

Special Techniques in Sports Medicine

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. therapy for improving dynamic foot stability and the treatment of shoulder injuries. Pilates method in sports medicine. Credit with grade: student present and perform with a group of course participants one practical N.A.P. therapy exercise or exercise with the use of Pilates technique.
7. **Learning outcomes:**

Knowledge: Student knows main principles of N.A.P. therapy and Pilates techniques

Skills: Student is able to plan and carry out selected treatment techniques with N.A.P. therapy and the Pilates method

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