

EUROPASS SUPPLEMENT TO THE DIPLOMA OF

TITLE OF THE CERTIFICATE (original language: ES)

Técnico Superior en Termalismo y Bienestar

TRANSLATED TITLE OF THE CERTIFICATE (English)

Higher Diploma of Education in Hydrotherapy and Wellness

PROFILE OF SKILLS AND COMPETENCES

The holder has acquired general skills relating to:

Managing services related to hydrotherapy and wellness, applying hydrokinesis and hydrothermal techniques, aesthetic massages and water-based physical conditioning programmes in accordance with established protocols, energising personalised programmed activities and gearing them towards the improvement of quality of life and health, achieving user satisfaction and ensuring that the service is delivered under conditions of quality, safety and environmental protection.

Within this framework, each PROFESSIONAL MODULE includes the following LEARNING RESULTS that the holder acquires.

“English”

The title holder:

- Recognises professional and everyday information contained in all types of oral discourse conveyed by any means of communication in standard language, accurately interpreting the content of the message.
- Interprets professional information contained in complex written texts, analysing its content in a comprehensive way.
- Gives clear and well-structured oral messages, analysing the content of the situation and adapting to the linguistic register of his or her interlocutor.
- Prepares documents and reports related to their professional activity or to academic and everyday life, relating linguistic resources to the purpose of the text.
- Applies professional attitudes and behaviour to communication situations, describing the typical relationships characteristic of the country of the foreign language.

“Characteristics and needs of people in a situation of dependency”.

The title holder:

- Characterises the concept of personal autonomy, analysing the factors that contribute both to its prevention and promotion and to its deterioration.
- Classifies the levels of dependence and the necessary aids associated with the ageing process, analysing the related changes and deterioration.
- Recognises the characteristics of people with disabilities, relating them to the levels of dependence and the assistance they require.
- Describes the diseases that generate dependence, determining their effects on the persons who suffer them.

“Hydrothermal Aesthetics”.

The title holder:

- Plans the organisation of the facilities and the technical and professional resources, coordinating the development of the activities of hydrothermal establishments.
- Characterises water resources, analysing their action mechanisms and using them as a source of health and wellness.
- Identifies the aesthetical needs of the user, carrying out a previous analysis and using appropriate reports.
- Selects hydrothermal techniques, analysing the effects of the application of water on the body.
- Selects thermal cosmetics and technique used to apply them, analysing their effects and precautions.
- Applies hydro-aesthetic techniques and thermal cosmetics, following a previously designed implementation protocol.
- Organises the implementation of safety and hygiene protocols, applying guidelines for the prevention of occupational hazards.
- Supervises the quality of the service, proposing corrective measures aimed at optimising the provision of the service.

“Aesthetic Massage”.

The title holder:

- Characterises massage techniques, identifying manoeuvres and application parameters.
- Carries out a preliminary analysis, relating aesthetic needs to the massage process.
- Prepares the working space, justifying the procedure.
- Carries out personalised manual aesthetic massages, differentiating the techniques used and their effects.
- Applies breathing techniques associated to aesthetic massage, passive movements and stretching, differentiating how they are applied and the effects achieved.
- Applies sensorial techniques associated to massage, defining their effects and integrating them in aesthetic protocols.
- Supervises the quality of the aesthetic massage service, proposing measures aimed at minimising any deviations.

“Leisure and Free Time Activities”.

The title holder:

- Plans leisure and free time projects, relating the principles of animation in leisure and free time to the needs of the users and the characteristics of the equipment and resources.
- Organises educational leisure and free time activities, analysing spaces and resources as well as regulations governing prevention and safety.
- Implements leisure and free time activities, selecting educational resources and animation techniques.
- Carries out leisure and free time activities in the natural environment, respecting the principles of environmental conservation and prevention and safety measures.
- Develops activities to monitor and evaluate leisure and free time activities, selecting strategies, techniques and resources to identify aspects that can be improved.

“Group Activation”.

