# Master's Degree

## Aquatic Physiotherapy for Special Populations

tech global university

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# Master's Degree

## Aquatic Physiotherapy for Specific Populations

- Modality: **online**
- Duration: **12 months**
- Certificate: **TECH Global University**
- Credits: **60 ECTS**
- Schedule: **at your own pace**
- Exams: **online**

Website: **www.techtitute.com/us/physiotherapy/master-degree/master-aquatic-physiotherapy-special-populations**

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01

# Introduction

This prestigious program was created with the purpose of studying the key elements in aquatic physiotherapy in depth, while taking into account the patient's interests and the water. Therefore, at the end of the program, the student will be able to conduct aquatic physiotherapy sessions that take into account the patient and the environment in their entirety, while also using the environment to correctly take advantage of all its particularities.

*Physiotherapists at the highest level must update their knowledge with courses such as this one, where they will find the latest advancements in the field"*

Due to its unique characteristics, water offers a more favorable working environment. Its properties allow for 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 activities that, when out of the aquatic environment, appear to be much more difficult.

An aquatic environment offers an interesting alternative, but it is necessary to master the characteristics of the environment to know how to use it and not to stress or overstimulate the patient. This Master's Degree offers a broad understanding of the key elements, studying these aspects in-depth in order to successfully run an aquatic Physiotherapy program.

The teaching staff on this Master's Degree are active professional experts, who take advantage of the aquatic environment in their recovery and prevention programs. This is why they will be able to guide students, through the proposal of different clinical cases, to an in-depth understanding of working in the water.

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

This **Master's Degree in Aquatic Physiotherapy for Specific Populations** 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 Aquatic Physiotherapy for Specific Populations
- 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 Aquatic Physiotherapy for Specific Populations
- Practical exercises where self-assessment can be used to improve learning
- Special emphasis on innovative methodologies in Aquatic Physiotherapy for Specific Populations
- 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 Master's Degree in Aquatic Physiotherapy for Specific Populations"*

*This Master's Degree is the best investment you can make when selecting an updated program for two reasons: in addition to updating your knowledge in Aquatic Physiotherapy for Specific Populations, you will obtain a Master's Degree from TECH Global University"*

*Utilize the best educational methodology to continue your education in the field of Aquatic Physiotherapy for Specific Populations.*

*This 100% online Master's Degree will allow you to combine your studies with your professional work while increasing your knowledge in this field.*

Our teaching staff includes professionals belonging to the field of Aquatic Physiotherapy for Specific Populations, who pour into this education the experience of their work, in addition to leading specialists from reference societies and prestigious universities.

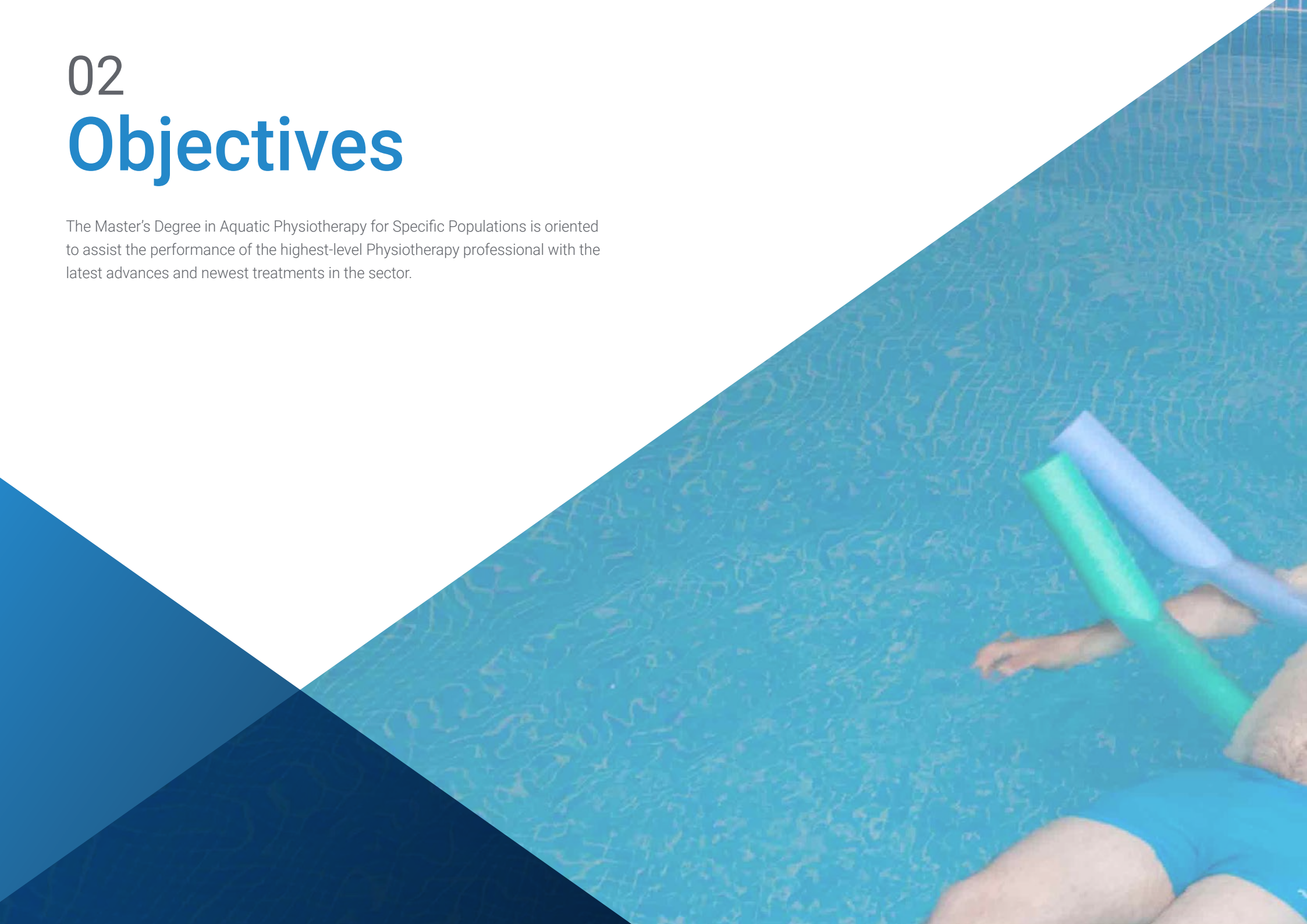
Our multimedia content, developed with the latest educational technology, will allow physiotherapists situated and contextual learning, i.e. a simulated environment that will provide immersive training programmed to train for real situations.

