

# Postgraduate Certificate Specific Group Approach in the Aquatic World

Endorsed by the NBA





## Postgraduate Certificate

### Specific Group Approach in the Aquatic World

- » Modality: online
- » Duration: 6 weeks
- » Certificate: TECH Global University
- » Credits: 6 ECTS
- » Schedule: at your own pace
- » Exams: online

Website: [www.techtute.com/us/physiotherapy/postgraduate-certificate/specific-group-approach-aquatic-world](http://www.techtute.com/us/physiotherapy/postgraduate-certificate/specific-group-approach-aquatic-world)

# Index

01

Introduction

---

*p. 4*

02

Objectives

---

*p. 8*

03

Course Management

---

*p. 12*

04

Structure and Content

---

*p. 16*

05

Methodology

---

*p. 20*

06

Certificate

---

*p. 28*

# 01

# Introduction

This program will address the benefits and key aspects to take into account in the design of an aquatic physical therapy program for patients with cancer, fibromyalgia or cognitive degeneration. Likewise, the elements that favor the introduction of aquatic physiotherapy as a therapy of choice for athletes will be developed. At the end of the program, the student will be able to identify the key components of a quality aquatic physical therapy program, taking into account the characteristics of these patients.







“

*Physiotherapists at the highest level must update their knowledge with educational programs such as this one, where they will find the main novelties in the field"*

Water is a medium that, due to its characteristics, offers the opportunity to work in a more favorable environment. Its properties suggest a very broad field of action, and there are many patients who can benefit from this work methodology. Patients describe the sensation of being able to perform elements of work that, out of the water, seem more complex to perform.

The aquatic environment offers an interesting variability in our proposals, but it is necessary to master the characteristics of the environment to know how to use it and not to oversaturate and overstimulate the patient. This program offers a very broad knowledge of the key elements, delving into these aspects, to be able to successfully develop a program of Specific Group Approach in the Aquatic World.

The teachers who will develop the content of this program are expert working professionals, who introduce the aquatic environment in the development of their recovery and prevention programs. This is why they will be able to guide, through the proposal of different clinical cases, to exemplify the aspects that provide quality work in the water.

A unique opportunity to specialize in a booming sector with this high-level education.

This **Postgraduate Certificate in Specific Group Approach in the Aquatic World** contains the most complete and up-to-date scientific program on the market. The most important features include:

- ◆ The development of case studies presented by experts in the approach to specific groups in the aquatic world
- ◆ The graphic, schematic, and practical contents with which they are created, provide scientific and practical information on the disciplines that are essential for professional practice
- ◆ New developments in the Specific Group Approach in the Aquatic World
- ◆ Practical exercises where self-assessment can be used to improve learning
- ◆ Its special emphasis on innovative methodologies in the Specific Group Approach in the Aquatic World
- ◆ Theoretical lessons, questions to the expert, debate forums on controversial topics, and individual reflection assignments
- ◆ Content that is accessible from any fixed or portable device with an internet connection



*If you want to improve in your daily practice, do not hesitate to broaden your knowledge through this Postgraduate Certificate in Specific Group Approach in the Aquatic World"*

“

*This Postgraduate Certificate is the best investment you can make when selecting a refresher program, for two reasons: in addition to updating your knowledge in Specific Group Approach in the Aquatic World, you will obtain a Postgraduate Certificate from TECH Global University"*

Its teaching staff includes professionals belonging to the field of Specific Group Approach in the Aquatic World, who bring to this education the experience of their work, as well as recognized specialists from prestigious reference societies and universities.

Its multimedia content, developed with the latest educational technology, will allow physiotherapists situated and contextual learning, i.e., a simulated environment that will provide immersive education programmed to prepare for real situations.

This program is designed around Problem-Based Learning, whereby the professional must try to solve the different professional practice situations that arise during the academic year. For this purpose, the physiotherapist specializing in the Specific Group Approach in the Aquatic World will have the help of an innovative system of interactive videos made by recognized experts in the field of Specific Group Approach in the Aquatic World and with great experience.

*Use the best learning methodology to continue with your education in the field of Specific Group Approach in the Aquatic World.*

*This 100% online Postgraduate Certificate will allow you to balance your studies with your professional work while increasing your knowledge in this field.*



02

# Objectives

The Postgraduate Certificate in Specific Group Approach in the Aquatic World is oriented to facilitate the performance of the highest-level professional dedicated to physiotherapy with the latest advances and newest treatments in the sector.