The title holder:

- Develops group creation strategies, relating interventions in leisure environments to the needs of the group.
- Activates a group, adapting the use of group activation techniques to its phases.
- Selects communication techniques, analysing the characteristics of the groups and the people involved in the process.
- Organises work teams in accordance with the different projects, selecting the cooperation and coordination techniques.
- Implements group conflict management and problem-solving strategies selecting techniques depending on the context of the intervention.
- Evaluates group processes and his or her own social skills in order to carry out their professional duties, identifying aspects that can be improved.

“Assessment of Physical Fitness and Intervention in Accidents”.

The title holder:

- Relates the levels of the intensity of physical exercise to the physiological adaptation of the cardiorespiratory and regulatory systems, analysing their behaviour.
- Relates the mechanics of basic physical fitness exercises and activities to the biomechanics and physiological adaptation of the musculoskeletal system, analysing their functioning.
- Prepares basic physical fitness programmes, applying the fundamentals of the various systems used to improve basic physical skills.
- Performs tests to determine the physical and biological condition, appropriate to the parameters to be evaluated, applying the protocols of each one of them in safe conditions.
- Interprets the results of physical fitness assessment tests, recording and analysing the data in control sheets.
- Includes complementary measures in the programmes used to improve physical fitness, assessing their impact on the improvement of health and quality of life.
- Conducts an initial assessment of assistance in an emergency, analysing the risks, available resources and type of assistance required.
- Applies life support and first aid techniques, in accordance with established protocols.
- Applies mobilisation and immobilisation methods that allow the injured person to be evacuated, if necessary.

“Physical conditioning in the water”.

The title holder:

- Analyses the characteristics of water-based fitness activities, relating them to the adaptation processes they provoke in the organism.
- Organises the resources involved in water-based fitness events, programmes and lifeguarding, defining criteria of versatility, efficacy and safety.
- Programmes water-based fitness activities, taking into account the needs of the users and the available spaces.
- Designs water-based fitness sessions, adapting them to the reference objectives and available resources.

- Leads water-based fitness activities, adapting the intervention to the dynamics of the activity and the group.
- Applies specific rescue techniques in the water environment in simulated cases of accident or emergency, following life-saving and rescue protocols.

“Hydrokinesis techniques”.

The title holder:

- Analyses the characteristic movements of hydrokinesis activities, assessing their role in functional improvement.
- Supervises and prepares the intervention space and the material resources, ensuring that they are in good condition and work properly within the parameters of safe and efficient use in hydrokinesis activities.
- Prepares hydrokinesis protocols for body care, adapting them to the needs and expectations of different types of users.
- Leads hydrokinesis sessions, instructing and applying specific support techniques in accordance with the structure and methodology set out in the reference protocol.
- Assesses the process of and results obtained in the development of hydrokinesis protocols, verifying the quality of the service, the degree of achievement of the objectives and the satisfaction of those who have taken part in them.

“Hydrotherapy and Wellness Project”.

The title holder:

- Identifies needs in the productive sector, relating them to standard projects that can satisfy them.
- Designs projects related to the skills expressed in the diploma, including and developing its component phases.
- Plans the implementation or execution of the project, determining the intervention plan and associated documentation.
- Defines the procedures used to monitor and control the execution of the project, justifying the selection of variables and instruments used.

“Training and Career Guidance”.

The title holder:

- Selects employment opportunities, identifying the different possibilities of insertion and lifelong learning alternatives.
- Applies teamwork strategies, assessing their effectiveness and efficiency for the achievement of the organisation's objectives.
- Exercises the rights and complies with the obligations derived from labour relations, recognising them in the different employment contracts.
- Determines the protective action of the Social Security system in the face of the different contingencies covered, identifying the different types of benefits.
- Assesses the risks derived from his or her activity, analysing the working conditions and the risk factors that exist in their working environment.
- Participates in the preparation of a risk prevention plan in a small company, identifying the responsibilities of all the agents involved.
- Applies prevention and protection measures, analysing risk situations in the work environment of the holder of a Diploma of Higher Education in Hydrotherapy and Wellness .

“Company and Entrepreneurial Initiative”.

