

SAULT COLLEGE OF APPLIED ARTS AND TECHNOLOGY

SAULT STE. MARIE, ONTARIO



Sault College

COURSE OUTLINE

COURSE TITLE: Aquatic Therapy
CODE NO. : OPA 112 **SEMESTER:** 2
PROGRAM: Occupational Therapist Assistant/Physiotherapist Assistant
AUTHOR: Joanna MacDougall/Christine Therriault-Finke
DATE: Jan/04 **PREVIOUS OUTLINE DATED:** N/A
APPROVED:

DEAN **DATE**

TOTAL CREDITS: 2
PREREQUISITE(S): OPA100, OPA101, OPA102, OPA103, OPA104, OPA105, PSY102
HOURS/WEEK: 2

Copyright ©2004 The Sault College of Applied Arts & Technology
Reproduction of this document by any means, in whole or in part, without prior written permission of Sault College of Applied Arts & Technology is prohibited.
*For additional information, please contact the Dean,
School of Health and Human Services
(705) 759-2554, Ext. 603/689*

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 the conditions, the clinical presentation and the handling skills required when working with client's with these conditions. The course will prepare the student for practical application of these in the subsequent course "Aquatic Fieldwork". The student will have the opportunity to observe aquatic therapy sessions depending on availability and will also experience the application of the equipment and principles covered, in a pool setting.

II. LEARNING OUTCOMES AND ELEMENTS OF THE PERFORMANCE:

In general, this course addresses Vocational Learning Outcomes (cross-referenced with the Program Standards) in: communication skills (1, 2, 8P, 8O, 9P, 10P, 11P, 12P), interpersonal skills (1, 2, 7, 9P, 10P, 11P, 12P), safety (1, 2, 4, 8P, 8O, 9P, 10P, 11P, 12P), professional competence (1, 2, 4, 5, 7, 8P, 8O, 9P, 10P, 11P, 12P), documentation skills (1, 4, 5) and application skills (1, 2, 4, 8P, 8O, 9P, 10P, 11P, 12P). It addresses all of the Generic Skills Learning Outcomes.

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:
 - Able to describe the principles of buoyancy, relative density, hydrostatic pressure, viscosity, flow, resistance, surface tension, refraction and thermal shifts
 - Demonstration of above principles in practical atmosphere
2. Demonstrate knowledge of and apply the goals of aquatic therapy.
Potential Elements of the Performance:
 - Know the types of goal that can and cannot be achieved in the water
 - Know what conditions are precautions or contraindications to Aquatic Therapy
3. Describe and 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:
 - Able to safely use pool lift systems
 - Able to recognize accessibility issues
 - Able to facilitate safe pool entry and exit with or without the lift system
 - Know the precautions and contraindications to aquatic therapy
 - Be able to use aquatic therapy equipment safely
 - Able to safely remove a client from the water who is having an acute episode

4. Identify and demonstrate an understanding of the conditions appropriate for aquatic therapy.
Potential Elements of the Performance:
 - Know the types of conditions where Aquatic Therapy is indicated and be able to design a program based on predetermined goals.
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:
 - Able to prescribe specific exercises based on a problem list for the specific client
 - Able to carry out the physical program of exercises that are prescribed during pool time
6. Interpret and appropriately apply the different models of aquatic therapy.
Potential Elements of the Performance:
 - Understand the basics of the different types of Aquatic Therapy and their benefits and limitations
7. Demonstrate an understanding of normal and abnormal movement patterns and the assessment and treatment (aquatic) of such.
Potential Elements of the Performance:
 - Able to recognize abnormal and/or compensatory movement patterns and provide correction and treatment of such.
8. Demonstrate an understanding of the equipment used in aquatic therapy and their applications.
Potential Elements of the Performance:
 - Able to prescribe the proper equipment needed to reach specific goals
 - Able to have a client perform specified exercises using the most effective equipment
 - Understands the limitations and safety implications of equipment prescribed

III. TOPICS:

1. Benefits of Aquatic Therapy
2. Principles and properties of water
3. Support, safety and entry/exit equipment
4. Treatment of orthopaedic, arthritic, neurological, paediatric and geriatric conditions
5. Stroke correction, rescues and use of lift systems
6. How to assess pool accessibility
7. Methods of Aquatic Therapy
8. Qualitative review

IV. REQUIRED RESOURCES/TEXTS/MATERIALS:

Adapted Aquatics Programming: A Professional Guide
Monica Lepore, G. William Gayle, Shawn Stevens

V. EVALUATION PROCESS/GRADING SYSTEM:

1. A combination of tests and assignments will be used to evaluate student achievement of the course objectives. A description of the evaluation methods follows and will be discussed by the teacher within the first two weeks of class.
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 per day for every school day late with the permission of an extension. This means that if you requested an extension for 5 school days (1 week), 5 percentage points will be deducted from the final grade.
6. A supplemental exam may be written by students who meet the following criteria. The student must achieve at least a grade of 55% in the course. The student must have attended at least 80% of the classes. The supplemental exam will then cover the entire course and will be worth 100% of the student's final mark.

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%	4.00
A	80 – 89%	
B	70 - 79%	3.00
C	60 - 69%	2.00
D	50 – 59%	1.00
F (Fail)	49% and below	0.00
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: 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:

Special Needs:

If you are a student with special needs (e.g. physical limitations, visual impairments, hearing impairments, or learning disabilities), you are encouraged to discuss required accommodations with your instructor and/or the Special Needs office. Visit Room E1101 or call Extension 703 so that support services can be arranged for you.

Retention of course outlines:

It is the responsibility of the student to retain all course outlines for possible future use in acquiring advanced standing at other postsecondary institutions.

Plagiarism:

Students should refer to the definition of “academic dishonesty” in *Student Rights and Responsibilities*. Students who engage in “academic dishonesty” will receive an automatic failure for that submission and/or such other penalty, up to and including expulsion from the course/program, as may be decided by the professor/dean. In order to protect students from inadvertent plagiarism, to protect the copyright of the material referenced, and to credit the author of the material, it is the policy of the department to employ a documentation format for referencing source material.

Course outline amendments:

The Professor reserves the right to change the information contained in this course outline depending on the needs of the learner and the availability of resources.

Substitute course information is available in the Registrar's office.

VII. PRIOR LEARNING ASSESSMENT:

Students who wish to apply for advanced credit in the course should consult the professor. Credit for prior learning will be given upon successful completion of a challenge exam or portfolio.

VIII. DIRECT CREDIT TRANSFERS:

Students who wish to apply for direct credit transfer (advanced standing) should obtain a direct credit transfer form from the Dean's secretary. Students will be required to provide a transcript and course outline related to the course in question.