“

*To be one of the best physiotherapists specializing in Specific Group Approach in the Aquatic World you can't miss the opportunity to study this Postgraduate Certificate with us"*



## General Objectives

---

- ◆ Favor the specialization of the Specific Groups Approach in the Aquatic World
- ◆ Describe the basics of working in the aquatic environment
- ◆ Establish the necessary assessment for the correct development of the programs and their subsequent re-assessment
- ◆ Design sessions for Specific Groups in the Aquatic World taking into account the characteristics of the different types of users





## Specific Objectives

---

- ◆ Identify the advantages of working with oncology patients in the aquatic environment
- ◆ Define the basic elements to be taken into account when working with oncology patients in the water
- ◆ Exemplify typologies of work in the aquatic environment for patients with fibromyalgia
- ◆ Identify the advantages of working with fibromyalgia patients in the aquatic environment
- ◆ Define the basic elements to be taken into account when working with fibromyalgia patients in the water
- ◆ Exemplify typologies of work in the aquatic environment for patients with fibromyalgia
- ◆ Identify the advantages of working with patients with cognitive degeneration in the aquatic environment
- ◆ Define the basic elements to be taken into account in the water when working with patients with cognitive degeneration
- ◆ Exemplify typologies of work in the aquatic environment for patients with cognitive degeneration
- ◆ Describe the work phases in aquatic treatment for high performance population
- ◆ Exemplifying work typologies for the prevention of injuries at high performance
- ◆ Identify hydrotherapy and hydrokinesitherapy as an element of quality in the prevention and recovery of athletes



03

# Course Management

The program includes in its teaching staff experts of reference in the Specific Group Approach in the Aquatic World, who bring to this educational program their work experience. Additionally, other recognized experts participate in its design and preparation, completing the program in an interdisciplinary manner.







“

*Leading professionals in the field have come together to teach you the latest advances in the treatment of Specific Group Approach in the Aquatic World"*

## Management



### Dr. Mur, Esther

- ◆ Ph.D. In Physical Activity and Sport Sciences from the University of Barcelona
- ◆ Official Master's Degree in Physical Activity and Sport at INEFC Barcelona, University of Barcelona
- ◆ Graduate in Physical Activity and Sport Sciences from INEFC of Barcelona
- ◆ Postgraduate Certificate in Physiotherapy from the Blanquerna University School of Nursing and Physiotherapy (Ramon Llull University)
- ◆ Physiotherapist on staff at the CEM Marítim (Thalassotherapy center) of the Claror Foundation
- ◆ Coordinator of the "Aquatic Physiotherapy-UFAE" working group of the College of Physiotherapists of Catalonia
- ◆ Lecturer at the School of Health Sciences Tecnocampus Mataró-Maresme Foundation (Pompeu Fabra University)

## Professors

### Dr. Cirera, Eva

- ◆ Ph.D. in Anthropology and Communication, Universitat Rovira i Virgili (URV) Tarragona
- ◆ Instructor Course Original Nordic Walking. Marko Kantaneva
- ◆ Seminar "Apraxia in adult patients with left hemisphere lesion" Roberta Ghedina
- ◆ Normal Movement-Introduction to the Bobath Concept, Andrés Lloves
- ◆ Advanced Course "Kinaesthetics in health care" Rosmarie Suter and Mercedes Fernández
- ◆ Respiratory Physiotherapy in Pediatrics. SEFIP

### Dr. Mesalles, Jordi

- ◆ Postgraduate Certificate in Physiotherapy from Ramon Llull University. Escola EUIFN Blanquerna, Barcelona
- ◆ Nurse at Ramon Llull University. Escola EUIFN Blanquerna. Course: 1st, Barcelona
- ◆ Works as a physiotherapist in the 1st F.C. soccer team. Barcelona

**Dr. Verdú, Anna**

- ◆ Physiotherapist specializing in aquatic therapy
- ◆ Member of the College of Physiotherapists of Catalonia
- ◆ Diploma in Physiotherapy at Gimbernat University School, Barcelona
- ◆ Regional Delegate of Catalonia of RETacua (Spanish Network of Aquatic Therapy), Madrid
- ◆ Responsible for the aquatic physiotherapy service at the "RENEIX" swimming pool of the Mollerusa Medical Center

“

*A unique, key, and decisive educational experience to boost your professional development”*



# 04

# Structure and Content

The structure of the contents has been designed by the best professionals of the sector in the Specific Group Approach in the Aquatic World, with a wide trajectory and recognized prestige in the profession, endorsed by the volume of cases reviewed, studied and diagnosed, and with a wide mastery of the new technologies applied to orthopedics.