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. To this end, the physical therapist specializing in Aquatic Physiotherapy for Specific Populations will be assisted by an innovative system of interactive videos made by recognized and experienced experts in the field of Aquatic Physiotherapy for Specific Populations.

02

# Objectives

The Master's Degree in Aquatic Physiotherapy for Specific Populations is oriented to assist the performance of the highest-level Physiotherapy professional with the latest advances and newest treatments in the sector.



*To become one of the best physiotherapists specialized in Aquatic Physiotherapy for Specific Populations you can't miss the opportunity to study this Master's Degree with TECH"*

## General Objectives

- Promote the specialization of aquatic physiotherapy
- 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 aquatic physiotherapy sessions taking into account the characteristics of the different types of users

## Specific Objectives

### Module 1. Properties

- Identify the different types of water properties that affect treatment success
- Differentiate the different types of water and their applications
- Show the influence of water temperature on treatment
- Define the physical and mechanical properties that influence aquatic Physiotherapy treatment
- Explain the physiological effects of immersion in different systems
- Identify the indications and contraindications for treatment in the aquatic environment

### Module 2. Aquatic Physiotherapy

- Define what is meant by aquatic Physiotherapy
- Identify the relevant aspects to be assessed in the different types of facilities where aquatic physiotherapy is performed
- Explain the aspects that should be known about the patient prior to the beginning of the aquatic physiotherapy session
- Exemplify the different types of material existing in the aquatic environment
- Detail the different parts of an aquatic physiotherapy session
- Discover the different work methodologies used in the aquatic environment

### Module 3. Hydrotherapy Techniques

- Define the different techniques of hydrotherapy and their application
- Identify the classification parameters of the different hydrotherapy techniques
- Explain the characteristics and uses of SPAs

### Module 4. Approach to Upper and Lower Extremity Pathology

- Exemplify the different types of exercise that can be performed in the aquatic environment
- Detail the type of work that takes place in the aquatic Physiotherapy session and the components that define it
- Specify the necessary considerations before, during and after in-water work
- Identify the different elements that facilitate progress when working in water
- Apply strategies for the treatment and prevention of upper extremity pathologies
- Apply strategies for the treatment and prevention of lower extremity pathologies

### Module 5. Pregnant and Aquatic Environment

- Update your knowledge on the structural, physiological and psychological effects of pregnancy
- Identify the main benefits of physical activity in pregnant women
- Detail the benefits for pregnant women of working in the aquatic environment
- Define the indications and contraindications of aquatic work for pregnant women
- Exemplify typologies of in-water work for pregnant women
- Apply strategies for aquatic treatment of pregnant women
- Exemplify typologies of postpartum work in the aquatic environment
- Apply strategies for postpartum treatment in the aquatic environment

### Module 6. Approach to the Pediatric Patient in the Aquatic Environment

- Describe the evolutionary stages of the child
- List the benefits of working in the aquatic environment for the pediatric population
- Show the different communication strategies used in the aquatic environment
- Detail the aquatic familiarization process to work on anxiety and the fear of water
- Explain family involvement in treatment in the aquatic environment
- Identify play as a key element in the treatment of pediatric patients in the aquatic environment
- Detail the key elements for the development of the pediatric aquatic session

### Module 7. Approach to the Neurological Patient in the Aquatic Environment

- Identify the benefits of working in water for the neurological patient
- Detail the relevant aspects to be taken into account regarding the facility for an aquatic physiotherapy session
- Explain the main neurological pathologies that can benefit from aquatic work
- Define the integration of the different components of the ICF in the aquatic environment
- Identify work strategies used in the aquatic environment for the reeducation of gait and other activities of daily living
- Expose the competences of other professionals in working together in the aquatic environment
- Detail the key elements for the development of the aquatic Physiotherapy session with the neurological patient

### Module 8. Therapeutic Swimming

- 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

### Module 9. Approach to Specific Groups in the Aquatic Environment

- 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

### Module 10. Safety and Hygiene

- Define the safety measures to be taken into account in the facility where aquatic physiotherapy is to be performed
- Define the safety measures to be taken into account in the aquatic tank where the aquatic physiotherapy session will take place
- List the water quality parameters to be taken into account in the session
- Specify the processes to be followed for infection control
- Detailing emergency response algorithms

03

# Skills

After passing the evaluations of the Master's Degree in Aquatic Physiotherapy for Specific Populations, the physiotherapist will have acquired the necessary professional skills for a quality and up-to-date practice based on the most innovative teaching methodology.

