

1. **Course Name:** Special Techniques in Sports Medicine
2. **Type of course:** exercise
3. **Examination:** grade
4. **Semester in which classes will be conducted:** winter semester
5. **The proposed number of hours:** 20h
6. **Syllabus**

Practical exercise: N.A.P. for improving dynamic foot stability. Breathing techniques. Pilates method in sports medicine. Credit with grade: student prepare exercise outline, present and perform with o group of course participants one special technique applied in spor medicine.

7. **Learning outcomes:**

Knowledge: Student knows main principles of selected special techniques applied in sport's medicine.

Skills: Student is able to plan and carry out special techniques.

Social competence: Student is able to take care of the ergonomics of his body and provide instruction regarding proper body posture.

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, N.A.P. therapy Instructor
11. **Conditions of the course:** first and second degree studies, students have sports clothes and shoes
12. **ECTS:** 4 points
13. 20 h can be run on-line