

## **Fascia and vibration training for Erasmus+ programme**

1. **Course name:** Fascia and vibration training

2. **Type of course:** practical activities

3. **Form of credit:** credit with a grade

4. **Semester for running classes:** summer

5. **The proposed number of hours:** 15 h

6. **Syllabus:**

Pre-requisites: Student wears sports clothes and shoes.

Content: Indications and contraindications to physical training with the use of vibration: vibration platform, flexibar, manual vibration. Training and fascia therapy: exercises and manual techniques with tools. Credit with grade: practical presentation of one exercise with the use of vibration or fascia training.

7. **Learning outcomes:** Student knows indications and contraindications to vibration and fascia training. The student is able to take care of their own safety and exercising people during performing physical exercises

8. **Qualifications:** first and second degree studies

9. **Organisational unit of a course:** Department of Adapted Physical Activity and Sport, Faculty of Rehabilitation.

10. **Person responsible for the subject:** Sylwia Mętel PhD, PT

11. **Conditions of the course:** gymnastic hall

12. **ETCS:** 3