

# Postgraduate Certificate Therapeutic Swimming

Endorsed by the NBA





## Postgraduate Certificate Therapeutic Swimming

Course Modality: Online

Duration: 6 weeks

Certificate: TECH Technological University

Official N° of Hours: 150 h.

Website: [www.techtute.com/us/physiotherapy/postgraduate-certificate/therapeutic-swimming](http://www.techtute.com/us/physiotherapy/postgraduate-certificate/therapeutic-swimming)

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# 01

# Introduction

This program will describe the characteristics of a therapeutic swimming program. The benefits of working in the aquatic environment for spinal pathology and its prevention will be addressed. Upon completion, the student will be able to plan a correct approach to spinal pathology in the aquatic environment, making use, among others, of a therapeutic swimming program.





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*Physiotherapists at the highest level must update their knowledge with courses such as this one, where they will find the main developments 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 these proposals, but it is necessary to master the characteristics of the environment to know how to use it and not oversaturate and overstimulate the patient. This Postgraduate Certificate offers a very broad knowledge of the key elements, studying in depth these aspects, in order to successfully develop a Therapeutic Swimming program.

The teachers who will develop the content of this Postgraduate Certificate are active professional experts 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 program.

This **Postgraduate Certificate in Therapeutic Swimming** 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 Therapeutic Swimming
- ◆ The graphic, schematic, and practical contents with which they are created, provide scientific and practical information on the disciplines that are essential for professional development
- ◆ New developments in Therapeutic Swimming
- ◆ Practical exercises where self-assessment can be used to improve learning
- ◆ Special emphasis on innovative methodologies in Therapeutic Swimming
- ◆ 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 your daily practice, do not hesitate to broaden your knowledge through this Postgraduate Certificate in Therapeutic Swimming"*

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*This Postgraduate Certificate is the best investment you can make in the selection of a refresher program for two reasons: in addition to updating your knowledge in Therapeutic Swimming for Special Populations, you will obtain a degree from TECH Technological University"*

*Use the best educational methodology to continue your education in the field of Therapeutic Swimming.*

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

Its teaching staff includes professionals belonging to the field of Therapeutic Swimming, who bring the experience of their work to this program, as well as leading specialists from prestigious 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 training programmed to train 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 throughout the program. For this, the physical therapist specialized in Therapeutic Swimming will be assisted by an innovative system of interactive videos made by leading experts in the field of Therapeutic Swimming and with great experience.



# 02 Objectives

The Postgraduate Certificate in Therapeutic Swimming is oriented to facilitate the performance of the highest-level professional dedicated to Physiotherapy with the latest advances and newest treatments in the sector.







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*To become one of the best physiotherapists specialized in Therapeutic Swimming you can't miss the opportunity to study this Postgraduate Certificate with us"*



## General Objectives

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- ◆ Promote the specialization of Therapeutic Swimming
- ◆ Describe the basics of working in the aquatic environment
- ◆ Establish the necessary assessment for the correct development of the programs and their subsequent re-evaluation
- ◆ Design Therapeutic Swimming sessions taking into account the characteristics of the different types of users





## Specific Objectives

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- ◆ Define the different aquatic programs that are carried out in the aquatic environment
- ◆ Define what therapeutic swimming is and its working components
- ◆ Apply strategies for the treatment and prevention of spinal pathology
- ◆ Identify the aquatic environment as a safe environment for spinal pathology prevention work
- ◆ Explain the relevant aspects in the elaboration of the therapeutic swimming program

03

# Course Management

The program includes in its teaching staff leading experts in Therapeutic Swimming, who pour into this program the experience of their work. Additionally, other recognized experts participate in its design and preparation, completing the program in an interdisciplinary manner.





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*Leading professionals in the field have come together to teach you the latest advances in Therapeutic Swimming treatment”*

## Management



### Dr Mur, Esther

- ♦ PhD. In Physical Activity and Sport Sciences from the University of Barcelona.
- ♦ Official Master's Degree in Physical Activity and Sport at INEFC Barcelona, Universidad de 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. Mesalles, Jordi

- ♦ Postgraduate Certificate in Physiotherapy from Ramon Llull University. Escola EUIFN Blanquerna, Barcelona
- ♦ Nurse at Ramon Llull University. Escola EUIFN Blanquerna. Course: 1º, Barcelona
- ♦ I work as a physiotherapy graduate in the 1st F.C. soccer team. Barcelona

### Ms. Piernas, Anna

- ♦ Coordination of Aquatic Activities
- ♦ Swimming instructor
- ♦ Professional Master's Degree in Management, Family, Educational and Sports Conflict Resolution. Open University of Catalonia



# 04

## Structure and Content

The structure of the contents has been designed by the best professionals in the Therapeutic Swimming sector, with an extensive background and recognized prestige in the profession, backed by the volume of cases reviewed, studied and diagnosed, and with extensive knowledge of new technologies applied to orthopedics.