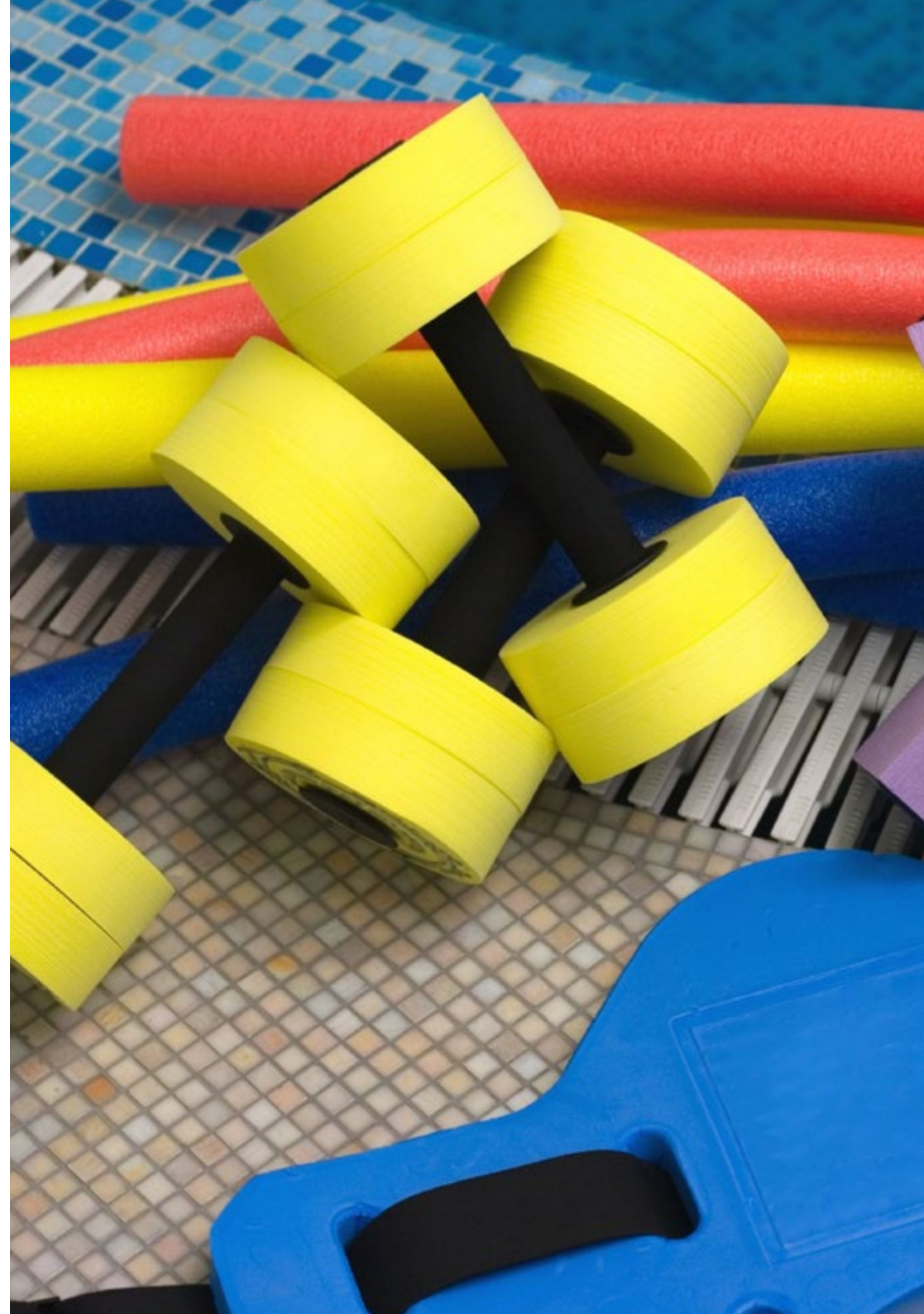


“

*This Postgraduate Certificate in Specific Group Approach in the Aquatic World contains the most complete and up-to-date scientific program on the market"*

