



Halliwick Foundation Course

COURSE

Using Halliwick Concept with people with disabilities.

LEVEL: 4 Days Basic Foundation Course (Course Certificate will be awarded upon successful completion of this IHA approved course).

Note: The Advanced course will be held after six months.

COURSE HOURS: 36 (25 theory/and group activity and 11 hours of practice in water)

DATES

Thursday 12/1/2023

Friday 13/1/2023

Thursday 19/1/2023

Friday 20/1/2023

LOCATION

Amman, Jordan

INSTRUCTORS

Dr Chandolias Constandinos, PT, NDT, Halliwick Senior Lecturer

PhDcand. Moscholouri Chrysoula, PT, NDT, Halliwick Senior Lecturer

TARGET AUDIENCE

PT, PTA

Dress Code: swimming shirt & short

COST

330 Jordan Dinar

300 JD (early registration)

INTRODUCTION

The International Halliwick Association (IHA) is registered as Association in the records of the Danish Business Authority.

Aims of the IHA are:

- To promote the Halliwick Concept of teaching swimming and rehabilitation in water throughout the world
- To encourage good practice in the use of the Halliwick Concept.



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The Halliwick Concept

The Halliwick Concept is an approach to teaching all people, in particular, focusing on those with physical and/or learning difficulties, to participate in water activities, to move independently in water, and to swim. It is based on a belief in the benefits that can be derived from activities in water, and sets out the fundamentals necessary for their learning. These benefits include physical, personal, recreational, social and therapeutic aspects. The Concept has influenced hydrotherapy techniques and has been developed into specific therapeutic exercises.

DESCRIPTION

This course is designed for physical therapists and assistants or parents who currently work or desire to work with children and youth diagnosed with any neurodevelopmental disability, such as Cerebral Palsy, Down Syndrome, Congenital Syndromes, developmental delay, or with adults diagnosed with TBI, stroke or other neurological disorders.

Observation of videotaped assessment and sessions demonstrations will provide an opportunity to integrate the information presented in class so the participant can readily apply the concepts to their current caseload.


COURSE OBJECTIVES

Upon completion of this course the participants will be able to:

- Understand the Halliwick Concept
- To Have a knowledge of the Halliwick Concept
- To be able to teach people with disability to be as competent as possible in the water
- Develop their own water happiness and body control
- Apply effective supports
- Be able to apply the concept to swimmers
- Demonstrate in the pool the instructor role in the entries, exits and supports balanced positions and rotations activities for teaching the ten point programme
- Understand the skills required for the Badges
- Understand how to assess the skills for the Badges
- Apply the principles of the 10-point programme to put swimmers into groups
- To help swimmers develop and progress



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SCHEDULE

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Time Table

Day One	
08.30 am	Registration and Introductions
09.00 am	History and Philosophy of the Halliwick Method
09.15 am	The Ten Point Programme
10.15 am	Video – Entries, exits and supports
10.45 am	Coffee brake-Depart for pool
11.00 am – 12.30	Pool – Entries, Exits and Supports
12.30 pm	Change
12.45 pm	Lunch
1.15 pm	Breathing control
1.30 pm	Video – Breathtaking
2.00 pm	Depart for Pool and Change
2.15 pm	Pool (Points 1-4)
3.45 pm	Change
4.00 pm	Tea-Coffee Brake
4 15 pm	The Effects of Water I
5.00 pm	Depart
DAY TWO	
09.00 am	Effects of Water 2
09.45 am	Why no flotation aids
10.00 am	Coffee Brake(or earlier if convenient)
10.15 am	Change
10.30 am	Pool (Points 5 & 6)
11.45 pm	Change
12.00 pm	Lunch
12.30 pm	Communication and Equality
	Safety, care, and effects of water on people with disabilities
2.00 pm	Change
2.15 pm	Pool (Points 7-10)
3.45 pm	Change



