



Study Plan

School: School of Health and Human Development

Degree: Bachelor

Course: Psychomotor Rehabilitation (cód. 620)

1st Year - 1st Semester

Component code	Name	Scientific Area Field	ECTS	Duration	Hours
DES10646L	Human Functional Anatomy	Biological Sciences	6	Semester	156
PSI11115L	Psychology and Corporeity	Psychology	6	Semester	156
DES10656L	Motor Development	Human Kinetics	3	Semester	78
PSI11088L	Infancy Development Psychology	Psychology	6	Semester	156
DES12081L	Psicomotricity I	Human Kinetics	6	Semester	156
DES10658L	Introduction to Neuroscience	Human Kinetics	3	Semester	78

1st Year - 2nd Semester

Component code	Name	Scientific Area Field	ECTS	Duration	Hours
PSI12082L	Developmental Psychopatology	Psychology	6	Semester	156
DES10661L	Motor Control and Learning	Human Kinetics	6	Semester	156
DES12083L	Analysis of the Psychomotor Educational Praticce	Human Kinetics	3	Semester	78
PSI11092L	Psychology of Development in Adolescence, Adulthood and Old Age	Psychology	6	Semester	156
DES12084L	Psicomotricity II	Human Kinetics	6	Semester	156

Group of Options

Component code	Name	Scientific Area Field	ECTS	Duration	Hours
DES12099L	Hypotherapy	*** TRANSLATE ME: Exercício e Saúde ***	3	Semester	78
DES12100L	Hydrotherapy	*** TRANSLATE ME: Exercício e Saúde ***	3	Semester	78
DES10686L	Postural Re-education Techniques	Human Kinetics	3	Semester	78
ARC02663L	Introduction to Dramatherapy	Drama, Education and Community	3	Semester	78

2nd Year - 3rd Semester

Component code	Name	Scientific Area Field	ECTS	Duration	Hours
PSI11107L	Psychopathology	Psychology	6	Semester	156
DES10655L	Kinanthropometry	Human Kinetics	6	Semester	156



2nd Year - 3rd Semester

Component code	Name	Scientific Area Field	ECTS	Duration	Hours
ENF12085L	Psychiatric and Mental Health	Nursing	3	Semester	78
DES12086L	Psicomotricity III	Human Kinetics	6	Semester	156
DES12088L	Methods and Assessment Tools	Human Kinetics	3	Semester	78
FIL12089L	Bioethics in Rehabilitation	Philosophy	3	Semester	78

Group of Options

Component code	Name	Scientific Area Field	ECTS	Duration	Hours
DES12099L	Hypotherapy	*** TRANSLATE ME: Exercício e Saúde ***	3	Semester	78
DES12100L	Hydrotherapy	*** TRANSLATE ME: Exercício e Saúde ***	3	Semester	78
DES10686L	Postural Re-education Techniques	Human Kinetics	3	Semester	78
ARC02663L	Introduction to Dramatherapy	Drama, Education and Community	3	Semester	78

2nd Year - 4th Semester

Component code	Name	Scientific Area Field	ECTS	Duration	Hours
DES10670L	Movement-Biomechanical Analysis	Human Kinetics	6	Semester	156
DES10650L	Physiological Basis of Physical Activity	*** TRANSLATE ME: Exercício e Saúde ***	3	Semester	78
DES12091L	Body Mediation Techniques	Human Kinetics	3	Semester	78
DES12087L	Psichomotricity IV	Human Kinetics	6	Semester	156
DES10671L	Adapted Physical Activity	*** TRANSLATE ME: Exercício e Saúde ***	3	Semester	78
ENF12092L	Functional Rehabilitation	Nursing	3	Semester	78
DES12093L	Geronto Motricity	Human Kinetics	3	Semester	78

