

1. **Course name:** Sensomotoric exercise
2. **Type of course:** practical activities
3. **Assessment:** grade
4. **Semester in which classes will be conducted:** summer semester
5. **The proposed number of hours:** 20 h

6. Syllabus:

Sensomotoric training -introduction. Posture and motor control. Exercises using sensory tools
Vestibular system, vision, hearing, smell, taste, tactile stimulation while motor behaviour.
Practical demonstration and conduction on sensomotoric exercise

7. Learning outcomes:

Knowledge: The student has knowledge of motor control and neuromuscular coordination.

Skills: The student is able to perform and to plan and conduct individual and group
sensorimotor exercise.

Social competence: The student is able to take care of their own safety and exercising people
during performing sensorimotor 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. Terms and conditions of the course: a group (max. 14 persons)

12. ECTS: 4