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4.00 pm	Coffee Brake/tea
4.15 pm	Structure of H. AST and Training in the Halliwick Method
4.30 pm	Issues surrounding Moving and Assisting
5.00 pm	Poolside safety
5.15 pm	Depart
Day three	
09 00 am	Badge Testing
09 45 am	Discuss what to revise in the pool session
10 00 am	Coffee Brake/tea
10.15 am	Depart for the pool
10.30 am	Pool selected revision and personal skills on the badge tests
12.00 am	Change
12.15 am	Lunch
12.45 pm	Ten Point Programme problem solving
1.45 pm	Teaching Techniques
2.15 pm	Depart for pool
2.30 pm	Pool Session on the use of games, music and badge testing
3.45 pm	Change
4.00 pm	Tea / Coffee Brake
4.15 pm	Games and activities
4.30 pm	Use of Singing and Music
4.45 pm	Competition
5.00 pm	Depart
Day four	
09.00 am	Progress, assessing and recording
09.30 am	Groups and Grouping
10 00 am	Plan programmes based on badge tests
10.30 am	Coffee (or earlier if convenient)
10.45 am	Exercise in grouping swimmers
11.15 am	Depart for the pool



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11.30 am – 12.45	Pool Participants teach the programme based on badge levels (to be videoed)
12.45pm	Change
1.00 pm	Lunch
1.30 pm	Review of pool session, using the video and participants observation
2.00 pm	Plan pool session based on Ten Point Programme
2.30 pm	Depart for pool
2.45 pm – 3.45	Pool Participants teach the programmes based on the TPP Immediate feedback
3.45 pm	Change
4.00 pm	Coffee Brake/tea
4.15 pm	Appraisal
4.30 pm	Depart

INSTRUCTORS' BIO

Moscholouri Chrysa, Physiotherapist, PhD Candidate, NDT/SI/MAES, Senior Halliwick Lecturer.



Moscholouri Chrysa is a physiotherapist in ultra-early and early paediatric intervention of children with neurodevelopmental disabilities and a Senior Halliwick Lecturer. She has masters in Special Education (1), in Education and Human Rights (2) and in Paediatric Physiotherapy (3). She worked in special education and now teaches as a high school teacher in secondary education in health and welfare sector. The last decade, she has specialized in ultra-early physical therapy intervention for new-borns in the neonatal intensive care unit (NICU) and in early physical therapy for infants. She is a PhD candidate at the Department of Physiotherapy of the University of Thessaly, in ultra-early intervention of neonates in the NICU and up to 3 months. She is teaching on Halliwick courses since 2008.



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Dr. Konstantinos Chandolias

Is a Post Doc Researcher in the Department of Physiotherapy, University of Thessaly, Greece. He holds an MSc and PhD in Exercise and Health from Department of Physical Education and Sport Science, University of Thessaly, also Msc in Paediatric Physical Therapy from department of Physiotherapy, International Hellenic University, and has BSc in Physiotherapy.



He is scientific director of the physical therapy center for early and neurological rehabilitation “Movement Laboratory”. He is Vice of the Halliwick Association of Swimming Therapy Greece, temporary- vice of the scientific section of Aquatic Physical Therapy of the Panhellenic Physiotherapists Association and member of the Educational and Research Committee of International Halliwick Association of Swimming Therapy. He is also member of Health Assessment and Quality of Life Lab of Physiotherapy Department of University of Thessaly. He has written 16 research articles in international Journals most in Hydrotherapy research field having up to now more than 14 citations (h index>3). His research interest and expertise concern pediatrics, neurorehabilitation and mostly hydro- rehabilitation, developing aquatic therapy programs and objective and subjective assessment in hydrotherapy; He is member of research teams in projects with the Faculty of Medicine and the department of Physiotherapy of University of Thessaly.

Other relative scientific activities

- Editor in Greek edition of **Aquatic Exercise for Rehabilitation and Training** book.
- Coordinator of the selective course **Hydrotherapy** for Physiotherapy Department, University of Thessaly
- Recognized Senior Lecturer from the international Halliwick Association, IHA in the educational courses of the Halliwick hydrotherapy method worldwide.
- Senior Lecturer in **Halliwick Swimming Therapy Courses** in Greece, Spain, Russia, Lebanon, UAE.
- Member of editorial board of **Φυσικοθεραπια** journal, of **Panhellenic Physiotherapists Association**.
- Research publications on **Cross Cultural Adaptation, reliability, and validity of Aquatic Therapy subjective Assessment in Greek Language**.
- **Published book**, Hydrotherapy-Halliwick and the respiratory system of children with CP Paperback – 9 Jun. 2018, Publisher: LAP Lambert Academic Publishing ISBN: 978-6139851218, Konstantinos Chandolias