

Subject	FOUNDATIONS OF BALNEO-CLIMATOTHERAPY
Study program	Three years professional study for graduated physiotherapist
Code	SF-213
Year of study	Second
Semester	Third
Total number of classes	20
Credits	1.0
Type of subject	Obligatory
Prerequisites	Requirement for second year admission fulfilled
Executed	Chair of Physical Medicine and Rehabilitation
Competent	Associate Prof. Erieta Nikolicj-Dimitrova, M.D., Ph.D.
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Key words	Study for physiotherapists, professional subjects, balneotherapy, climate therapy
Goals of study	<ul style="list-style-type: none"> • To be informed about natural sources of some physical agents (sun, sea, mineral waters, mud (peloids)) • To get knowledge about the ways of treatment in balneo-climate therapy • To introduce with the types of mineral waters, their action on the human body and their application • To get ability for application of mineral waters in the treatment of diseased and injured patients • To acknowledge the role of climate therapy in the treatment • To introduce with mud therapy, its action and application • To introduce with talassotherapy (seaside therapy)
Class descriptions (brief content)	<p>Theoretical instruction (10 lessons)</p> <ul style="list-style-type: none"> • Mineral waters, classification, mechanism of action, methods of application • Mud therapy, types of muds, their disposal, preparing and regeneration, physical and chemical properties of the peloids, methods and techniques of application • Climate therapy. Climate factors, types of climate and their action on the body • Talassotherapy, seaside climate, sea water and its action on the body, heliotherapy • Inhalation therapy <p>PRACTICE (10 lessons)</p> <ul style="list-style-type: none"> • Training the physiotherapist for mineral waters methods of application in the treatment

	<ul style="list-style-type: none"> • Training the physiotherapist for application of muds in the treatment of contractures and their overcoming with exercises. <p>The practice is mandatory and is executed in appropriate institution under the guidance of a mentor-professor and physiotherapist responsible for appropriate department.</p>										
Organization	<p>Theoretical instruction 10 lessons</p> <p>Practice: 10 lessons</p>										
Methods of learning	Lectures, practice (practical training)										
Provided results of study	<p>Knowledge and understanding:</p> <p>The student will acquire knowledge about types of mineral waters and mud, their action in patients treatment. The student will acquire knowledge about application of climate- and talassotherapy.</p> <p>Key skills:</p> <p>The student will be able to apply methods of application of mineral waters and mud in patients treatment.</p>										
Specific recommendation for instruction	<p>The student is obligated to follow all provided activities actively including participation in continuous knowledge examinations in order to get signature:</p> <p>Ranking the student's activities:</p> <table border="1"> <thead> <tr> <th>Type of activity</th><th>Points</th></tr> </thead> <tbody> <tr> <td>Theoretical instruction*</td><td>10-15</td></tr> <tr> <td>Practice**</td><td>10-15</td></tr> <tr> <td>Continuous examination-1</td><td>40-70</td></tr> <tr> <td>Total:</td><td>60-100</td></tr> </tbody> </table> <p>* Presence at theoretical instruction: 51% – 60% : 10 points 61% - 70% : 11 points 71% - 80% : 12 points 81% - 90% : 13 points 91% - 100% : 15 points</p> <p>** Successfulness at practice: Presence: 5 points Activity: Satisfactory: 5 Good: 8 Excellent: 10</p> <p>A continuous examination (colloquium): The student needs to attend theoretical and practical instruction regularly in order to access the continuous examination. The examination is written (multiple choice test). The student is obligated to access the colloquium, otherwise</p>	Type of activity	Points	Theoretical instruction*	10-15	Practice**	10-15	Continuous examination-1	40-70	Total:	60-100
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Theoretical instruction*	10-15										
Practice**	10-15										
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Total:	60-100										

	<p>he does not acquire the right for signature at the end of the semester.</p> <p>The student is obligated to win minimum points (60%) from continuous examination, otherwise, he is accessing the complete final exam.</p> <p>Final exam: There is no final exam. If the student passes the colloquium, complete grade will be formed.</p> <p>Complete final exam: The student takes complete final exam if he did not win minimum points (60%) at the colloquium. The exam represents the colloquium that was not passed. If the student does not pass the colloquium, he does not have the right for grade to be formed.</p> <p>Forming the complete grade: The grade of the complete exam is formed from the table of grades and on basis of the sum of points gained from all his activities, including the continuous examination.</p> <p>PART-TIME STUDY:</p> <p>Forty percent (40%) of the provided theoretical and practical instruction is performed. The exam is performed in EXAM SESSIONS and is consisted of:</p> <ul style="list-style-type: none"> • multiple choice test <p>The grade of the complete exam is formed according to the table of grades, and on basis of the sum of points gained from all the activities.</p>
Learning materials	<p>Basic:</p> <ul style="list-style-type: none"> • Authorized lectures from the Chair <p>Additional:</p> <ul style="list-style-type: none"> • Mihajlovic V: Physical therapy. Obodsko slovo. Rijeka Crnojevica, 2002.