Group of Options

Component code	Name	Scientific Area Field	ECTS	Duration	Hours
DES12099L	Hypotherapy	*** TRANSLATE ME: Exercício e Saúde ***	3	Semester	78
DES12100L	Hydrotherapy	*** TRANSLATE ME: Exercício e Saúde ***	3	Semester	78
DES10686L	Postural Re-education Techniques	Human Kinetics	3	Semester	78
ARC02663L	Introduction to Dramatherapy	Drama, Education and Community	3	Semester	78



3rd Year - 5th Semester

Component code	Name	Scientific Area Field	ECTS	Duration	Hours
DES10668L	Introduction to Research Methods in Human Kinetics	Human Kinetics	3	Semester	78
PSI12094L	Inclusion and Specific Educational Needs	Psychology	6	Semester	156
DES12095L	Relaxation Methods	Human Kinetics	3	Semester	78
PSI12096L	Introduction to Expressive Therapies	Psychology	6	Semester	156
DES12097L	Supervised Psychomotor Practice I	Human Kinetics	6	Semester	156
DES12098L	* Supervised Psychomotor Practice II	Human Kinetics	30	Semester	780

Group of Options

Component code	Name	Scientific Area Field	ECTS	Duration	Hours
PSI11122L	Early Intervention	Psychology	6	Semester	156
PSI11102L	Neuropsychology	Psychology	6	Semester	156

3rd Year - 6th Semester

Component code	Name	Scientific Area Field	ECTS	Duration	Hours
DES12098L	Supervised Psychomotor Practice II	Human Kinetics	30	Semester	780
DES12097L	* Supervised Psychomotor Practice I	Human Kinetics	6	Semester	156

Conditions for obtaining the Degree:

*** TRANSLATE ME: Para obtenção do grau de licenciado em Reabilitação Psicomotora é necessário obter aprovação a 165 ECTS em unidades curriculares obrigatórias e 15 ECTS em unidades curriculares

optativas, distribuídas da seguinte forma:

1^o Ano

1^o Semestre:

6 UC Obrigatórias num total de 30 ECTS

2^o Semestre

5 UC Obrigatórias num total de 27 ECTS

1 UC Optativa (área científica MH/ES/TEC) num total de 3 ECTS

2^o Ano

3^o Semestre

6 UC Obrigatórias num total de 27 ECTS

1 UC Optativa (área científica MH/ES/TEC) num total de 3 ECTS

4^o Semestre

7 UC Obrigatórias num total de 27 ECTS

1 UC Optativa (área científica MH/ES/TEC) num total de 3 ECTS

3^o Ano

5^o Semestre

5 UC Obrigatórias num total de 24 ECTS

1 UC Optativa (área científica Psic) num total de 6 ECTS

6^o Semestre

1 UC Obrigatória num total de 30 ECTS ***

Program Contents



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Human Functional Anatomy (DES10646L)

1. Human Anatomy and Anatomical Terminology
2. The Human Body
 - a. Body Proportions and Regions
 - b. Location and Direction Terms
 - c. Anatomical Positions and Plans
 - d. Rotation and Motion Axes
3. Basic Histology
 - a. Body Tissues
 - b. Connective Tissue
4. Bones and Joints
 - a. Bone Structures and the Human Skeleton
 - b. Classification and Joint Mechanics
5. The Muscles
 - a. The Skeletal Muscle: its Morphology and Function
 - b. Muscle Terminology and Muscle Assist Mechanisms
6. The Axial Skeleton
 - a. Osteology, Arthrology and Myology
 - b. The Neurovascular System
 - c. Surface or Topographic Anatomy
7. Appendicular Skeleton: Scapular Waist and Upper Limb
 - a. Osteology, Arthrology and Myology
 - b. The Neurovascular System
 - c. Surface or Topographic Anatomy
8. Appendicular Skeleton: Pelvic Girdle and Lower Limb
 - a. Osteology, Arthrology and Myology
 - b. The Neurovascular System
 - c. Surface or Topographic Anatomy

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Psychology and Corporeity (PSI11115L)

