

1. Course title: **bodyART® & stretching**
2. Type of the course: **exercise classes**
3. Form of evaluation: **course attendance and evaluation of basic bodyART® and stretching positions (description in English and demonstration - given mark)**
4. Semester: I (winter)
5. Recommended amount of hours: **15**
6. Syllabus:

The course offers practical classes of bodyART®, which is a functional training combining classical training positions, various breathing techniques and a strong influence from Yin and Yang philosophy. The priority of bodyART® training is treating the human body as a functional unit. To ensure its correct functioning, each bodyART® session focuses on strength, flexibility and stability with the ultimate aim to create a body that performs more efficiently in everyday life. In contrast to classical power training, which focuses on individual muscles, all bodyART® exercises and positions train various muscle groups at once. The selective choice of the bodyART® exercises is designed to break the incorrect movement habits and positively influence the posture. BodyART® allows greater body awareness and elevates energy levels, leaving a person calm and relaxed but energised at the same time. Each bodyART® training session ends with 30 minutes stretching exercises to ensure more flexible muscles.

7. Learning outcomes: Knowledge: Student is able to explain what functional training is about. Skills: Student is able to describe and demonstrate the basic positions in bodyART® and stretching.

8. Studies: BA or MA (I or II)

9. The unit implements the subject: **Department of Recreation and Biological Regeneration**

10. Instructor: **dr Anna Tyka**

11. Teaching conditions: group - max 24 students

12. Recommended credit points: **4**