

1. **Course:** Face modeling and posture control training.
2. **Type of classes:** practical classes
3. **Assessment:** grade
4. **Semester in which classes will be conducted:** winter semester
5. **The proposed number of hours:** 20
6. **Syllabus**

Pre-requisites: Student has knowledge of human anatomy and physiology and has no contraindications to participate in practical classes in the field of manual techniques on the face and neck.

Content: Posture control training - basic exercises. Releasing tension from the head and neck area - self-training techniques. Manual massage, vacuum massage and with the use of a jade plate, Gua Sha comb and rollers in the area of face, neck, arms and décolletage. Practical assessment: presentation of 1 posture control self-training technique and 1 manual facial modeling technique.

7. **Learning outcomes:** Student knows knowledge and skills about posture control training and face modeling. The student is able to ensure safety and hygiene during posture control training and manual face modeling.
8. **Qualifications:** first and second degree studies
9. **Organisational unit of a course:** Department of Adapted Physical Activity and Sport, Faculty of Motor Rehabilitation.
10. **Person responsible for the subject:** Sylwia Mętel PhD, PT
11. **Terms and conditions of the course:** a group (max. 14 persons)
12. **Proposed number of ETCS:** 4
13. **10h** can be run on-line