterly" magazine)
2. <https://www.physio-pedia.com/Aquatherapy>
3. https://www.physio-pedia.com/Hydrotherapy_in_ACL_Rehabilitation?utm_source=physiopedia&utm_medium=related_articles&utm_campaign=ongoing_internal
4. <https://www.hydroworx.com/research-education/video-library>
5. <https://international-relations-tourism.karazin.ua/resources/21d6d811ba061fe07b6266655419c44a.pdf>
6. http://www.britishspas.co.uk/spa_guide/definitions.php – Spa Business Association.

Seminar session No. 8

Topic: Concept of SPA procedure. The main tasks of SPA procedures. Indications and contraindications for various types of SPA procedures. Rules for SPA procedures. Peculiarities of procedures. Rules for SPA procedures. Features of the procedure depending on the age of the patient. Master the professional vocabulary and skills of operating such terms, concepts and definitions as "spa procedures", "wellness procedures".

Purpose: To learn the indications and contraindications for carrying out various types of SPA procedures. To get acquainted with various methods of SPA procedures and their implementation.

Basic concepts: such as "spa procedures", "balneotherapy", "hydrotherapy", "mud therapy".

Equipment: Screen, multimedia projector.

Plan:

1. **Organizational activities** (greetings, verification of those present, announcement of the topic, purpose of the lesson, motivation of higher education seekers to study the topic).
2. **Control of the reference level of knowledge** (written work, written test, frontal survey on basic terminology, etc.) (if necessary).
3. **Question (test tasks) to check basic knowledge on the topic of the seminar:**
 1. Indications for SPA procedures
 2. Contraindications to SPA procedures.
 3. Criteria for selecting SPA procedures based on age and accompanying pathology.
4. **Discussion of theoretical issues :**
 1. The concept of the SPA procedure
 2. Indications and contraindications for SPA procedures.
 3. Spa procedure rules.
 4. Healing methods used in spas.
 5. Features of the procedure depending on the age of the patient.
5. **Topics of reports/abstracts :**
 1. Peculiarities of using spa procedures for diseases of the respiratory system.
 2. Peculiarities of using spa procedures for diseases of the cardiovascular system.
6. **Summing up:**
 1. Announce evaluations to applicants and justify them according to the criteria for evaluating knowledge.
 2. Topic of the next lesson: Basic types of SPA procedures. The effect of various types of SPA procedures on the human body.
 3. Control questions for the following topic:
 1. Aromatherapy, its varieties, indications, contraindications.
 2. Balneotherapy, its varieties, indications, contraindications.
 3. Thalassotherapy, its varieties, indications, contraindications.
 4. Hydrotherapy, its types, indications, contraindications.
 5. Hydrotherapy, its types, indications, contraindications.
 6. Scottish shower and Vichy shower, varieties, indications, contraindications.

7. List of recommended literature

Main:

1. Nessimaddeli A, Kagamiori S: Balneotherapy in medicine: A review. Environ Health Prev Med 2019.-252
2. Hermann Veber: Climatotherapy And Balneotherapy; The Climates And Mineral Water Health Resorts (spas) Of Europe And North Africa, Including The General Principles Of Climatotherapy

And Balneotherapy, And Hints As To The Employment Of Various Physical And Dietic Methods
London: A review. Smith, Elder, & co.2020-848

3. Bohdanovska N.V., Kalonova I.V. Physical rehabilitation by means of physiotherapy.
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4. Fedoriv Y.R.M. Physiotherapy. Tutorial. Magnolia, 2022. - 559

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1. Zavarika H. M. Resort business: study guide. Ministry of Education and Science of Ukraine. -
Kyiv: Center for Educational Literature, 2015. - 263 p.