*With this program you will be able to master new techniques and advances in Aquatic Physiotherapy for Specific Populations"*

## General Skills

- Carry out the necessary assessment for the correct development of the programs and their subsequent re-evaluation
- Planning aquatic Physiotherapy sessions

## Specific Skills

- Identify the indications and contraindications for treatment in the aquatic environment
- Discover the different work methodologies used in the aquatic environment
- Identify the classification parameters of the different hydrotherapy techniques
- Exemplify the different types of exercise that can be performed in the aquatic environment
- Apply strategies for postpartum treatment in the aquatic environment
- List the benefits of working in the aquatic environment for the pediatric population
- Detail the key elements for the development of the aquatic Physiotherapy session with the neurological patient
- Apply strategies for the treatment and prevention of spinal pathology
- Identify hydrotherapy and hydrokinesitherapy as an element of quality in the prevention and recovery of athletes
- Detail safety protocols for the patient, the physical therapist and the facility

04

# Course Management

The program includes in its teaching staff reference experts in Aquatic Physiotherapy for Specific Populations, who pour into this education the experience of their careers. 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 Aquatic Physiotherapy for Specific Populations"*

## 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 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 Irati Azkargorta, Galarza

- Physiotherapy degree Universitat Autònoma de Barcelona (Barcelona) 2011 2015
- Professional Master in Pelvic Floor Reeducation FUB Escola de Formación Continua (Manresa, Barcelona) 2015 2016
- Low Pressure Fitness hypopressive coach (Barcelona) 2015

### 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
- Works as a physiotherapy graduate in the 1st F.C. soccer team. Barcelona

**Dr Ochoa, Zara**
- Physiotherapist specializing in aquatic therapy
- Postgraduate in Preventive Psychomotor Intervention. University of Vic
- Diploma in Physiotherapy; Universidad de Vic
- Baccalaureate (health science); San Benito Ikastola
- E.S.O, San Benito Ikastola (Lazkao)

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

**Dr Subirach, Carola**
- Physiotherapist at SURA (co-responsible for the aquatic therapy project), Barcelona
- Physiotherapist at OWings (center specialized in ostomized people and abdominoperineal dysfunctions), Barcelona
- Physiotherapist at RAP Centro de Reeducación Abdominopelviana of Barcelona
- Physiotherapist and Coordinator of the Health Area of the Centre Esportiu Municipal Marítim de la Fundació Claror, Barcelona, (specialty: aquatic physiotherapy) Teaching field
- Associate Professor of Urogynaecological Physiotherapy at the Tecnocampus University of Mataró, 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

**Mr. Zabala, Juanjo**
- Address Centre Deportivo Claror Marítim
- Physical Education and Physical Activity and Sports Science Degree
- Master's Degree in economic management of sports entities Operational Director CEM Marítim

05

# Structure and Content

The structure of the contents has been designed by the best professionals in the field of Aquatic Physiotherapy for Specific Populations, with extensive experience 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.

*This Master's Degree in Aquatic Physiotherapy for Specific Populations contains the most complete and up-to-date scientific program on the market"*

## **Module 1.** Properties

1.1. Situation
1.2. Chemical Properties
  1.2.1. Drinking Water
  1.2.2. Thalassotherapy
  1.2.3. Medicinal Mineral Water
  1.2.4. Thermal Waters
1.3. Thermal Properties
  1.3.1. Temperature Indifferent
  1.3.2. Thermo Hydrotherapy
  1.3.3. Cryo Hydrotherapy
  1.3.4. Contrasts
1.4. Activities and Temperature
1.5. Physical Properties
  1.5.1. Hydrostatics
  1.5.2. Hydrodynamics
1.6. Physiological Effects of Immersion
  1.6.1. Respiratory System
  1.6.2. Cardiovascular System
  1.6.3. Renal System
  1.6.4. Nervous system
  1.6.5. Neuro-musculoskeletal System
1.7. Indications
1.8. Relative Contraindications
1.9. Absolute Contraindications
1.10. Centers

## **Module 2.** Aquatic Physiotherapy

2.1. Definition
2.2. Installation Assessment
  2.2.1. Accessible
  2.2.2. Depth
  2.2.3. Installation Accessories/Typologies
  2.2.4. Fall Hazards
2.3. Patient Assessment
  2.3.1. Patient Characteristics
  2.3.2. Mastery/Control of the Medium
  2.3.3. Keys to Safe Practice
2.4. Material
  2.4.1. Floating
  2.4.2. Resistance
  2.4.3. Alternative
2.5. Session Structure
  2.5.1. Principles of Training
  2.5.2. Session Approach
2.6. Halliwick WST
2.7. Bad ragaz
2.8. Ai chi
2.9. Watsu
2.10. Other Work Methodologies

## **Module 3.** Hydrotherapy Techniques

3.1. Wellness Concept
3.2. Bathrooms
3.3. Waterjets
3.4. Showers
3.5. Small Hydrotherapy
  3.5.1. Wraps
  3.5.2. Compresses

3.5.3. Promotions
3.5.4. Ablutions
3.5.5. Affusions
3.6. Hydrotherapy by Respiratory Route
3.7. Other Techniques
3.8. Applications
3.9. Circuits
3.9.1. Spa Centers
3.9.2. Saunas
3.10. Latest Trends