The title holder:

- Recognises skills associated with entrepreneurship, analysing requirements derived from jobs and business activities.
- Defines the opportunity to create a small company, assessing its impact on the environment and incorporating ethical values.
- Carries out activities for the incorporation and start-up of a company, selecting the legal form and identifying the associated legal obligations.
- Carries out administrative and financial management activities for an SME, identifying the main accounting and tax obligations and filling in documentation.

“Workplace Training”.

The title holder:

- Identifies the structure and organisation of the company, relating them to the type of service it provides.
- Applies ethical and labour habits in the development of his or her professional activity, in accordance with the characteristics of the job and the procedures established in the company.
- Organises activities related to hydrotherapy and wellness services, collaborating in the preparation of protocols.

- Assesses the physical condition, motor competence and motivations of participants in treatments and services related to hydrotherapy, using data for the planning and assessment of the programmes.
- Develops and applies hydrothermal aesthetics processes, organising work teams, materials and technical resources.
- Personalises the application of aesthetic massage protocols, selecting the resources and techniques according to a previous aesthetic study.
- Programmes, directs and energises activities related to postural control, wellness, functional recovery and hydrokinesis, adapting them to the dynamics of the activity and of the group and applying the necessary measures in the event of accidents.
- Leads and activates leisure time activities, guaranteeing the enjoyment and safety of the participants.

RANGE OF OCCUPATIONS ACCESSIBLE TO THE HOLDER OF THE CERTIFICATE

Higher Diploma of Education in Hydrotherapy and Wellness.

The following are the most relevant occupations and jobs:

- Specialist in comprehensive aesthetic treatments.
- Specialist in hydro-aesthetic techniques.
- Specialist in aesthetic massages.
- Specialist in aesthetic lymphatic drainage.
- Instructor of hydrokinesis and body care groups.
- Coordinator of physical conditioning and hydrokinesis activities.
- Specialist manager in spas and thermal resorts.
- Leisure time monitor.
- Lifeguard in aquatic facilities.

OFFICIAL BASIS OF THE CERTIFICATE

Name and status of the body awarding the certificate: The Ministerio de Educación y Formación Profesional (the Ministry of Education and Vocational Training) or the Autonomous Communities in the area of their own administrative responsibility. The degree has academic and professional effects that are valid throughout the entire State.

Official duration of the Diploma: 2,000 hours.

Level of the certificate (national or international)

- NATIONAL: Non-university higher education.
- INTERNATIONAL:
 - Level 5b of the International Standard Classification of Education (ISCED 5b).
 - Level 5 of the European Qualifications Framework (EQF 5).

Entry requirements: A Bachelor's Degree or a Certificate of having passed the corresponding access test.

Access to the next level of education or training: The holder will be able to access any university degree course.

Legal basis. Rules and regulations on which the Diploma is based:

Minimum teaching requirements established by the State: Royal Decree 699/2019, of 29 April, which establishes the diploma of Higher Education in Hydrotherapy and Wellness, and which lays down the corresponding minimum education requirements.

Explanatory Note: This document is intended as supplementary information to the Diploma in question, but on its own it does not have any legal validity.

COURSE STRUCTURE OF THE OFFICIALLY RECOGNISED DIPLOMA

PROFESSIONAL MODULES OF THE DIPLOMA ESTABLISHED IN THE ROYAL DECREE	ECTS CREDITS
English.	7

Characteristics and needs of people in a situation of dependency.	10
Hydrothermal Aesthetics.	9
Aesthetic Massage.	11
Leisure and Free Time Activities.	9
Group Activation.	7
Assessment of Physical Fitness and Intervention in Accidents.	12
Physical conditioning in the water.	11
Hydrokinesis techniques.	8
Hydrotherapy and Wellness Project.	5
Training and Career Guidance	5
Company and Entrepreneurial Initiative.	4
Workplace Training.	22
	TOTAL CREDITS
	120
OFFICIAL DURATION OF THE DIPLOMA (HOURS)	2,000

*55% of the minimum education requirements of the diploma reflected in the above table is of an official nature and is valid throughout the national territory. The remaining 45% is specific to each Autonomous Community and may be reflected in **Annex I** to this supplement.

INFORMATION ABOUT THE EDUCATION SYSTEM

