

1. **Course Name: Music therapy**
2. **Type of course:** practical workshops
3. **Form of credit:** credit with a grade
4. **Semester for running classes:** summer
5. **The proposed number of hours:** 15
6. **Syllabus:**

The aim of the course: The acquisition of knowledge and skills to use forms of motor and cognitive rehabilitation with the usage of music.

Prerequisites: General physical fitness, musicality. On the practical workshops sports clothes and shoes are required.

Course content: Methods and techniques of music therapy used in movement therapy. The use of Orff instruments to stimulate functional movements. The use of rhythm to work on the improvement of locomotion. Relaxation trainings in music therapy.

Teaching methods: Practical exercises. Working in pairs. Multimedia presentations.

7. **Learning outcomes:** The student has the ability to plan the activities with music and movement for the patients therapy. The student is able to use musical instruments to improve the mobility and cognitive functions of patients. The student can use music and rhythm to stimulate locomotion. Th student is able to use relaxation trainings. The student is able to ensure the safety and ergonomics in the patients treatment.
8. **Determination of eligibility and second degree:** BSc, MSc
9. **Implementing Organizational Unit:** Department of Occupational Therapy, Institute of Apply Science, Faculty of Motor Rehabilitation
10. **The persons leading the subject:** dr. Anna Bukowska
11. **Conditions of the course:** practical activities conducted in groups of up to 20 people
12. **The proposed number of ECTS credits:** 3 points