## **Module 4.** Approach to Upper and Lower Extremity Pathology

4.1. Amplitude of Motion (AMD)
4.1.1. Activate
4.1.2. Passive
4.2. Strength
4.3. Proprioception
4.4. Central Stability
4.5. Applicability/Transferability of the Gesture
4.6. Closed and Open Kinetic Chain
4.6.1. Stability-instability
4.6.2. Concentric and Eccentric Work
4.6.3. Depth and Progression
4.7. Relevant Aspects of Aquatic Physiotherapy Treatment
4.7.1. Pre-session Considerations
4.8. Work Progression
4.8.1. Phases
4.8.2. Difficulty
4.9. Structure of the Upper Extremity Session
4.9.1. Work Objectives
4.10. Structure of the Lower Extremity Session
4.10.1. Work Objectives

## **Module 5.** Pregnant and Aquatic Environment

5.1. Characteristics of the Pregnant Woman
5.1.1. Morphological
5.1.2. Physiology
5.1.3. Psychology
5.2. Physical Activity and Pregnancy
5.2.1. Benefits of Physical Activity
5.2.2. Indications for Physical Activity
5.2.3. Contraindications to Physical Activity
5.3. Indications for the Aquatic Physiotherapy Session
5.3.1. General Recommendations for Starting Aquatic Physiotherapy
5.4. Work Objectives for Pregnant Women in the Aquatic Environment
5.5. Structure of the Session for Pregnant Women in the Aquatic Environment
5.6. Contraindications to Aquatic Physiotherapy
5.6.1. Revaluation
5.7. Warning Signs
5.8. Characteristics of Postpartum
5.8.1. Morphological
5.8.2. Physiology
5.8.3. Psychology
5.9. Indications for Postpartum Aquatic Physiotherapy Session
5.10. Structure of the Postpartum Aquatic Physiotherapy Session
5.10.1. Work Objectives

## **Module 6.** Approach to the Pediatric Patient in the Aquatic Environment

6.1. Child Development
6.1.1. Evolutionary Stages
6.2. Benefits of Aquatic Physiotherapy in Children
6.2.1. Early Stimulation
6.3. In-Water Communication
6.3.1. Verbal Communication
6.3.2. Non-Verbal Communication

6.4. Fear of Water
- 6.4.1. Familiarization with the Aquatic Environment
- 6.4.2. Mastery of the Medium

6.5. The Family and the Aquatic Environment
- 6.5.1. Integration of the Family Unit

6.6. Aquatic Game
- 6.6.1. Classification
- 6.6.2. Advantages of the Use of the Aquatic Game

6.7. The Motor Story

6.8. Indications for the Aquatic Physiotherapy Session
- 6.8.1. General Recommendations for Starting Aquatic Physiotherapy

6.9. Session Structure
- 6.9.1. Parts of the Session
- 6.9.2. Work Objectives

6.10. Water as a Sensory Medium

## **Module 7.** Approach to the neurological patient in the aquatic environment

7.1. Benefits of Aquatic Physiotherapy in the Neurological Patient
- 7.1.1. Advantages of the Use of the Aquatic Environment
- 7.1.2. Patient Assessment

7.2. AVC

7.3. EM

7.4. Parkinson's Disease

7.5. Other Pathologies

7.6. The ICF
- 7.6.1. Definition
- 7.6.2. Motor Aspects
- 7.6.3. Perceptual Aspects
- 7.6.4. Cognitive Aspects
- 7.6.5. Participation

7.7. The Interdisciplinary Team
- 7.7.1. Joint Risk-Benefit Assessment
- 7.7.2. Professionals Interacting in the Session

7.8. Re-education of Gait and Activities of Daily Living
- 7.8.1. Phases of the March
- 7.8.2. Anticipatory Postural Adjustments (APA)
- 7.8.3. Circuits
- 7.8.4. Translation

7.9. Indications for the Aquatic Physiotherapy Session
- 7.9.1. General Recommendations for Starting Aquatic Physiotherapy