- 1- Introduction: A look at the Body
 - 1.1. Historical and (multi) cultural perspective
 - 1.2. The Body in Psychology
- 2- Corporeity
 - 2.1. Own body and lived body
 - 2.2. The phenomenological experience of the moving body
 - 2.3. Body and Identity
- 3 - The Symbolic and Significant Body
 - 3.1. Body and Emotion
 - 3.2. Body and Relationship
 - 3.3. Body and Expression
 - 3.4. Body Image
- 4 - Body Language and Non-verbal Communication
 - 4.1. Body language characteristics
 - 4.2. Dynamics and parameters of non-verbal communication
 - 4.3. Communication channels
- 5 - Corporeity and illness
- 6 - Body and Therapeutic Processes
 - 6.1. The Body in therapy and the therapy of the Body
 - 6.2. Interventions of body mediation



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Motor Development (DES10656L)

- Fundamental concepts: growth, maturation, learning, adaptation and development
- Theoretical perspectives: Maturational, normative-descriptive, informational and ecological/dynamic perspectives
- Development of body systems
Muscular, skeletal, adipose and nervous systems
- Development of motor skills
Reflex and spontaneous movements
Rudimentary and fundamental motor skills
- Socio-cultural constraints in MD
Significant people and social contexts
Playing
- Relationships between physical activity, motor skills and health
Tracking of variables through development
- Relationship between motor and cognitive development
- MD and aging
Functional physical fitness
Balance and mobility
Physical activity and cognitive functioning
- Developmental programs in the field of MD in different contexts and ages
- MD assessment
Norm- and criterion-referenced
Validity and reliability
Graphical representation (growth curves)
Study designs and types
Test of gross motor development
KTK Test

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Infancy Development Psychology (PSI11088L)

1. The Psychology of Development in the framework of the scientific Psychology
 - Perspective of Developmental Psychology
 - Factors, processes and contexts of development
2. Prenatal Development and the Newborn Child
 - Conception, Pregnancy and Parenting
 - The neonatal period and the newborn
 - Early relationship and attachment
3. Cognitive Development
 - Theories and models of cognitive development
 - Stages of cognitive development in childhood and adolescence
 - Socio-cognitive and moral development
4. Socio-affective development
 - Social experiences in the first years of life: the baby and the family
 - Psychodynamic perspectives on child and adolescent development
 - Development of autonomy
 - Developing awareness of self and others
5. The child as a unit
 - Ecological development perspectives
 - The child and his expressions
 - Observation and evaluation of child development



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Psicomotricity I (DES12081L)

- Historical background of psychomotricity.
- Neurological Foundations of psychomotricity.
- Psychological Foundations of psychomotricity.
- The concept and purpose of psychomotricity.
- A psycho-pedagogical approach and the influence of neuropsychiatry in "psychomotor field."
- Psychomotor Assessment (BPM Vitor da Fonseca).
- The functions of the human brain of Luria.
- The psychomotor factors.
- Psychomotor profile.
- The psychomotor report.
- Plan the psychomotor intervention.
- Spontaneous, symbolic and sensorimotor Game: use of different materials for the development of praxis, empathy, cooperation, respect, communication, and self-knowledge.

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Introduction to Neuroscience (DES10658L)

Anatomical and functional organization of the nervous system (micro and macro)

Organizational principles that govern the structure and functioning of the nervous system (micro and macro).

Morphology and physiological processes of functioning of nerve cells

The nerve stimulus

Reception, transduction, transmission and processing of stimulus.

Process and transmission of information for performance (motor or otherwise)

Anatomy, organization and morphology of the different constituents of the central nervous system to perform their specific functions

Specific sensory reception

Structuring, planning and motor control

Emotion, cognition and motor action

Cognition and emotion in motor activities

Embodied cognition

Higher cortical functions, language and motor skills



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Developmental Psychopatology (PSI12082L)

I.- Introduction

1. Introduction to normal and abnormal behavior in children and adolescents.
2. Theoretical approaches.
3. Evaluation, diagnosis and treatment.