2. Yakovenko N.P., Samoilenko V.B. Physiotherapy: textbook. Medicine, 2018. - 256 p. 3.

Kushniruk Yu. Recreation and resort science: Study guide. - NUVHP, 2012. - 146 p

Electronic information resources:

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2. <https://www.physio-pedia.com/Aquatherapy>

3. https://www.physio-pedia.com/Hydrotherapy_in_ACL_Rehabilitation?utm_source=physiopedia&utm_medium=related_articles&utm_campaign=ongoing_internal

4. <https://www.hydroworx.com/research-education/video-library/>

5. <https://international-relations-tourism.karazin.ua/resources/21d6d811ba061fe07b6266655419c44a.pdf>

6. http://www.britishspas.co.uk/spa_guide/definitions.php – Spa Business Association.

7. <http://ukrmed.net.ua/?category=spa&altname= Mir SPA>

Seminar session No. 9

Topic: Main types of SPA procedures. The effect of various types of SPA procedures on the human body.

Purpose: To learn the main types of spa procedures, such as hydrotherapy, balneotherapy, thalassotherapy, aromatherapy, Scottish shower and Vichy shower. Indications and contraindications for their use.

Basic concepts: such as "mud treatment", "aromatherapy", "thalassotherapy", "hydrotherapy".

Equipment: Screen, multimedia projector.

Plan:

1. **Organizational activities** (greetings, verification of those present, announcement of the topic, purpose of the lesson, motivation of higher education seekers to study the topic).

2. **Control of the reference level of knowledge** (written work, written test, frontal survey on basic terminology, etc.) (if necessary).

3. **Question (test tasks) to check basic knowledge on the topic of the seminar:**

1. Name the general indications and contraindications for mud treatment.

2. Name the general indications and contraindications for aromatherapy.

3. Name the general indications and contraindications for hydrotherapy.

4. **Discussion of theoretical issues:**

1. Aromatherapy, its varieties, indications, contraindications.

2. Balneotherapy, its varieties, indications, contraindications.

3. Thalassotherapy, its varieties, indications, contraindications.

4. Hydrotherapy, its types, indications, contraindications.

5. Hydrotherapy, its types, indications, contraindications.

6. Scottish shower and Vichy shower, varieties, indications, contraindications.

5. **Topics of reports/abstracts:**

1. Modern spa - methods of balneotherapy.

2. Modern spa - methods of hydrotherapy.

3. Hyperbaric oxygenation, indications, contraindications, modern methods of treatment.

6. **Summing up:**

1. Announce evaluations to applicants and justify them according to the criteria for evaluating knowledge.
2. Topic of the next lesson: Spa procedures for face and hair. Skin types. Basic methods of determining skin types. Methods of testing age-related skin changes.
3. Control questions for the following topic:
 1. Anatomy and physiology of the skin
 2. Features of skin type depending on age.
 3. Methods of determining skin type.
 4. Methods of testing age-related skin changes.
 5. Main skin diseases, clinical manifestations.

7. List of recommended literature

Main:

1. Nessermeddeli A, Kagamiori S: Balneotherapy in medicine: A review. Environ Health Prev Med 2019.-252
2. Hermann Veber: Climatotherapy And Balneotherapy; The Climates And Mineral Water Health Resorts (spas) Of Europe And North Africa, Including The General Principles Of Climatotherapy And Balneotherapy, And Hints As To The Employment Of Various Physical And Dietic Methods London: A review. Smith, Elder, & co.2020-848
3. Bohdanovska N.V., Kalonova I.V. Physical rehabilitation by means of physiotherapy. University book, 2023. 328 p.
4. Fedoriv Y.R.M. Physiotherapy. Tutorial. Magnolia, 2022. - 559

Additional:

1. Zavarika H. M. Resort business: study guide. Ministry of Education and Science of Ukraine. - Kyiv: Center for Educational Literature, 2015. - 263 p.
2. Yakovenko N.P., Samoilenko V.B. Physiotherapy: textbook. Medicine, 2018. - 256 p.
3. Kushniruk Yu. Recreation and resort science: Study guide. - NUVHP, 2012. - 146 p

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3. https://www.physio-pedia.com/Hydrotherapy_in_ACL_Rehabilitation?utm_source=physiopedia&utm_medium=related_articles&utm_campaign=ongoing_internal
4. <https://www.hydroworx.com/research-education/video-library/>
5. <https://international-relations-tourism.karazin.ua/resources/21d6d811ba061fe07b6266655419c44a.pdf>
6. http://www.britishspas.co.uk/spa_guide/definitions.php – Spa Business Association.
7. <http://ukrmed.net.ua/?category=spa&altname= Mir SPA>

Seminar session No. 10

Topic: Spa procedures for face and hair. Skin types. Basic methods of determining skin types. Methods of testing age-related skin changes.