7.10. Session Structure
- 7.10.1. Work Objectives
- 7.10.2. Parts of the Session

## **Module 8.** Therapeutic Swimming

8.1. Definition
- 8.1.1. Aquatic Programs
- 8.1.2. Benefits of Working in the Aquatic Environment

8.2. Basic Aquatic Motor Skills

8.3. Prevention
- 8.3.1. Style Assessment
- 8.3.2. Postural Control and Awareness Work

8.4. Spine Work Objectives in the Aquatic Environment

8.5. General Spinal Work
- 8.5.1. Aspects to take into Account

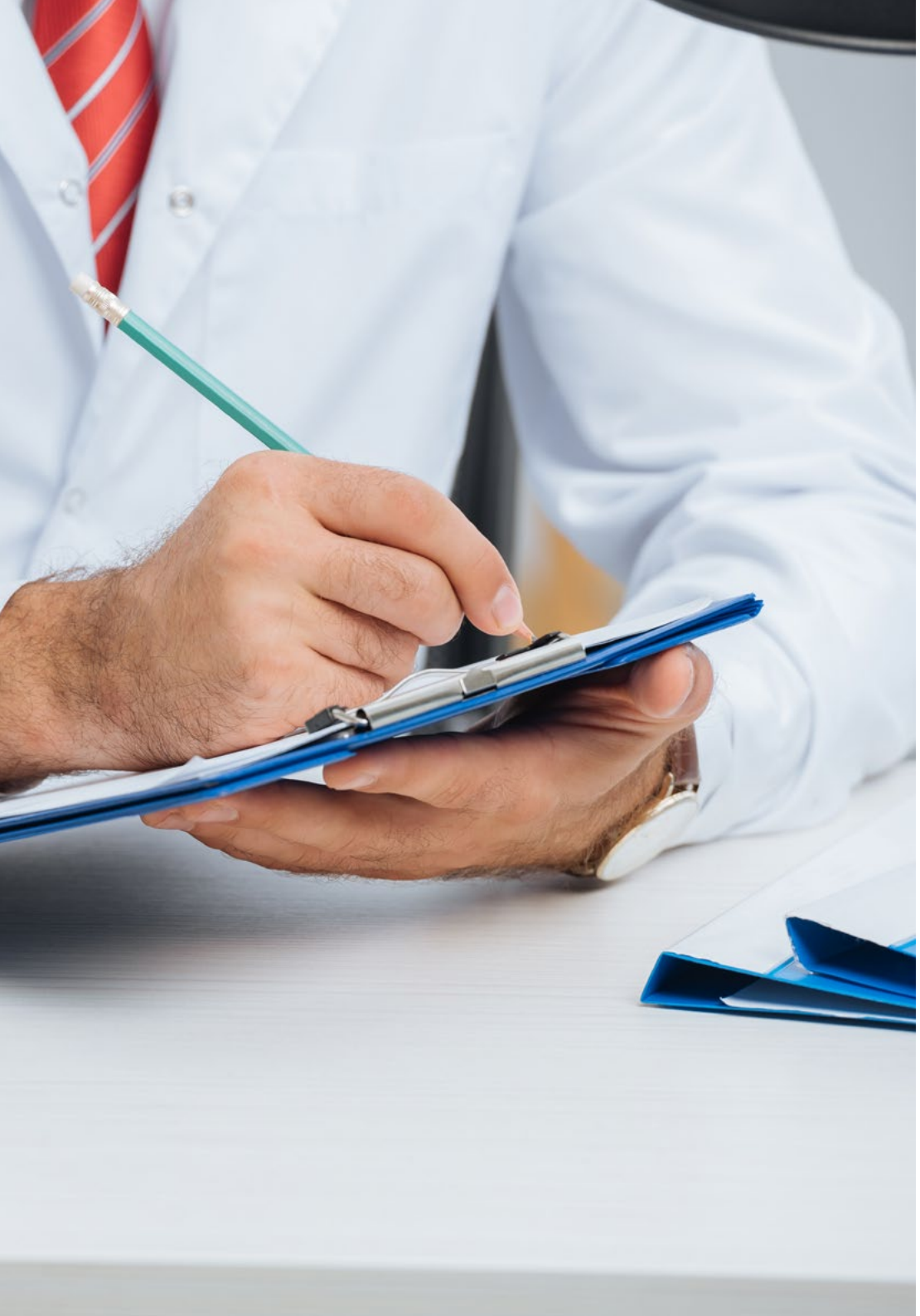
8.6. Structure of the Therapeutic Swimming Session
- 8.6.1. Work Objectives
- 8.6.2. Periodicity

8.7. Cervicodorsal Component
- 8.7.1. Aspects to take into Account
- 8.7.2. Practical Examples

8.8. Lumbar Component
  8.8.1. Aspects to take into Account
8.9. Postural Scoliosis
  8.9.1. Aspects to take into Account
8.10. Structural Scoliosis
  8.10.1. Aspects to take into Account

## **Module 9.** Approach to specific groups in the aquatic environment

9.1. Benefits of Aquatic Physiotherapy in Oncology Treatment
  9.1.1. Relevant Aspects in the Design of Treatment in the Aquatic Environment
9.2. Structure of the Aquatic Physiotherapy Session for the Oncology Patient
9.3. Advantages of Aquatic Physiotherapy in Fibromyalgia
  9.3.1. Relevant Aspects in the Design of Treatment in the Aquatic Environment
9.4. Structure of the Aquatic Physiotherapy Session in the Fibromyalgia Patient
9.5. Benefits of Aquatic Work in the Population with Cognitive Degenerative Disorders
  9.5.1. Relevant Aspects in the Design of Treatment in the Aquatic Environment
9.6. Structure of the Aquatic Physiotherapy Session for Population with Cognitive Degeneration
9.7. Socialization in the Aquatic Environment of the Patient with Cognitive Degeneration
9.8. Aquatic Physiotherapy in Performance
  9.8.1. Phases of Recovery from Injuries in the Aquatic Environment
9.9. Invisible Training and Post-Exertion Recovery
9.10. Injury Prevention





