

Hydrotherapy Introductory Course Outline

This half-day theory and practical introductory course is designed for Physiotherapists, Exercise Physiologists, Exercise scientists working with clients in the aquatic therapy environment. Its scope of practice on completion of the course will provide the skills needed to deliver an aquatic exercise program to the healthy population, common sports injuries and non-complex chronic diseases

Learning Outcomes:

By the end of this introductory hydrotherapy course, participants will be able to:

- Understand the history of hydrotherapy.
- Explain the basic physics, physiology, and chemistry principles of hydrotherapy.
- Identify the benefits of hydrotherapy for different populations and conditions.
- Apply basic exercise principles, including prescription and progression.
- Recognise and use common hydrotherapy equipment and techniques safely and effectively.
- Conduct client screening and identify precautions and contraindications.
- Ensure safety and manage risk in hydrotherapy environments.
- Understand staffing roles and operational aspects of hydrotherapy delivery.
- Use outcome measures to track client progress.
- Document hydrotherapy sessions accurately and professionally.

Pre-requisites:

- Current First Aid Certification
- Current CPR Certification

Mode of Delivery and Duration:

- Face-to-face Learning
 - Theory Session – 2 hours
Covers foundational knowledge including history, principles, safety, and clinical application.
 - Practical Session (in pool) – 2 hours
Hands-on training in the pool focusing on techniques, equipment use, safety procedures, and session delivery.

Resources:

A course workbook will be provided prior to the course date to support preparation.

A certificate of completion will be provided following successful completion of the course.

Assessment:

An online multiple choice assessment will be provided after course completion to evaluate knowledge understanding.