II.- Developmental and learning disorders

4. Intellectual disability .
5. Autism spectrum disorders.
6. Communication and learning disorders.

III.- Behavioral disorders

7. Attention-deficit/ hyperactivity disorder.
8. Conduct problems.

IV.- Emotional disorders

9. Anxiety disorders.
10. Mood disorders.

V.- Problems related to physical and mental health

11. Health-related and substance use disorders.
12. Eating disorders.
13. Child maltreatment.
14. Victimization.

PRACTICAL PART

- I. Intervention strategies with exceptional children.
- II. Diagnosis and evaluation.
- III. Behavioral treatment

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Motor Control and Learning (DES10661L)

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Analysis of the Psychomotor Educational Practice (DES12083L)

- a. Psychomotricity at school according to João dos Santos, Bernard Aucouturier, André Lapierre, and Pedro Onofre
- b. Teaching-learning process
- c. Pedagogical effectiveness factors
- d. Intervention strategies
- e. Psychomotor intervention model
- f. Introduction to planning
- g. General, specific, and operational objectives
- h. Introduction to psychomotor observation
- i. Aball - intervention program

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Psychology of Development in Adolescence, Adulthood and Old Age (PSI11092L)



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Psicomotricity II (DES12084L)

1. Simplifying thinking versus complex thinking, as a basis for understanding psychomotricity to be a double negation (not just function, not just relationship);
2. The theoretical concepts that underlie psychomotor praxis: emotional and tonic dialogue, body and game in relationship, symbolic partner, psychomotor expressiveness, sensoriality, verticality, narcissize the body, the psychomotor holding, Ego-skin, psychocorporal envelope, inhabit the body ;
3. The three fundamental axes of psychomotor thinking: (i) tone, space and time, (ii) body scheme, (iii) body image;
4. Body image composites and their applicability in psychomotor praxis;
5. The real body, the imaginary body and the symbolic body, as a guiding triad in the applicability of psychomotor praxis;
6. Aspects associated with body involvement in a therapeutic relationship;
7. Psychocorporal activities through bodily experiences, spontaneous activities and psychomotor games.

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Hypotherapy (DES12099L)

- 1-The Special Riding
Structuring Concepts
Historical Perspective
Different uses of horse riding
- 2-Benefits of riding in the education and development of children with disabilities
- 3-Riding as support for school learning - Concepts and Nomenclature
- 4-The Horse and the Special Riding
- 5-Special Riding
- 6 -Special Riding the Third Age
- 7-Overview of Current Special Riding in Portugal
- 8-Professional Horizons (training, certification and professional career in some EU countries)
- 9-Future outlook for special riding in Portugal
- 10-Curiosity and specific behavioral characteristics of horses
- 11-Training approach and handling of the field
- 12-Rules and methodology hygiene horse.
- 13-Basic Principles of the work to the long tab
- 14-equip with blanket and cilhão tipping
- 15-Classification of harness torso and head
- 16-Working hand driving with and without mounted knight, for perception of variation of tempos
- 17-Practice the introduction to riding simulation and therapy sessions

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Hydrotherapy (DES12100L)

- Presentation of the syllabus;
- Introduction to aquatic rehabilitation;
 - Physical principles of water;
 - Physiological effects of immersion;
 - Therapeutic effects of immersion;
 - Psychological effects of immersion;
 - Rating therapy pool;
 - Exercise Equipment in the aquatic environment;
 - Understanding psychomotor rehabilitation technique in hydrotherapy;
 - Architecture of the pool and its special functional.