**Module 10.** Safety and Hygiene

10.1. Installation Safety Measures
- 10.1.1. Accessible
- 10.1.2. Changing Rooms
- 10.1.3. Occupancy

10.2. Vessel Safety Measures
- 10.2.1. Accessible
- 10.2.2. Components
- 10.2.3. Occupancy

10.3. Quality Control of Water
- 10.3.1. Water Quality
- 10.3.2. Air Quality
- 10.3.3. Infection Control

10.4. The Lifeguard

10.5. Patient Security

10.6. Physical Therapist Safety

10.7. Occupational Hazards

10.8. News about covid-19

*This will provide key training to advance your career"*

06

# Methodology

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

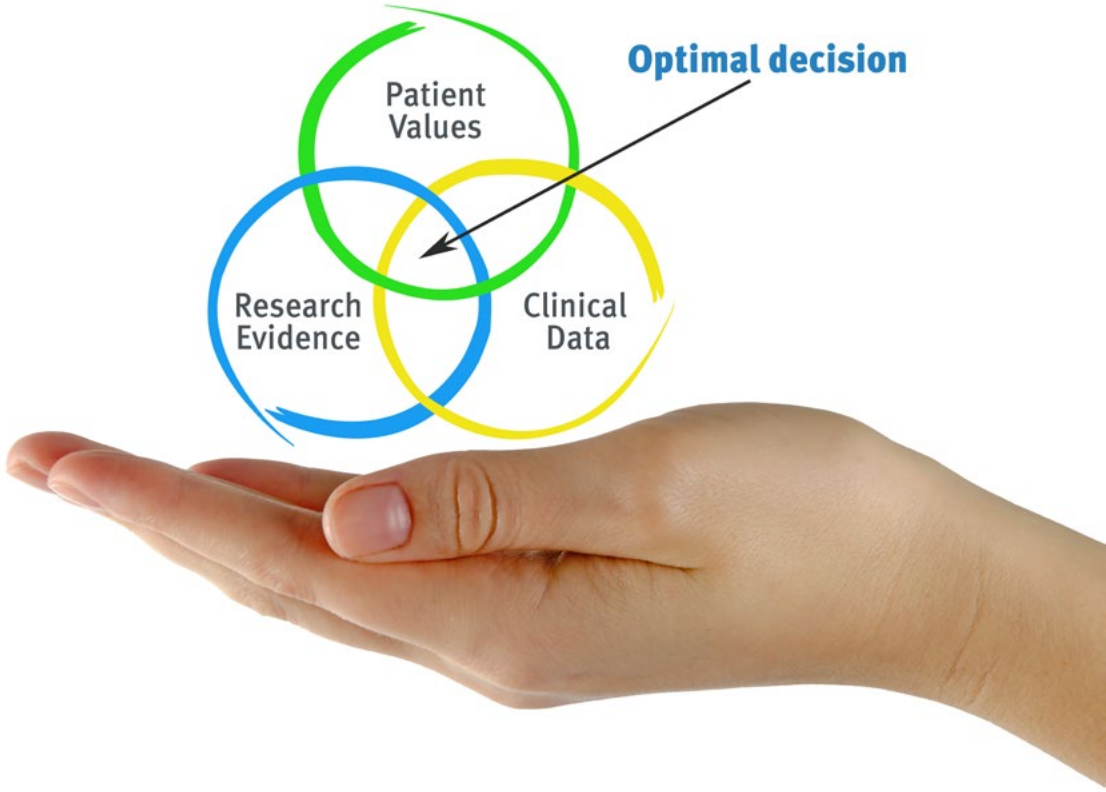
This teaching system is used, for example, in the most prestigious medical schools in the world, and major publications such as the **New England Journal of Medicine** have considered it to be one of the most effective.

*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:**

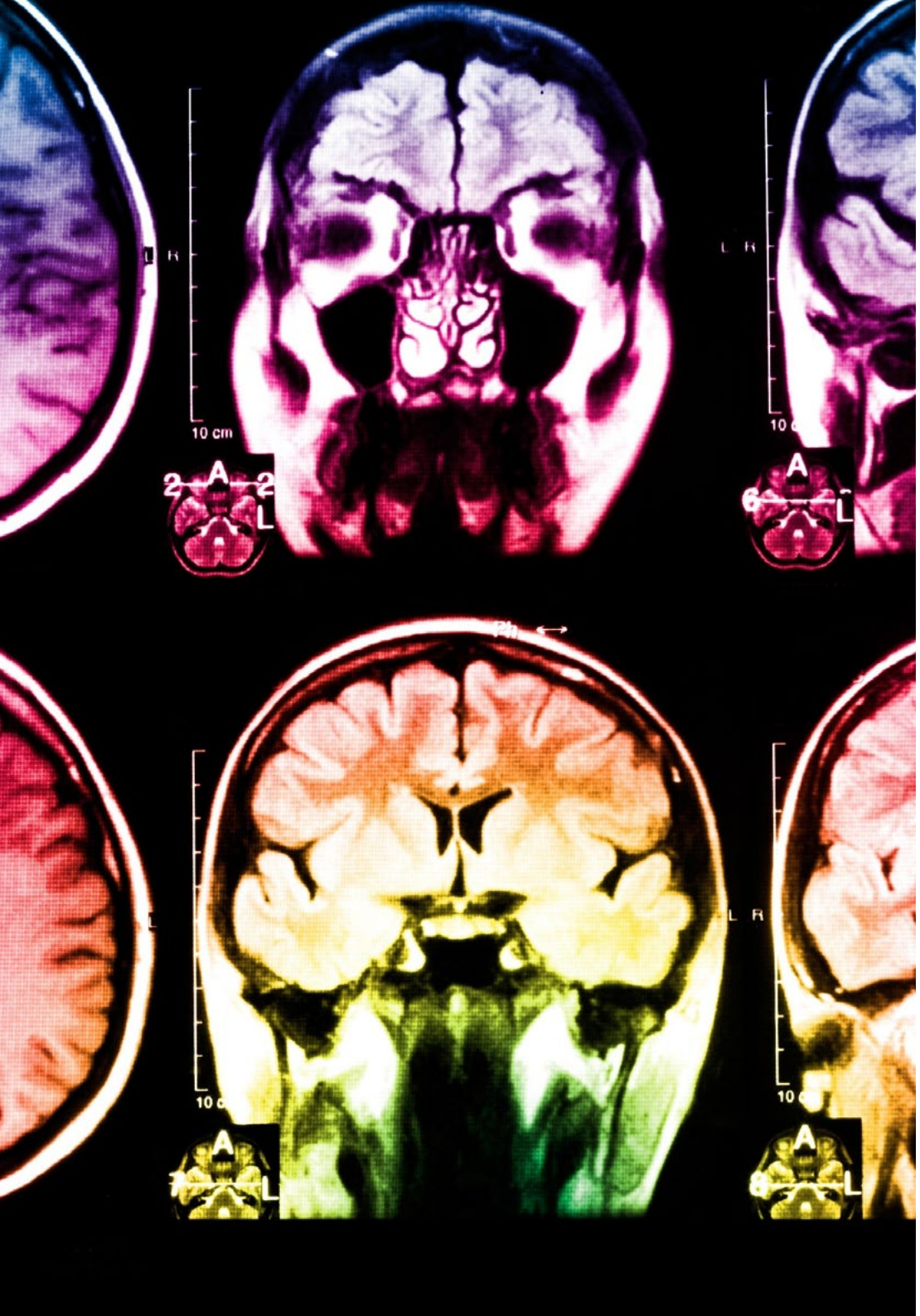
1. Physiotherapists/kinesiologists who follow this method not only grasp concepts, but also develop their mental capacity, by evaluating real situations and applying their knowledge.
2. The learning process has a clear focus on practical skills that allow the physiotherapist/kinesiologist to better integrate 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 relearn). 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.