Purpose: To learn the methods of determining different types of skin. Learn the mechanism of action, indications, and contraindications for spa procedures on the face.

Basic concepts: as "epidermis", "dermis", "papule", "vesicle".

Equipment: Screen, multimedia projector.

Plan:

1. **Organizational activities** (greetings, verification of those present, announcement of the topic, purpose of the lesson, motivation of higher education seekers to study the topic).
2. **Control of the reference level of knowledge** (written work, written test, frontal survey on basic terminology, etc.) (if necessary).

3. Question (test tasks) to check basic knowledge on the topic of the seminar:

1. Describe the method of determining skin type.
2. Indications and contraindications for the use of peelings.
3. Indications and contraindications for the use of scrubs.

4. Discussion of theoretical issues:

1. Anatomy and physiology of the skin
2. Features of skin type depending on age.
3. Methods of determining skin type.
4. Methods of testing age-related skin changes
5. Main skin diseases, clinical manifestations.

5. Topics of reports/abstracts:

1. Occupational skin diseases.
2. Skin tumors
3. Allergic skin diseases

6. Summing up:

1. Announce evaluations to applicants and justify them according to the criteria for evaluating knowledge.
2. Topic of the next lesson: The concept of peeling. Types of peelings. Peeling and scrubbing with various materials of mineral or vegetable origin. Saturation of the skin with vitamins, minerals and macroelements with the help of masks made of healing mud and clay, oils and plant extracts.
3. Control questions for the following topic:
 1. Peelings, types, indications, contraindications, method of application.
 2. Scrubbing, types, indications, contraindications, method of application.
 3. Masks, types, indications, contraindications, method of application.

7. List of recommended literature

Main:

1. Nessimaddeli A, Kagamiori S: Balneotherapy in medicine: A review. Environ Health Prev Med 2019.-252
2. Hermann Veber: Climatotherapy And Balneotherapy; The Climates And Mineral Water Health Resorts (spas) Of Europe And North Africa, Including The General Principles Of Climatotherapy And Balneotherapy, And Hints As To The Employment Of Various Physical And Dietic Methods London: A review. Smith, Elder, & co.2020-848
3. Bohdanovska N.V., Kalonova I.V. Physical rehabilitation by means of physiotherapy. University book, 2023. 328 p.
4. Fedoriv Y.R.M. Physiotherapy. Tutorial. Magnolia, 2022. - 559

Additional:

1. Zavarika H. M. Resort business: study guide. Ministry of Education and Science of Ukraine. - Kyiv: Center for Educational Literature, 2015. - 263 p.
2. Yakovenko N.P., Samoilenko V.B. Physiotherapy: textbook. Medicine, 2018. - 256 p.
3. Kushniruk Yu. Recreation and resort science: Study guide. - NUVHP, 2012. - 146 p

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4. <https://www.hydroworx.com/research-education/video-library/>
5. <https://international-relations-tourism.karazin.ua/resources/21d6d811ba061fe07b6266655419c44a.pdf>
6. http://www.britishspas.co.uk/spa_guide/definitions.php – Spa Business Association.
7. http://ukrmed.net.ua/?category=spa&altname=Mir_SPA

Seminar session № 11

Topic: The concept of peeling. Types of peelings. Peeling and scrubbing with various materials of mineral or vegetable origin. Saturation of the skin with vitamins, minerals and macroelements with the help of masks made of healing mud and clay, oils and plant extracts.

