

1. **Course name:** Sensory motor 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:

Sensory senses and their importance in planning and carrying out motor tasks. Posture and motor control. Sensory tools. Vestibular system, vision, hearing, smell, taste, tactile stimulation while motor behavior. Practical demonstration and conduction on sensory motor 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 sensory motor exercise.

Social competence: The student is able to take care of his own safety and exercising people during performing sensory motor 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: gymnastic hall equipped with sensory accessories, sports clothes and shoes are required.

12. ETCS: 4

13. 14 h can be run on-line