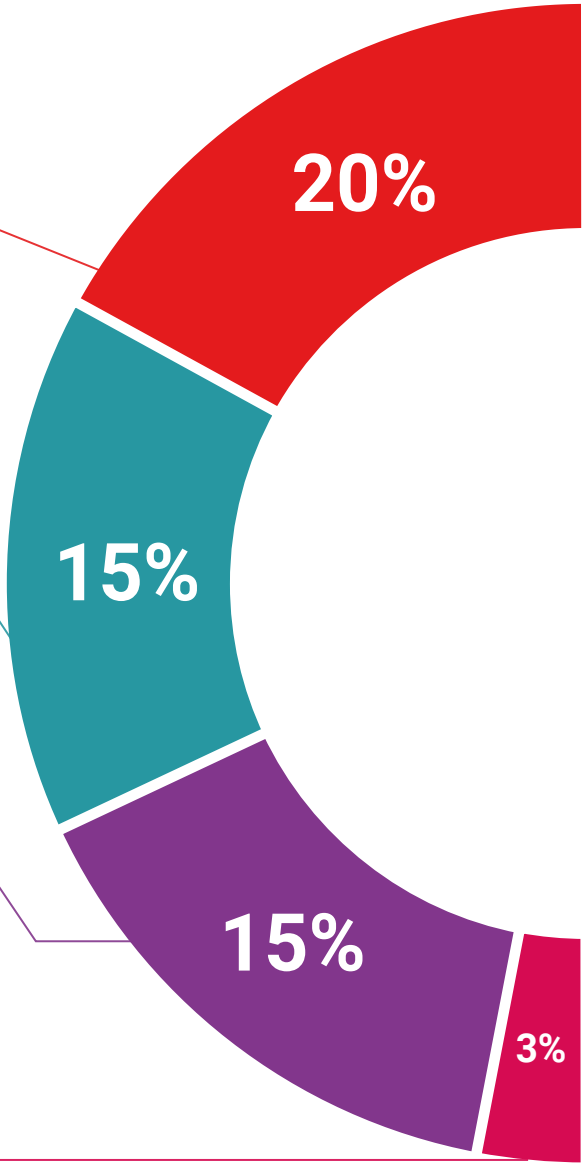
### Interactive Summaries

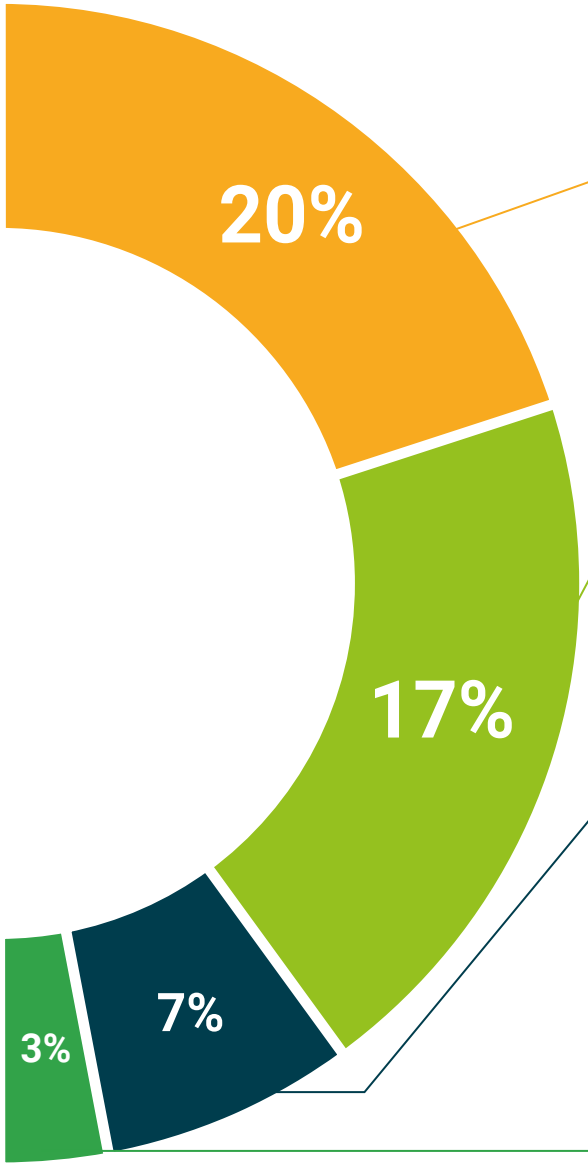
The TECH team presents the contents attractively and dynamically in multimedia lessons that include audio, videos, images, diagrams, and concept maps in order to reinforce knowledge.