Purpose: To learn the mechanism of action, indications, and contraindications for the use of peelings. To learn the mechanism of action, indications, contraindications for the use of scrubs. Learn the features of using masks with various additives.

Basic concepts: such as "peeling", "scrub", "mask".

Equipment: Screen, multimedia projector.

Plan:

1. Organizational measures (greetings, verification of those present, announcement of the topic, purpose of the lesson, motivation of higher education seekers to study the topic).

2. Control of the reference level of knowledge (written work, written test, frontal survey on basic terminology, etc.) (If necessary).

3. Question (test tasks) to check basic knowledge on the topic of the seminar:

1. Indications and contraindications for the use of scrubs.
2. Indications and contraindications for the use of peelings.
3. Indications and contraindications for the use of masks.

4. Discussion of theoretical issues:

1. Peelings, types, indications, contraindications, method of application.
2. Scrubbing, types, indications, contraindications, method of application.
3. Masks, types, indications, contraindications, method of application.

5. Topics of reports/abstracts:

1. Spa treatments for hair.
2. Spa procedures for the face: anti-age massage, lymphatic drainage massage indications and contraindications for use.

6. Summing up:

1. Announce evaluations to applicants and justify them according to the criteria for evaluating knowledge.
2. The topic of the next lesson: SPA procedures for hands, legs and feet. Milk, wine, beer, sea baths.
3. Control questions for the following topic:
 1. Characteristics, indications and contraindications of spa procedures for hands.
 2. Characteristics, indications and contraindications of spa procedures for legs and feet.
 3. Chocolate, milk, beer, sea baths characteristics, indications and contraindications.

7. List of recommended literature

Main:

1. Nessermedeli A, Kagamiori S: Balneotherapy in medicine: A review. Environ Health Prev Med 2019.-252
2. Hermann Veber: Climatotherapy And Balneotherapy; The Climates And Mineral Water Health Resorts (spas) Of Europe And North Africa, Including The General Principles Of Climatotherapy And Balneotherapy, And Hints As To The Employment Of Various Physical And Dietic Methods London: A review. Smith, Elder, & co.2020-848
3. Bohdanovska N.V., Kalonova I.V. Physical rehabilitation by means of physiotherapy. University book, 2023. 328 p.
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Additional:

1. Zavarika H. M. Resort business: study guide. Ministry of Education and Science of Ukraine. - Kyiv: Center for Educational Literature, 2015. - 263 p.
2. Yakovenko N.P., Samoilenko V.B. Physiotherapy: textbook. Medicine, 2018. - 256 p.
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5. <https://international-relations-tourism.karazin.ua/resources/21d6d811ba061fe07b6266655419c44a.pdf>
6. http://www.britishspas.co.uk/spa_guide/definitions.php – Spa Business Association.
7. http://ukrmed.net.ua/?category=spa&altname=Mir_SPA

Seminar lesson No. 12

Topic: SPA procedures for hands, legs and feet. Milk, wine, beer, sea baths.

Goal: To master the basic spa procedures for hands and feet. Learn the mechanism of action, indications, contraindications for the use of baths.

Basic concepts: such as "sea baths", "beer baths", "milk baths"

Equipment: Screen, multimedia projector.

Plan:

1. **Organizational measures** (greetings, verification of those present, announcement of the topic, purpose of the lesson, motivation of higher education seekers to study the topic).
2. **Control of the reference level of knowledge** (written work, written test, frontal survey on basic terminology, etc.) (if necessary).
3. **Question (test tasks) to check basic knowledge on the topic of the seminar:**
 1. Name the indications, contraindications and features of using milk baths.
 2. Name the indications, contraindications and features of the use of sea baths.
 3. Name the indications, contraindications and features of using chocolate wraps.
4. **Discussion of theoretical issues:**
 1. Characteristics, indications and contraindications of spa procedures for hands.
 2. Characteristics, indications and contraindications of spa procedures for legs and feet.
 3. Chocolate, milk, beer, sea baths characteristics, indications and contraindications.
5. **Topics of reports/abstracts:**
 1. Modern spa procedures for hands.
 2. Modern spa procedures for legs and feet.
6. **Summing up:**
 1. Announce evaluations to applicants and justify them according to the criteria for evaluating knowledge.
 2. The topic of the next lesson: Mud, chocolate or seaweed wraps. Hydromassage
 3. Control questions for the following topic:
 1. Mud, chocolate or algae wraps characteristics, indications and contraindications.
 2. Hydrotherapeutic procedures, characteristics, indications and contraindications.

