

UNIVERSITY OF PHYSICAL EDUCATION IN KRAKOW

Relaxation methods

1. Course title: **Relaxation methods**
2. Type of the course: **theoretical and practical classes**
3. Form of evaluation: **course attendance and the ability to present one chosen relaxation method - given mark**
4. Recommended amount of hours: **20**
5. Semester: II (summer)
6. Syllabus:
The concept of stress and its types. Introduction to relaxation techniques. Schultz autogenic training. Jacobson progressive relaxation procedure. Breathing techniques. Stretching as a relaxation method. Visualisation. Makko Ho exercises. Stretching and relaxation in pairs. Fascia automassage on foam roller and with small ball.
7. Learning outcome:
Knowledge: Student knows the influence of stress on human body and the use of relaxation techniques. Skills: Student is able to present chosen relaxation technique.
8. Studies: BA or MA
9. The unit implements the subject: **Department of Recreationology 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.