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.

07

# Certificate

The Master's Degree in Aquatic Physiotherapy for Specific Populations guarantees you, in addition to the most rigorous and updated training, access to a Master's Degree issued by TECH Global University.

*Successfully complete this program and receive your university degree without travel or laborious paperwork"*

This private qualification will allow you to obtain a **Master's Degree diploma in Aquatic Physiotherapy for Special Populations** 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** private qualification 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: **Master's Degree in Aquatic Physiotherapy for Special Populations**

Modality: **online**

Duration: **12 months**

Accreditation: **60 ECTS**

tech global university

Mr./Ms. _____, with identification document _____
has successfully passed and obtained the title of:

**Master's Degree in Aquatic Physiotherapy for Special Populations**

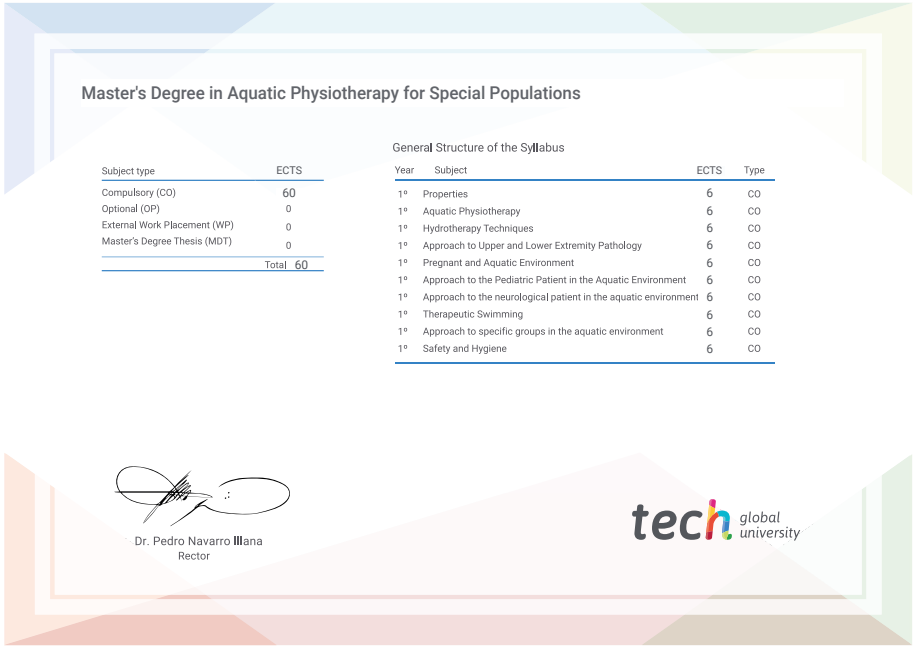
This is a private qualification of 1,800 hours of duration equivalent to 60 ECTS, with a start date of dd/mm/yyyy and an end date of dd/mm/yyyy.

TECH Global University is a university officially recognized by the Government of Andorra on the 31st of January of 2024, which belongs to the European Higher Education Area (EHEA).

In Andorra la Vella, on the 28th of February of 2024

Dr. Pedro Navarro Illana
Dean

This qualification must always be accompanied by the university degree issued by the competent authority to practice professionally in each country. Unique TECH Code: AFWORD23S techtitute.com/certificates


**Master's Degree in Aquatic Physiotherapy for Special Populations**

| Subject type | ECTS |
|---|---|
| Compulsory (CO) | 60 |
| Optional (OP) | 0 |
| External Work Placement (WP) | 0 |
| Master's Degree Thesis (MDT) | 0 |
| Total | 60 |

General Structure of the Syllabus

| Year | Subject | ECTS | Type |
|---|---|---|---|
| 1º | Properties | 6 | CO |
| 1º | Aquatic Physiotherapy | 6 | CO |
| 1º | Hydrotherapy Techniques | 6 | CO |
| 1º | Approach to Upper and Lower Extremity Pathology | 6 | CO |
| 1º | Pregnant and Aquatic Environment | 6 | CO |
| 1º | Approach to the Pediatric Patient in the Aquatic Environment | 6 | CO |
| 1º | Approach to the neurological patient in the aquatic environment | 6 | CO |
| 1º | Therapeutic Swimming | 6 | CO |
| 1º | Approach to specific groups in the aquatic environment | 6 | CO |
| 1º | Safety and Hygiene | 6 | CO |

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Rector

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*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.

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# Master's Degree

## Aquatic Physiotherapy for Specific Populations

- Modality: **online**
- Duration: **12 months**
- Certificate: **TECH Global University**
- Credits: **60 ECTS**
- Schedule: **at your own pace**
- Exams: **online**

# Master's Degree

## Aquatic Physiotherapy for Special Populations

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