

I. COURSE DESCRIPTION:

The purpose of this course is to introduce the student to aquatic therapy and common disabling conditions which are managed with aquatic therapy by occupational therapists and physiotherapists. The student will become familiar with these common disabling conditions, their clinical presentation and the handling skills required when working with clients in an aquatic environment. The course includes practical application of these skills in lab sessions in a pool. The student will have the opportunity to observe, participate and/or assist with aquatic therapy sessions and classes in the community, depending on availability. The student will also experience the application of the equipment and principles covered, in a pool setting.

II. LEARNING OUTCOMES AND ELEMENTS OF THE PERFORMANCE:

Upon successful completion of this course, the student will:

1. Demonstrate knowledge of the properties of water and describe the application of such in rehabilitation programs.
Potential Elements of the Performance:
 - Describe properties of water and how they apply to aquatic therapy
 - Describe the application of properties of water in rehabilitation programs
2. Demonstrate knowledge of and apply the goals of aquatic therapy.
Potential Elements of the Performance:
 - List and explain the goals of aquatic therapy
 - Identify goals of aquatic therapy in common conditions treated with aquatic therapy
 - Demonstrate the application of aquatic therapy to individuals and groups
3. Demonstrate an understanding of the personal protection and safety issues related to aquatic therapy, including specific rescue and removal techniques.
Potential Elements of the Performance:
 - List and explain personal protection and safety issues related to aquatic therapy for the client and therapist
 - Describe specific rescue and removal techniques
4. Identify and demonstrate an understanding of the conditions appropriate for aquatic therapy.
Potential Elements of the Performance:
 - List and describe common conditions which are treated in aquatic therapy
 - Describe special techniques/adaptations required for common conditions treated in aquatic therapy

5. Demonstrate integration of the knowledge of the conditions with the effects of aquatic therapy, on the physical manifestations of the condition and the psychosocial impact on the individual.
Potential Elements of the Performance:
 - Describe the effects of aquatic therapy on specific physical manifestations of the condition
 - Describe the psychosocial impact of aquatic therapy on the individual

6. Demonstrate an understanding of instructional strategies for teaching Aquatic Therapy.
Potential Elements of the Performance:
 - List and describe the stages of learning
 - List and describe the physiological and psychological factors that affect learning
 - Describe teaching styles that comprise instructional design
 - Explain and apply principles of instructional delivery

7. Interpret and appropriately apply the different models of aquatic therapy.
Potential Elements of the Performance:
 - List and describe different models of aquatic therapy
 - Explain the effects of hydrophysics on the body and its application in treatment
 - List and explain basic principles and methods used in Aquatic Therapy

8. Demonstrate an understanding of assessment and treatment of normal and abnormal postures and movement in aquatic therapy.
Potential Elements of the Performance:
 - Review normal posture, postural reflexes and tone
 - Review terms related to abnormal tone
 - Describe the assessment of posture and movement
 - Describe aquatic therapy for abnormal postures and movement

9. Demonstrate an understanding of the equipment used in aquatic therapy and their applications.
Potential Elements of the Performance:
 - List and describe the applications of common equipment used in aquatic therapy
 - Explain accessibility as it relates to aquatic therapy including requirements, adapted equipment and pool layout

III. TOPICS:

1. Common Conditions Appropriate for Aquatic Therapy
2. Safety and Orientation Issues for Client and Therapist
3. Accessibility Issues
4. Properties of Water
5. Effects and Application of Hydrophysics
6. Indications, Precautions and Contraindications to Aquatic Therapy
7. Principles and Methods of Aquatic Therapy
8. Instructional Strategies

IV. REQUIRED RESOURCES/TEXTS/MATERIALS:

The Aquatic Therapy Answer Book. (5th ed.) Aquatic Resource Network. (2001)

V. EVALUATION PROCESS/GRADING SYSTEM:

Students in the OTA/PTA program must successfully complete this course with a minimum C grade (60%) as partial fulfillment of the OTA/PTA diploma.

1. A combination of tests and assignments will be used to evaluate student achievement of the course objectives. /

Course Evaluation

10% Assignment 1
15% Assignment 2
25% Assignment 3
20% In-Class Learning Activities
30% Final Exam

2. All tests/exams are the property of Sault College.
3. Students missing any of the tests or exams because of illness or other serious reason must notify the professor **BEFORE** the test or exam. The professor reserves the right to request documents to support the student's request.
4. Those students who have notified the professor of their absence that day will be eligible to arrange an opportunity as soon as possible to write the test or exam at another time. Those students who **DO NOT NOTIFY** the professor will receive a zero for that test or exam.

5. For assignments to be handed in, the policies of the program will be followed. For assignments not handed in by the due date, the mark received will be zero. Extensions will be granted if requested in writing at least 24 hours before the due date. There will be a deduction of one percent (of final grade) per day for every school day late with the permission of an extension. This means that an extension for 5 school days (1 week), will result in 5 percentage points deducted from the final grade.

The following semester grades will be assigned to students in postsecondary courses:

| <u>Grade</u> | <u>Definition</u> | <u>Grade Point Equivalent</u> |
|--------------|--|-------------------------------|
| A+ | 90 - 100% | |
| A | 80 - 89% | 4.00 |
| B | 70 - 79% | 3.00 |
| C | 60 - 69% | 2.00 |
| D | 50 - 59% | 1.00 |
| F (Fail) | 49% and below | |
| CR (Credit) | Credit for diploma requirements has been awarded. | |
| S | Satisfactory achievement in field /clinical placement or non-graded subject area. | |
| U | Unsatisfactory achievement in field/clinical placement or non-graded subject area. | |
| X | A temporary grade limited to situations with extenuating circumstances giving a student additional time to complete the requirements for a course. | |
| NR | Grade not reported to Registrar's office. | |
| W | Student has withdrawn from the course without academic penalty. | |

NOTE: Mid Term grades are provided in theory classes and clinical/field placement experiences. Students are notified that the midterm grade is an interim grade and is subject to change.

Note: For such reasons as program certification or program articulation, certain courses require minimums of greater than 50% and/or have mandatory components to achieve a passing grade.

It is also important to note, that the minimum overall GPA required in order to graduate from a Sault College program remains 2.0.

VI. SPECIAL NOTES:Attendance:

Sault College is committed to student success. There is a direct correlation between academic performance and class attendance; therefore, for the benefit of all its constituents, all students are encouraged to attend all of their scheduled learning and evaluation sessions. This implies arriving on time and remaining for the duration of the scheduled session. *It is the departmental policy that once the classroom door has been closed, the learning process has begun. Late arrivers will not be guaranteed admission to the room.*

VII. COURSE OUTLINE ADDENDUM:

The provisions contained in the addendum located on the portal form part of this course outline.