

Vibration therapy and training

1. **Course name:** Vibration therapy and 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:** 20 h

6. **Syllabus:**

Pre-requisites: Student wears sports clothes and shoes/swimming suits and cap if classes are at the swimming pool

Content: Indications and contraindications to physical training with the use of vibration: vibration platform, flexibar, Smovey, manual vibration. Vibration therapy using various Vitberg modules (spine, legs, knees, feet, neck): relaxation and influence on tissue metabolism. Credit - overview of 1 scientific article on vibration training / vibration therapy.

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:** a group of max. 15 persons, gymnastic hall, sports clothes and shoes are required, swimming suits, caps, flip-flops

12. **ETCS:** 4

13. 6 h can be run on-line