



Study program: Integrated Academic Studies in Medicine			
Course title: Balneoclimatology			
Teacher: Ksenija M. Bošković, Nada M. Naumović			
Course status: elective			
ECTS Credits: 3			
Condition: -			
Course aim: Introducing students to the basics of balneology (mineral waters, peloids, medicinal gases) and human bioclimatology (medical meteorology, medical climatology, biological rhythms), as well as the basic regimes and therapeutic measures in balneoclimatic treatment.			
Expected outcome of the course Adoption of medical awareness and human principles in the application of natural spa resources, and the acquisition of knowledge in bioclimatology, from the aspect of impact on human health for preventive and therapeutic purposes. Mastering the manner of application of mineral waters, peloids, medicinal gases for the purpose of prevention and treatment; as well as the evaluation and selection of patients for the application of natural balneological and climatic resources.			
Course description <i>Theoretical education</i> Balneology basics (mineral waters, peloids, medicinal gases); regimens and therapeutic measures in balneoclimatic treatment. Fundamentals of human bioclimatology (medical meteorology - meteoropathology, measures of prevention of meteorotropism; medical climatology - climatic factors, climoprophylaxis, climatotherapy; biological rhythms - daily and annual) <i>Practical education</i> Exercises, Other forms of teaching, Study research work Application of mineral waters, peloids, medicinal gases, introduction to modern types of healing in spa conditions Using a Chronobiological Evaluation Questionnaire			
Literature Compulsory: 1. Verhagen, Arianne P.; Bierma-Zeinstra, Sita M. A.; Boers, Maarten; Cardoso, Jefferson R.; Lambeck, Johan; de Bie, Rob; de Vet, Henrica C. W. . "Balneotherapy (or spa therapy) for rheumatoid arthritis", 2015. 2. Falagas ME; et al. "The therapeutic effect of balneotherapy: Evaluation of the evidence from randomized controlled trials". International Journal of Clinical Practice, 2009. 3. Anne Williams, <i>Spa bodywork: a guide for massage therapists</i> . Lippincott Williams & Wilkins, 2006. 4. Carola Koenig, <i>Specialized Hydro-, Balneo-and Medicinal Bath Therapy</i> . Publisher: iUniverse, 2005. 5. Nathaniel Altman, <i>Healing springs: the ultimate guide to taking the waters: from hidden springs to the world's greatest spas</i> . Inner Traditions / Bear & Company, 2000.			
Number of active classes		Theoretical classes: 15	Practical classes: 30
Teaching methods: Lectures, practical work, consultation hours			
Student activity assessment (maximally 100 points)			
Pre-exam activities	points	Final exam	points
Lectures	10	Written	
Practices	10	Oral	50
Colloquium		
Essay	30		