7. List of recommended literature

Main:

1. Nessermeddeli A, Kagamiori S: Balneotherapy in medicine: A review. Environ Health Prev Med 2019.-252
2. Hermann Veber: Climatotherapy And Balneotherapy; The Climates And Mineral Water Health Resorts (spas) Of Europe And North Africa, Including The General Principles Of Climatotherapy And Balneotherapy, And Hints As To The Employment Of Various Physical And Dietic Methods London: A review. Smith, Elder, & co.2020-848

3. Bohdanovska N.V., Kalonova I.V. Physical rehabilitation by means of physiotherapy. University book, 2023. 328 p.
4. Fedoriv Y.R.M. Physiotherapy. Tutorial. Magnolia, 2022. - 559

Additional:

1. Zavarika H. M. Resort business: study guide. Ministry of Education and Science of Ukraine. - Kyiv: Center for Educational Literature, 2015. - 263 p.
2. Yakovenko N.P., Samoilenko V.B. Physiotherapy: textbook. Medicine, 2018. - 256 p.
3. Kushniruk Yu. Recreation and resort science: Study guide. - NUVHP, 2012. - 146 p

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3. https://www.physio-pedia.com/Hydrotherapy_in_ACL_Rehabilitation?utm_source=physiopedia&utm_medium=related_articles&utm_campaign=ongoing_internal
4. <https://www.hydroworx.com/research-education/video-library/>
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6. http://www.britishspas.co.uk/spa_guide/definitions.php – Spa Business Association.
7. <http://ukrmed.net.ua/?category=spa&altname= Mir SPA>

Seminar session No. 13

Theme: Mud, Chocolate or Seaweed Wraps. Hydromassage

Goal: To master the basic spa procedures for hands and feet. Learn the mechanism of action, indications, and contraindications for Hydromassage use. Learn the mechanism of action, indications, and contraindications for the use of various types of wraps.

Basic concepts: such as "baths", "wrapping", "Hydromassage"

Equipment: Screen, multimedia projector.

Plan:

1. **Organizational measures** (greetings, verification of those present, announcement of the topic, purpose of the lesson, motivation of higher education seekers to study the topic).
2. **Control of the reference level of knowledge** (written work, written test, frontal survey on basic terminology, etc.) (If necessary).
3. **Question (test tasks) to check basic knowledge on the topic of the seminar:**
 1. Name the indications, contraindications and features of using mud wraps.
 2. Name the indications, contraindications and features of using chocolate wraps.
 3. Name the indications, contraindications and features of using Hydromassage procedures.
4. **Discussion of theoretical issues:**
 1. Mud, chocolate or algae wraps characteristics, indications and contraindications.
 2. Hydrotherapeutic procedures, characteristics, indications and contraindications.
5. **Topics of reports/abstracts:**
 1. Modern spa anti-cellulite procedures.
 2. Modern spa lymphatic drainage procedures.
6. **Summing up:**
 1. Announce evaluations to applicants and justify them according to the criteria for evaluating knowledge.
 2. Topic of the next lesson:
SPA procedures for the body. Peeling with the help of salts and algae. Wraps: mineral with mud, algae and healing mud, as well as pearl and silk. Baths: sea, milk, modeling, relaxing. Jacuzzi with Hydromassage effect, herbal tub, Hamman, sauna.
 3. Control questions for the following topic:

1. SPA procedures for the body.
2. Characteristics of salt and algae peelings.
3. Wraps are pearl and silk. Indications, contraindications, peculiarities of use.
4. Cooling wraps, indications. Indications, contraindications, peculiarities of use.
5. Wrapping with mineral mud. Indications, contraindications, peculiarities of use.

