

COURSE INFORMATION SHEET

University: Catholic University in Ružomberok	
Faculty: Faculty of Health	
Course code: KFYZIO/54F1014W/	Course title: Balneotherapy, Klimatotherapy, Hydrotherapy and Thermotherapy
Type and range of planned learning activities and teaching methods: Form of instruction: Lecture Recommended study range: hours weekly: 2 hours per semester: 24 Teaching method: on-site (distance method according to the document Príkaz rektora P-8/2020 since 15. 10. 2020)	
Credits: 2	
Recommended semester/trimester: 2.	
Level of study: I.	
Prerequisites:	
Requirements for passing the course: Conditions for completing the course: The control of self-study takes place by assigning and elaborating the semester thesis and its presentation, it forms 10% of the evaluation in the final evaluation of the subject. During the semester: Elaborating the semester thesis Final evaluation: 2x written test during the semester, obtaining at least 19-20b - A, 17-18b - B, 15-16b - C, 13-14b - D, 12b-E, 11b and less FX. Final test evaluation as in the continuous evaluation. Successful completion of the final test is a condition for the oral examination. Course evaluation: A – 100%-93% B – 92%-85% C – 84%-77% D – 76%-69% E – 68%-60% FX – 59%- 0%	
Learning outcomes of the course: Learning outcomes: Course goal: Obtain basic information about the mechanisms of therapeutic action of physical balneological stimuli on the organism. Teoretical goal: The student has basic information about the mechanisms of therapeutic action of physical balneological stimuli on the organism. Practical skills: The student has skill in clinical practice on practical application of individual procedures, monitors the physical effects of individual balneological procedures in the human body.	
Course contents: Course syllabus: 1. History of physical balneological procedures.	

2. Characteristics, division, physical basis of individual procedures.
3. Mechanism of action of procedures.
4. Physiological effects, principle of application.
5. Methods of therapy, practical application of procedures.
6. Thermotherapy: positive and negative thermotherapy.
7. Cryotherapy, general hyperthermia.
8. Healing bath and wraps
9. Sauna.
10. Local thermotherapy.
11. Medicated compresses.
12. Hydrotherapy: effects of water.
13. Partial and total baths.
14. Hydrotherapeutic procedures with massage effect.
15. Ingredient baths.
16. Balneotherapy: healing waters - characteristics.
17. Division, external balneotherapy.
18. Drinking treatments.
19. Inhalation. Peloids.
20. Bioclimotherapy: the effect of climate on the human body.
21. Heliotherapy, thalosootherapy.
22. Speleotherapy, meteorosensitivity.
23. Use of balneological procedures in prevention and therapy. Indications and contraindications.
24. Indications, contraindications of physical therapy in systemic diseases.

Recommended or required literature:

1. KOMAČEKOVÁ, D. a kol.: Fyzikálna terapia. Martin: Osveta, 2003.
2. PODĚBRADSKÝ, J.: Fyzikální terapie I., II.

Language of instruction:

Slovak language

Notes:

Course evaluation:

Assessed students in total: 106

A	B	C	D	E	FX
14.15	12.26	28.3	20.75	22.64	1.89

Name of lecturer(s): Mgr. Martin Komár

Last modification: 30.11.2020

Supervisor(s): doc. PhDr. Zuzana Hudáková, PhD.