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*This Postgraduate Certificate in Therapeutic Swimming contains the most complete and up to date scientific program on the market"*

## Module 1. Therapeutic swimming

- 1.1. Definition
  - 1.1.1. Aquatic Programs
  - 1.1.2. Benefits of Working in the Aquatic Environment
- 1.2. Basic Aquatic Motor Skills
- 1.3. Prevention
  - 1.3.1. Style Assessment
  - 1.3.2. Postural Control and Awareness Work
- 1.4. Spine Work Objectives in the Aquatic Environment
- 1.5. General Spinal Work
  - 1.5.1. Aspects to take into Account
- 1.6. Structure of the Therapeutic Swimming Session
  - 1.6.1. Work Objectives
  - 1.6.2. Periodicity
- 1.7. Cervicodorsal Component
  - 1.7.1. Aspects to take into Account
  - 1.7.2. Practical Examples
- 1.8. Lumbar Component
  - 1.8.1. Aspects to take into Account
- 1.9. Postural Scoliosis
  - 1.9.1. Aspects to take into Account
- 1.10. Structural Scoliosis
  - 1.10.1. Aspects to take into Account





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*This will provide key training to advance 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.





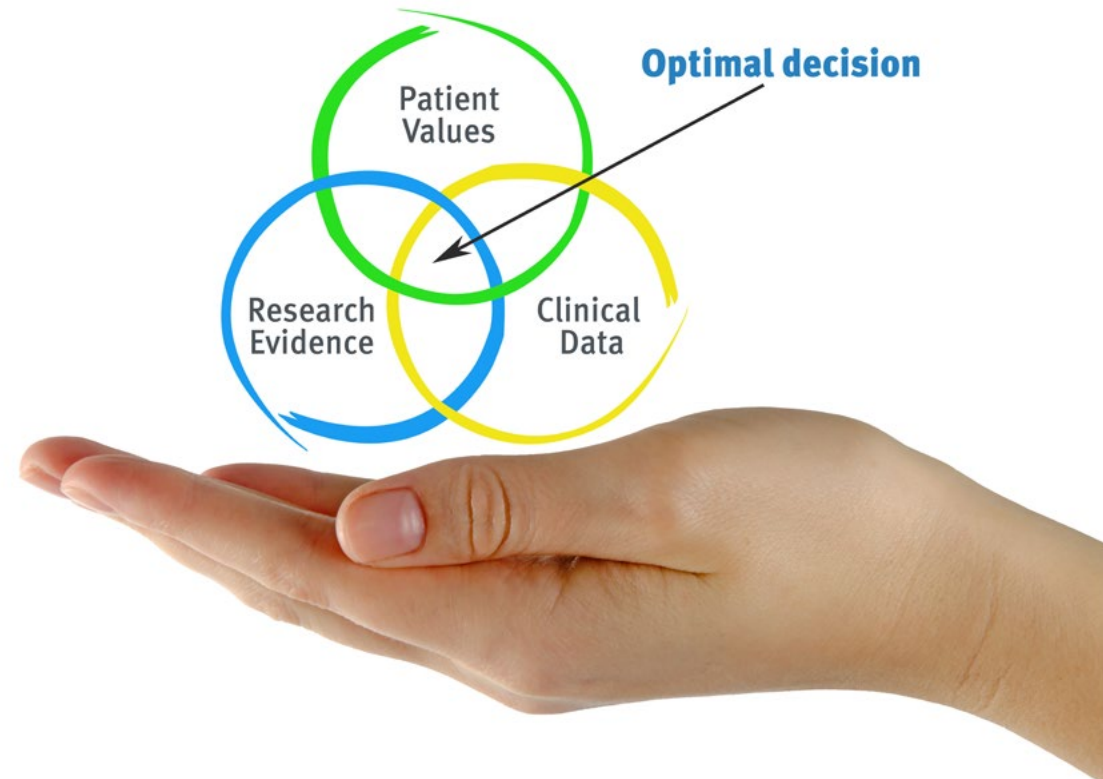
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*Discover Relearning, a system that abandons conventional linear learning, to take you through cyclical teaching systems: a way of learning that has proven to be extremely effective, especially in subjects that require memorization"*

## 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.

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*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