7. List of recommended literature

Main:

1. Nessimaddeli A., Kagamiori S: Balneotherapy in medicine: A review. Environ Health Prev Med 2019.-252
2. Hermann Veber: Climatotherapy And Balneotherapy; The Climates And Mineral Water Health Resorts (spas) Of Europe And North Africa, Including The General Principles Of Climatotherapy And Balneotherapy, And Hints As To The Employment Of Various Physical And Dietic Methods London: A review. Smith, Elder, & co.2020-848
3. Bohdanovska N.V., Kalonova I.V. Physical rehabilitation by means of physiotherapy. University book, 2023. 328 p.
4. Fedoriv Y.R.M. Physiotherapy. Tutorial. Magnolia, 2022. - 559

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2. Yakovenko N.P., Samoilenko V.B. Physiotherapy: textbook. Medicine, 2018. - 256 p.
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3. https://www.physio-pedia.com/Hydrotherapy_in_ACL_Rehabilitation?utm_source=physiopedia&utm_medium=related_articles&utm_campaign=ongoing_internal
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5. <https://international-relations-tourism.karazin.ua/resources/21d6d811ba061fe07b6266655419c44a.pdf>
6. http://www.britishspas.co.uk/spa_guide/definitions.php – Spa Business Association.
7. http://ukrmed.net.ua/?category=spa&altname=Mir_SPA

Seminar session № 14

Topic: SPA procedures for the body. Peeling with the help of salts and algae. Wraps: mineral with mud, algae and healing mud, as well as pearl and silk.

Purpose: To learn the principles of applying body peeling, features of application. Master the professional vocabulary and skills of operating such terms, concepts and definitions as "wrapping", "peeling", "pearl wrappings".

Basic concepts: such as "pearl wrap", "silk wrap", "warming wraps", "cooling wraps".

Equipment: Screen, multimedia projector.

Plan:

1. **Organizational activities** (greetings, verification of those present, announcement of the topic, purpose of the lesson, motivation of higher education seekers to study the topic).
2. **Control of the reference level of knowledge** (written work, written test, frontal survey on basic terminology, etc.) (If necessary).
3. **Question (test tasks) to check basic knowledge on the topic of the seminar:**
 1. Name the indications, contraindications and features of using salt peelings.
 2. Name the indications, contraindications and features of use with mineral mud.
 3. Peeling is
4. **Discussion of theoretical issues :**

1. SPA procedures for the body.
2. Characteristics of salt and algae peelings.
3. Pearl and silk wraps. Indications, contraindications, peculiarities of use.
4. Cooling wraps, indications. Indications, contraindications, peculiarities of use.
5. Wrapping with mineral mud. Indications, contraindications, peculiarities of use.

5. Topics of reports/abstracts:

1. Modern spa procedures for the body.
2. Features of the use of warming wraps.

6. Summing up:

1. Announce evaluations to applicants and justify them according to the criteria for evaluating knowledge.
2. The topic of the next lesson: Baths: sea, milk, modeling, relaxing. Jacuzzi with Hydromassage effect, herbal tub, Hammam, sauna.
3. Control questions for the following topic:
 1. Indications, contraindications, features of using sea, milk, modeling, relaxing baths.
 2. Indications, contraindications, features of using a Jacuzzi with a Hydromassage effect.
 3. Indications, contraindications, features of the use of phytobochka.
 4. Indications, contraindications, features of Hammam use.
 5. Indications, contraindications, peculiarities of sauna use.

