

UNIVERSITY OF PHYSICAL EDUCATION IN KRAKOW

BODYART & stretching

1. Course title: **BODYART & stretching**
2. Type of the course: **exercise classes**
3. Form of evaluation: **course attendance and evaluation of basic BODYART and stretching positions (description in English and demonstration - given mark)**
4. Semester: I (winter)
5. Recommended amount of hours: **20**

6. Syllabus:

The course offers practical classes of BODYART, which is a functional training combining classical training positions, various breathing techniques and a strong influence from Yin and Yang philosophy. The priority of BODYART training is treating the human body as a functional unit. To ensure its correct functioning, each BODYART session focuses on strength, flexibility and stability with the ultimate aim to create a body that performs more efficiently in everyday life. In contrast to classical power training, which focuses on individual muscles, all BODYART exercises and positions train various muscle groups at once. The selective choice of the BODYART exercises is designed to break the incorrect movement habits and positively influence the posture. BODYART allows greater body awareness and elevates energy levels, leaving a person calm and relaxed but energised at the same time. Each BODYART training session ends with 30 minutes stretching exercises to ensure more flexible muscles.

7. Learning outcomes: Knowledge: Student is able to explain what functional training is about. Skills: Student is able to describe and demonstrate the basic positions in BODYART and stretching.

8. Studies: BA or MA (I or II)

9. The unit implements the subject: **Department of Recreology and Biological Regeneration**

10. Instructor: **dr Anna Tyka**

11. Teaching conditions: group - max 24 students

12. Recommended credit points: **4**

13. Online classes possibility - all, if necessary.