

Course Unit	Exercise and Body Posture		Field of study	Sports Sciences	
Bachelor in	Music		School	School of Education	
Academic Year	2017/2018	Year of study	1	Level	1-1
Type	Semestral	Semester	1	ECTS credits	4.0
Code	9214-360-1101-00-17				
Workload (hours)	108	Contact hours	T 5	TP 40	PL -
			TC -	S -	E -
			OT -	O -	

T - Lectures; TP - Lectures and problem-solving; PL - Problem-solving, project or laboratory; TC - Fieldwork; S - Seminar; E - Placement; OT - Tutorial; O - Other

Name(s) of lecturer(s) José Augusto Afonso Bragada

Learning outcomes and competences

At the end of the course unit the learner is expected to be able to:

1. Shows basic knowledge about neuromechanical process and its relationship with voluntary movement and body posture
2. Understands the important role of appropriate body posture in professional routines (as a musician) and daily life activities
3. Presents appropriate segmental body alignment during professional activities and daily routines
4. It is able to identify inappropriate or pathological segmental body alignments
5. It is able to identify factors related to injuries in musicians due to body posture
6. It is able to identify symptoms of common chronic injuries in musicians
7. It is able to analyse, select and adopt appropriate data to develop body posture program's
8. Develops basic exercise program's to increase and prevent injuries related to body posture

Prerequisites

Before the course unit the learner is expected to be able to:

1. Speak portuguese and/or english
2. Informatic knowledge
3. Background in musical activities

Course contents

Human movement; Body posture activities as a primary and secondary injury prevention.

Course contents (extended version)

- contents:

- 1. Human movement; physical activity; physical exercise
- 2. Body posture, definitions and terminology
- 3. Development of exercise sessions for the perception and improving body posture
- 4. Biological principles and teaching session of physical exercise
- 5. Conditional and coordinative capacities
- 6. Sessions of strength and flexibility training to improve posture
- 7. Identification of pathological alignments; Prevention and Rehabilitation
- 8. Motor learning, motor control, balance and stability

Recommended reading

1. Conable (1995): How to Learn the Alexander Technique: A Manual for Students. Andover Press
2. Frontera, W. (1999): Exercise in Reahabilitation Medicine. Human Kinetics
3. Hamill, J. e Knutzen, K. (1999): Bases do movimento humano. Manole
4. Siller, B. (2005): Your Ultimate Pilates Body Challenge: At the Gym, on the Mat, and on the Move. Broadway
5. Kaene, S. (2005): Health Series: Pilates for Core Strength. Spiral edition

Teaching and learning methods

Theoretical classes: lectures and presentation of multimedia contents; research; analysis of scientific data. Theoretical and practice classes: development and application of exercise programs to maintain or increase body posture; application of tests to identify typical musicians injuries.

Assessment methods

1. Continuous evaluation - (Regular, Student Worker) (Final)
 - Intermediate Written Test - 50% (Written test)
 - Presentations - 50% (Theoretical-practical works)
2. Final exam (100%) - (Regular, Student Worker) (Supplementary, Special)

Language of instruction

1. Portuguese
2. English

Electronic validation

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27-09-2017	27-09-2017	01-10-2017	02-10-2017