



FAQs

Q.1. What is Hydrotherapy?

Answer :- Hydrotherapy is the use of water by external applications, either for its pressure effect or as a means of applying physical energy to a tissue. The term often refers to the use of water in wound management, such as whirlpool baths, but can be used interchangeably with the term, “aquatic therapy.”

Q.2. What are the aquatic activities used for disable?

Answer:- Swimming and other water activities are used in rehabilitation and physical therapy to promote good muscle tone, lung capacity, flexibility, and overall fitness without causing undue pressure on joints or bones. Aquatic activity can be fun and relaxing, and learning to float or swim can lead to participation in other aquatic sports. For advanced swimmers, there are local, national, and international competitions.

Q.3. What are Adapted Aquatics?

Answer:- Adapted aquatics are techniques that emphasize swimming skills modified or adapted to accommodate individual abilities. Usually used by people with disabilities, adapted aquatics focuses on skills including pool entry and exit and swimming skill development, and also encompass community referral.

Q.4. What are the prerequisite skills for aquatic activities?

Answer:- Teaching basic safety skills, such as mouth closure, rolling over from front to back, changing directions, recovery from falling into the pool, vertical recovery from front and back positions and holding onto the pool wall, helps to alleviate fear of more difficult skills. A balanced body position in the water is an important prerequisite for aquatic skills activities.

Q.5. What is the name of Act in which aquatic is listed as a component of Physical Education?

Answer:- Aquatic is listed as a component of Physical education under the Individuals with disabilities Education Act (IDEA).

Q.6. What are the types of aquatic activities according to AAHPERD-AAAIF, 1996?

Answer:- Instructional and competitive swimming, small-craft boating, water aerobics and skin diving or scuba diving

Q. 7. What does ROM stand for?

Answer:- Joint Range Of Motion.

Q.8. What is Halliwick method in aquatic?

Answer:- The method of teaching balance and body positions in adapted aquatics is the Halliwick method.

Q 9. Define Cohesion and Viscosity.

Answer:- Cohesion is the attractive force exerted by each molecule on those surrounding it, which results in resistance of any object passing through the liquid .Viscosity (internal friction) is the property of liquid to resist relative motion within it. The greater the cohesion, greater the viscosity.

Q 10. What are the benefits of Adapted aquatic?

Answer: - Water supports the body, enabling a person to possibly walk for the first time, thus increasing strength for ambulation on land. Adapted aquatic also enhances breath control and cardio respiratory fitness. Blowing bubbles, holding one's breath, and inhalation and exhalation during the rhythmic breathing of swimming strokes improve respiratory function and oral motor control, aiding in speech development (Martin, 1996). Physical disability learns to move through the water without assistance, self-esteem and self-awareness improve. Moreover, the freedom of movement made possible by water boosts morale and provides an rehabilitation