## Module 1. Approach to Specific Groups in the Aquatic Environment

- 1.1. Benefits of Aquatic Physiotherapy in Oncology Treatment
  - 1.1.1. Relevant Aspects in the Design of Treatment in the Aquatic Environment
- 1.2. Structure of the Aquatic Physiotherapy Session for the Oncology Patient
- 1.3. Advantages of Aquatic Physiotherapy in Fibromyalgia
  - 1.3.1. Relevant Aspects in the Design of Treatment in the Aquatic Environment
- 1.4. Structure of the Aquatic Physiotherapy Session in the Fibromyalgia Patient
- 1.5. Benefits of Aquatic Work in the Population with Cognitive Degenerative Disorders
  - 1.5.1. Relevant Aspects in the Design of Treatment in the Aquatic Environment
- 1.6. Structure of the Aquatic Physical Therapy Session for Population with Cognitive Degeneration
- 1.7. Socialization in the Aquatic Environment of the Patient with Cognitive Degeneration
- 1.8. Aquatic Physiotherapy in Performance
  - 1.8.1. Phases of Recovery from Injuries in the Aquatic Environment
- 1.9. Invisible Training and Post-Exertion Recovery
- 1.10. Injury Prevention







“

*This will provide key education to advance in your career”*

# 05

# Methodology

This academic program offers students a different way of learning. Our methodology uses a cyclical learning approach: **Relearning**.

This teaching system is used, for example, in the most prestigious medical schools in the world, and major publications such as the **New England Journal of Medicine** have considered it to be one of the most effective.







“

*Discover Relearning, a system that abandons conventional linear learning, to take you through cyclical teaching systems: a way of learning that has proven to be extremely effective, especially in subjects that require memorization"*

## At TECH we use the Case Method

What should a professional do in a given situation? Throughout the program, students will face multiple simulated clinical cases, based on real patients, in which they will have to do research, establish hypotheses, and ultimately resolve the situation. There is an abundance of scientific evidence on the effectiveness of the method. Physiotherapists/kinesiologists learn better, faster, and more sustainably over time.

*With TECH you will experience a way of learning that is shaking the foundations of traditional universities around the world.*



According to Dr. Gérvas, the clinical case is the annotated presentation of a patient, or group of patients, which becomes a "case", an example or model that illustrates some peculiar clinical component, either because of its teaching power or because of its uniqueness or rarity. It is essential that the case is based on current professional life, trying to recreate the real conditions of professional physiotherapy practice.

“

*Did you know that this method was developed in 1912, at Harvard, for law students? The case method consisted of presenting students with real-life, complex situations for them to make decisions and justify their decisions on how to solve them. In 1924, Harvard adopted it as a standard teaching method”*

The effectiveness of the method is justified by four fundamental achievements:

1. Physiotherapists/kinesiologists who follow this method not only grasp concepts, but also develop their mental capacity, by evaluating real situations and applying their knowledge.
2. The learning process has a clear focus on practical skills that allow the physiotherapist/kinesiologist to better integrate into the real world.
3. Ideas and concepts are understood more efficiently, given that the example situations are based on real-life.
4. Students like to feel that the effort they put into their studies is worthwhile. This then translates into a greater interest in learning and more time dedicated to working on the course.



## Relearning Methodology

At TECH we enhance the case method with the best 100% online teaching methodology available: Relearning.

This university is the first in the world to combine the study of clinical cases with a 100% online learning system based on repetition, combining a minimum of 8 different elements in each lesson, a real revolution with respect to the mere study and analysis of cases.



*The physiotherapist/kinesiologist will learn through real cases and by solving complex situations in simulated learning environments. These simulations are developed using state-of-the-art software to facilitate immersive learning.*



At the forefront of world teaching, the Relearning method has managed to improve the overall satisfaction levels of professionals who complete their studies, with respect to the quality indicators of the best online university (Columbia University).

With this methodology we trained more than 65,000 physiotherapists/kinesiologists with unprecedented success in all clinical specialties, regardless of the workload. Our pedagogical methodology is developed in a highly competitive environment, with a university student body with a strong socioeconomic profile and an average age of 43.5 years old.

