

1. **Course name:** Sensomotoric training
2. **Type of course:** practical activities
3. **Assessment:** grade
4. **Semester in which classes will be conducted:** summer semester
5. **The proposed number of hours:** 20 h

6. **Syllabus:**

Sensomotoric training - introduction. Posture and motor control. Exercises using sensory tools. Vestibular system, vision, proprioceptive, hearing, smell, taste, tactile stimulation while motor behavior. Practical demonstration and conduction of 1 sensomotoric exercise.

7. **Learning outcomes:**

Knowledge: The student has knowledge of motor control and neuromuscular coordination.

Skills: The student is able to perform and to plan and conduct individual and group sensorimotor exercise.

Social competence: The student is able to take care of his own safety and exercising people during performing sensorimotor exercises.

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

11. **Terms and conditions of the course:** gymnastic hall equipped with sensorimotor accessories, sports clothes and shoes are required.

12. **ETCS:** 4

13. **10 h** can be run on-line

