

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, explanation why we need them. Schultz autogenic training. Jacobson progressive relaxation procedure. Breathing techniques. The elements of meditation. Relaxation with using mantra and zephyr. Stretching as a relaxation method. Visualisation. Makko Ho exercises. Stretching and relaxation in pairs. Fascia automassage on foam roller and with small ball. Yoga Nidra.
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 Recreation 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.