*Relearning will allow you to learn with less effort and better performance, involving you more in your training, developing a critical mindset, defending arguments, and contrasting opinions: a direct equation for success.*

In our program, learning is not a linear process, but rather a spiral (learn, unlearn, forget, and re-learn). Therefore, we combine each of these elements concentrically.

The overall score obtained by our learning system is 8.01, according to the highest international standards.



This program offers the best educational material, prepared with professionals in mind:



#### Study Material

All teaching material is produced by the specialists who teach the course, specifically for the course, so that the teaching content is really specific and precise.

These contents are then applied to the audiovisual format, to create the TECH online working method. All this, with the latest techniques that offer high quality pieces in each and every one of the materials that are made available to the student.



#### Physiotherapy Techniques and Procedures on Video

TECH brings students closer to the latest techniques, the latest educational advances and to the forefront of current Physiotherapy techniques and procedures. All of this in direct contact with students and explained in detail so as to aid their assimilation and understanding. And best of all, you can watch them as many times as you want.



#### Interactive Summaries

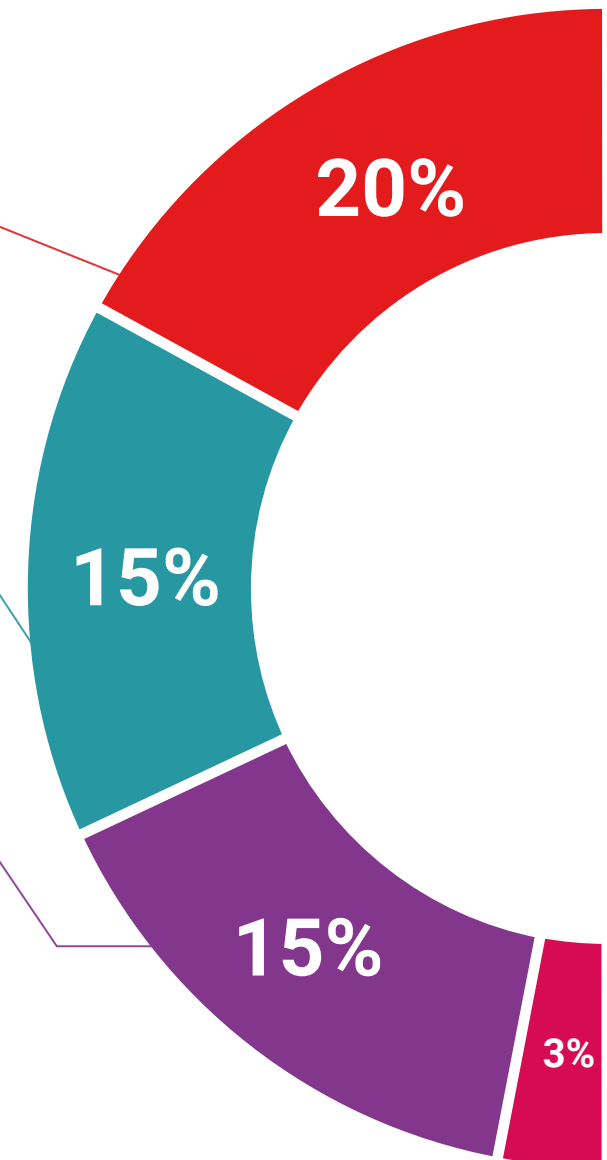
The TECH team presents the contents attractively and dynamically in multimedia lessons that include audio, videos, images, diagrams, and concept maps in order to reinforce knowledge.