7. List of recommended literature

Main:

1. Nessimaddeli A, Kagamiori S: Balneotherapy in medicine: A review. Environ Health Prev Med 2019.-252
2. Hermann Veber: Climatotherapy And Balneotherapy; The Climates And Mineral Water Health Resorts (spas) Of Europe And North Africa, Including The General Principles Of Climatotherapy And Balneotherapy, And Hints As To The Employment Of Various Physical And Dietic Methods London :A review. Smith, Elder, & co.2020-848
3. Bohdanovska N.V., Kalonova I.V. Physical rehabilitation by means of physiotherapy. University book, 2023. 328 p.
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5. <https://international-relations-tourism.karazin.ua/resources/21d6d811ba061fe07b6266655419c44a.pdf>
6. http://www.britishspas.co.uk/spa_guide/definitions.php – Spa Business Association.
7. <http://ukrmed.net.ua/?category=spa&altname= Mir SPA>

Seminar session No. 15

Topic: Baths: sea, milk, modeling, relaxing. Jacuzzi with Hydromassage effect, herbal tub, Hammam, sauna.

Purpose: To learn the principles of using a Jacuzzi with a Hydromassage effect, phototherapy, a Hammam, and a sauna. Master professional vocabulary and skills of operating such terms, concepts and definitions as "Jacuzzi", "phytobochka", "hamam", "sauna"

Basic concepts: such as "Jacuzzi", "phytobocha", "Hammam", "sauna"

Plan:

1. **Organizational activities** (greetings, verification of those present, announcement of the topic, purpose of the lesson, motivation of higher education seekers to study the topic).
2. **Control of the reference level of knowledge** (written work, written test, frontal survey on basic terminology, etc.) (If necessary).
3. **Question (test tasks) to check basic knowledge on the topic of the seminar:**
 1. Name the indications, contraindications and features of the use of Hammam.
 2. Name the indications, contraindications and features of the modeling bath.
 3. Name the indications, contraindications and features of sauna use.

4. Discussion of theoretical issues:

1. Indications, contraindications, peculiarities of using sea, milk, modeling, relaxing baths.
2. Indications, contraindications, features of using a Jacuzzi with a Hydromassage effect.
3. Indications, contraindications, features of the use of phytobochka.
4. Indications, contraindications, features of Hammam use.
5. Indications, contraindications, peculiarities of sauna use

5. Topics of reports/abstracts:

1. The history of the sauna.
2. Modern spa complexes in Ukraine.

6. Summing up:

Announce evaluations to applicants and justify them according to the criteria for evaluating knowledge.

7. List of recommended literature

Main:

1. Nessimaddeli A, Kagamiori S: Balneotherapy in medicine: A review. Environ Health Prev Med 2019.-252
2. Hermann Veber: Climatotherapy And Balneotherapy; The Climates And Mineral Water Health Resorts (spas) Of Europe And North Africa, Including The General Principles Of Climatotherapy And Balneotherapy, And Hints As To The Employment Of Various Physical And Dietic Methods London: A review. Smith, Elder, & co.2020-848
3. Bohdanovska N.V., Kalonova I.V. Physical rehabilitation by means of physiotherapy. University book, 2023. 328 p.
4. Fedoriv Y.R.M. Physiotherapy. Tutorial. Magnolia, 2022. - 559

Additional:

1. Zavarika H. M. Resort business: study guide. Ministry of Education and Science of Ukraine. - Kyiv: Center for Educational Literature, 2015. - 263 p.
2. Yakovenko N.P., Samoilenko V.B. Physiotherapy: textbook. Medicine, 2018. - 256 p.
3. Kushniruk Yu. Recreation and resort science: Study guide. - NUVHP, 2012. - 146 p

Electronic information resources:

1. <http://www.mckinseyquarterly.com> (website of "The McKinsey Quarterly" magazine)
2. <https://www.physio-pedia.com/Aquatherapy>
3. https://www.physio-pedia.com/Hydrotherapy_in_ACL_Rehabilitation?utm_source=physiopedia&utm_medium=related_articles&utm_campaign=ongoing_internal
4. <https://www.hydroworx.com/research-education/video-library/>
5. <https://international-relations-tourism.karazin.ua/resources/21d6d811ba061fe07b6266655419c44a.pdf>
6. http://www.britishspas.co.uk/spa_guide/definitions.php – Spa Business Association.
7. http://ukrmed.net.ua/?category=spa&altname=Mir_SPA

