

## Information sheet for the course Recovery-Relaxation exercises

<b>University:</b> <i>Alexander Dubček University of Trenčín</i>	
<b>Faculty:</b> <i>Faculty of Health Care</i>	
<b>Course unit code:</b> <i>RRC/d</i>	<b>Course unit title:</b> <i>Recovery-Relaxation exercises</i>
<b>Type of course unit:</b> <i>compulsory</i>	
<b>Planned types, learning activities and teaching methods:</b> <i>Lecture: 2 hours weekly/26 hours per semester of study; full-time</i> <i>Supervised practical output: 2 hours weekly/26 hours per semester of study;</i>	
<b>Number of credits:</b> <i>1</i>	
<b>Recommended semester:</b> <i>3<sup>rd</sup> semester in the 2<sup>nd</sup> year (full-time)</i>	
<b>Degree of study:</b> <i>I (bachelor)</i>	
<b>Course prerequisites:</b> <i>none</i>	
<b>Assessment methods:</b> <i>The student will get 50 points per semester:</i> <i>-Active participation</i> <i>-Handing in a seminar work about a certain topic and its presentation in Power Point (25 p)</i> <i>- Test (25 p)</i> <i>For receiving a grade A the student must get at least 47 points, for B at least 43 points, for C at 39 points, for D at least 35 points and finally for E at least 30 points.</i>	
<b>Learning outcomes of the course unit:</b> <i>By attending the course Recovery-Relaxation exercises, the student will be able to use the appropriate forms of unfastening exercises in the frame of disease prevention of those disease that do not touch only somatic functions but also psychical. He will be able to use in practice breathing exercises, yoga exercises with unfastening impact, Schultz's autogenous training, Jacobson's relaxation and he know basics and principles of relaxation of muscles. He will know the primary division of relaxation techniques and he knows how to correctly apply them not only on patients with movement deficiencies but also in the fields of psychiatry as well as work and sport rehabilitation.</i>	
<b>Course contents:</b> <ol style="list-style-type: none"> <li><i>1. Introduction to the course (definitions and principles of the relaxation, regeneration and their importance)</i></li> <li><i>2. Relaxation techniques (basic division: passive active form, whole and local form)</i></li> <li><i>3. Passive relaxation (sleep, aromatherapy, fytotherapy, music therapy, acupuncture, strength of the colors...)</i></li> <li><i>4. Active relaxation (positional and movement relaxation)</i></li> <li><i>5. Schultz's autogenous training</i></li> <li><i>6. Jacobson's relaxation</i></li> <li><i>7. Yoga exercises</i></li> <li><i>8. Breathing unfastening exercises</i></li> <li><i>9. Psychological hygiene, coping with stress using relaxation techniques</i></li> <li><i>10. Using relaxation techniques to cure muscular tension, pain and fear</i></li> <li><i>11. Relaxation techniques and their use in physiotherapy (postisometric and anitgravity muscle relaxation physical therapy with a releasing effect, relaxation with medicaments)</i></li> <li><i>12. Relaxation technique in the working environment</i></li> <li><i>13. Relaxation techniques and their use in sport.</i></li> </ol>	
<b>Recommended of required reading:</b> <i>1. WILSON, P. 2011. Základná kniha relaxačných techník. Z anglického originálu: Instant</i>	

*Calm*, Pengium Books, Harmondsworth, 1995, preložil J. Straka, Levné knihy, a.s., 2011, ISBN 978-80-7309-922-0.

2. LEWIT, K. 2003. *Manipulační léčba. Sdělovací technika*, Česká lékařská společnost J. E. Purkyně, 2003, ISBN 8086645045.
3. HAŠTO, J. 2006. *Autogénny tréning*. Vydavatel'stvo F, 2006, ISBN 8088952409.
4. KOLEKTÍV AUTOROV. 2008. *Autogenní trénink – cesty k vyrovnanosti a uvolnění*. Preložil M. Babor, Svojtka & Company, s.r.o., 2008, ISBN 978-80-7352-818-8.
5. KOCIOVÁ, K. 2013. *Základy fyzioterapie*. Osveta, 2013, ISBN 978-80-8063-389-9.
6. ZYLLA, A., MIEßNER, W. 2010. *Jóga – krátke cvičení pro každý den*. Praha, Grada, 2010, ISBN 978-80-247-3036-3, 2010
7. KOLEKTÍV AUTOROV. 2008. *Wellness z Asie – Harmonie těla a duše*, Svojtka & Company, s.r.o., 2008, ISBN 978-80-7352-885-0.
8. GURSKÝ, K., a kol. 2008. *Šport a pohybová aktivita v prevencii a liečbe*. Prešovská univerzita v Prešove, 2008, ISBN 978-80-8068-822-6.

**Language:** Slovak

**Remarks:**

**Evaluation history:** *Number of evaluated students*

A	B	C	D	E	FX

**Lectures:**

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**Last modification:** 22.04.2014

**Supervisor:** *doc. MUDr. Juraj Čelko, PhD.*