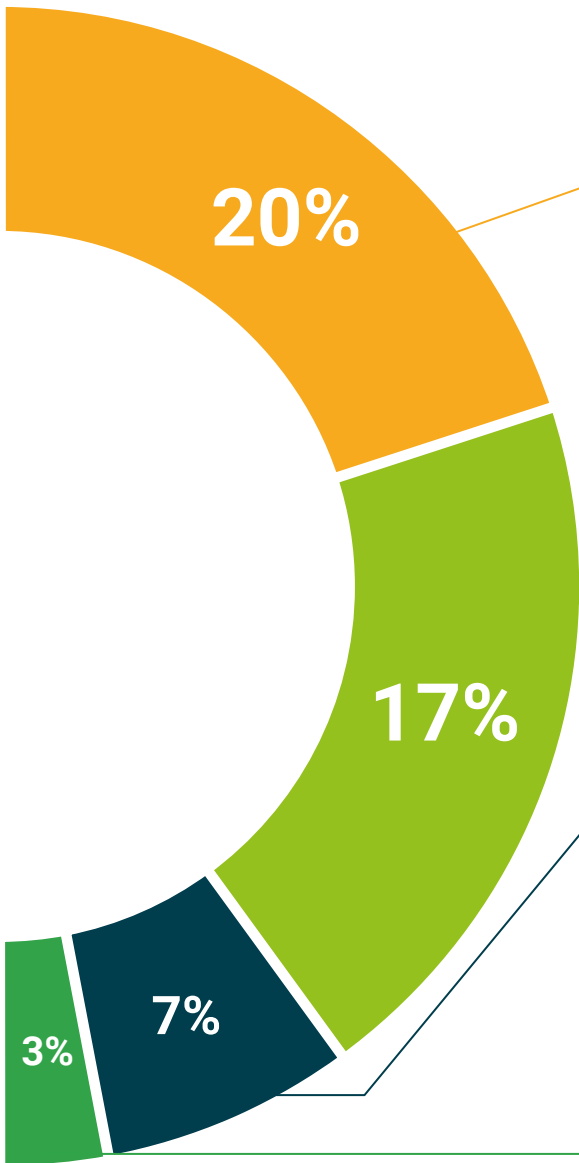
This unique multimedia content presentation training system was awarded by Microsoft as a "European Success Story".



#### Additional Reading

Recent articles, consensus documents and international guidelines, among others. In TECH's virtual library, students will have access to everything they need to complete their course.





**Expert-Led Case Studies and Case Analysis**

Effective learning ought to be contextual. Therefore, TECH presents real cases in which the expert will guide students, focusing on and solving the different situations: a clear and direct way to achieve the highest degree of understanding.



**Testing & Retesting**

We periodically evaluate and re-evaluate students' knowledge throughout the program, through assessment and self-assessment activities and exercises, so that they can see how they are achieving their goals.



**Classes**

There is scientific evidence on the usefulness of learning by observing experts. The system known as Learning from an Expert strengthens knowledge and memory, and generates confidence in future difficult decisions.



**Quick Action Guides**

TECH offers the most relevant contents of the course in the form of worksheets or quick action guides. A synthetic, practical, and effective way to help students progress in their learning.



06

# Certificate

The Postgraduate Certificate in Specific Group in the Aquatic World guarantees students, in addition to the most rigorous and up-to-date education, access to a Postgraduate Certificate issued by TECH Global University.







“

*Successfully complete this program and receive your university qualification without having to travel or fill out laborious paperwork”*

This program will allow you to obtain your **Postgraduate Certificate in Specific Group Approach in the Aquatic World** endorsed by **TECH Global University**, the world's largest online university.

**TECH Global University** is an official European University publicly recognized by the Government of Andorra ([official bulletin](#)). Andorra is part of the European Higher Education Area (EHEA) since 2003. The EHEA is an initiative promoted by the European Union that aims to organize the international training framework and harmonize the higher education systems of the member countries of this space. The project promotes common values, the implementation of collaborative tools and strengthening its quality assurance mechanisms to enhance collaboration and mobility among students, researchers and academics.

This **TECH Global University** title is a European program of continuing education and professional updating that guarantees the acquisition of competencies in its area of knowledge, providing a high curricular value to the student who completes the program.

Title: **Postgraduate Certificate in Specific Group Approach in the Aquatic World**

Modality: **online**

Duration: **6 weeks**

Accreditation: **6 ECTS**



\*Apostille Convention. In the event that the student wishes to have their paper diploma issued with an apostille, TECH Global University will make the necessary arrangements to obtain it, at an additional cost.

future

health confidence people

education information tutors

guarantee accreditation teaching

institutions technology learning

community commitment

**tech** global  
university

personalized service innovation

knowledge present in the Aquatic World

online training

development languages

virtual classroom

## Postgraduate Certificate

Specific Group Approach  
in the Aquatic World

- » Modality: online
- » Duration: 6 weeks
- » Certificate: TECH Global University
- » Credits: 6 ECTS
- » Schedule: at your own pace
- » Exams: online

# Postgraduate Certificate Specific Group Approach in the Aquatic World

Endorsed by the NBA