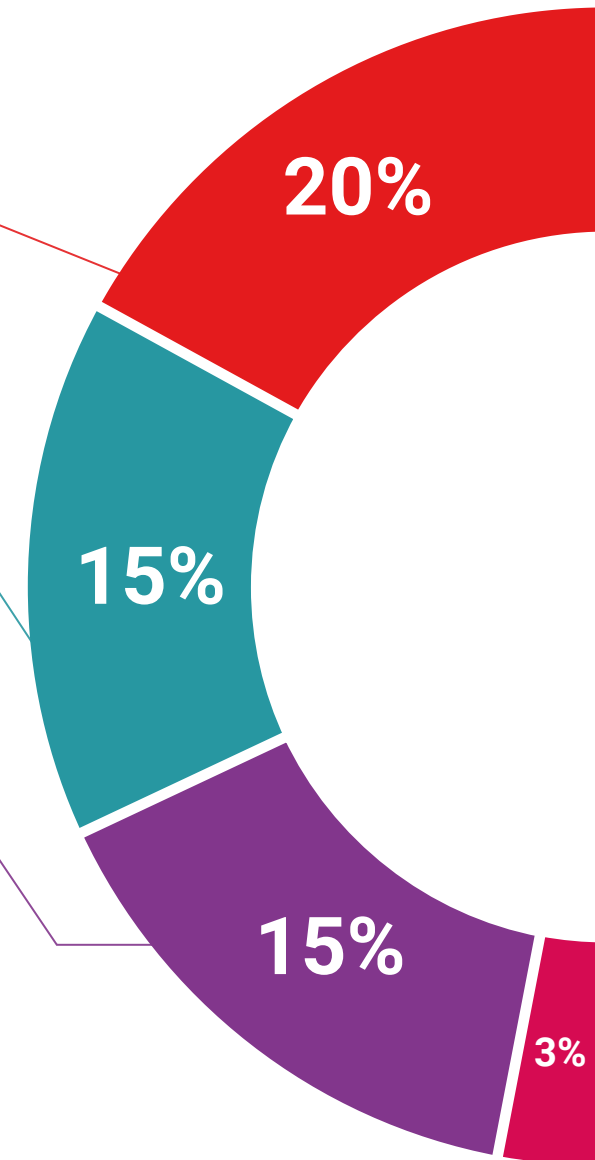
The TECH team presents the contents attractively and dynamically in multimedia lessons that include audio, videos, images, diagrams, and concept maps in order to reinforce knowledge.

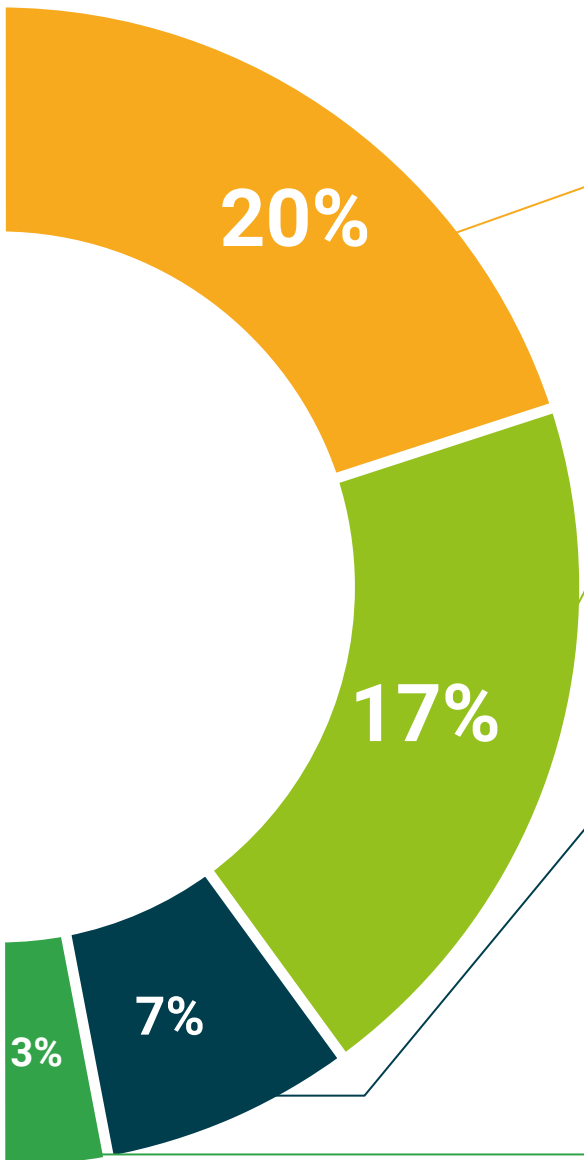
This unique multimedia content presentation training system was awarded by Microsoft as a "European Success Story".



#### 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 Therapeutic Swimming guarantees students, in addition to the most rigorous and up-to-date education, access to a Postgraduate Certificate issued by TECH Technological University.



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

This **Postgraduate Certificate in Therapeutic Swimming** contains the most complete and up-to-date scientific program on the market.

After the student has passed the assessments, they will receive their corresponding **Postgraduate Certificate** issued by **TECH Technological University** via tracked delivery\*.

The diploma issued by **TECH Technological University** will reflect the qualification obtained in the **Postgraduate Certificate**, and meets the requirements commonly demanded by labor exchanges, competitive examinations and professional career evaluation committees.

Title: **Postgraduate Certificate in Therapeutic Swimming**

No. of Official Hours: **150 h.**

### Endorsed by the NBA



\*Apostille Convention. In the event that the student wishes to have their paper diploma issued with an apostille, TECH EDUCATION 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  
personalized service innovation  
knowledge present  
development language  
virtual classroom



**Postgraduate Certificate**  
Therapeutic Swimming

Course Modality: Online

Duration: 6 weeks

Certificate: TECH Technological University

Official N° of Hours: 150 h.

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