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Postural Re-education Techniques (DES10686L)

- I. Basic Anatomy of Posture
 - 1. Osteology and Myology
 - 1.1. Spine and upper and lower limbs
 - 1.2. Joint movements
 - 1.3. Types of muscle contraction
 - 1.4. Role of agonists, antagonists and synergists
 - 1.5. Muscular balance
 - 1.6. Work on strength and flexibility
 - 1.7. Pelvic and scapular stability
 - 2. Postural alignment and postural assessment
 - 2.1. Ideal posture
 - 2.2. Methods of assessing posture
- II. Pathologies and prescription in Postural Reeducation
 - 1. Pathologies of postural alignment
 - 1.1. Pathologies of the spine
 - 1.2. Pathologies of the lower limbs
 - 2. Prescription of exercise for postural disorders
 - 2.1. Theoretical study of postural reeducation techniques
 - 2.2. Planning and teaching sessions
 - 3. Experience of postural reeducation techniques

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Introduction to Dramatherapy (ARC02663L)

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Psychopathology (PSI11107L)

PART 1 - Psychopathology: Subject of Study, Concepts, Methods and Semiology

- 1-Psychopathology as a discipline
- 2-Classification and diagnosis in psychopathology
- 3- Psychopathological semiology

PART II- Nosology: Description of Diagnostic Entities in Psychopathology

- 1- Schizophrenia and other Psychotic Disorders
- 2- Depressive Disorders and suicide
- 3- Bipolar Disorders
- 4- Anxiety Disorders
- 5- The Somatoform Disorders
- 6- Obsessive-compulsive disorder and related disorders
- 7- Trauma and Stressor-Related Disorders
- 8- Personality Disorders
- 9- Anorexia nervosa and Bulimia nervosa
- 10- Substance Related disorders
- 11- Other psychopathological disorders



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Kinanthropometry (DES10655L)

- I - Growth and Proportionality
- II - Sexual dimorphism
- III - Body composition
- IV - Morphology Typology
- V - Secular trends
- VI - Maturation
- VII - Body composition densitometry
- VIII - Somatotype

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Psychiatric and Mental Health (ENF12085L)

- Mental health in an ecological approach.
- Body language and psychiatric semiology.
- Taxonomies of mental disorders.
- The clinical, non-clinical and case studies.
- Presentation and interpretative analysis of psychotic behavior
- Presentation and interpretative analysis of somatoform behavior
- Presentation and interpretative analysis of behaviors anxiety and mood
- Clinical judgment and intervention proposals

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Psicomotricity III (DES12086L)

- Conceptual framework of psychomotor intervention within the therapeutic context
- Working in a multidisciplinary team
- The role of the psychomotor therapist in mental health
- Psychomotor intervention models
- Main pathologies sent to psychomotor intervention
- Therapeutic intervention in different psychopathologies

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Methods and Assessment Tools (DES12088L)

- 1. The assessment process
 - 1.1. Assumptions of the assessment process
 - 1.2. Critical aspects on the selection and application of assessment tools
- 2. The assessment in Psychomotricity
 - 2.1. Psychomotor Assessment Tools
 - 2.2. Child Development Assessment Tools
 - 2.3. Screening specific problems

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Bioethics in Rehabilitation (FIL12089L)

- 1 – Introduction to Bioethics. The relations between Ethics, Moral and Bioethics. Free will as condition of possibility of any Bioethics project. Introduction to a History of Ethics. From Biology to Philosophy: the limits between animal and human. Bioethics and Epistemology.
- 2 – Bioethics, Deontology and Professional Activities: Teaching, Researching, Paramedical Activities.
- 3 – Some Contemporary Bioethical Problems: abortion, cloning, euthanasia, animal rights.



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Movement-Biomechanical Analysis (DES10670L)

Kinematic analysis using video.

- Linear and Angular Kinematics
- Coordinate System
- Position, Velocity and acceleration
- analytical method and numerical calculation
- direct measurement techniques (accelerometry, goniometry).
- Instrumentation and Methodology used in the analysis Kinematics through video.
- Procurement procedures.
- Estimation of error data processing.
- Accuracy, consistency, validity and noise.
- Two-dimensional and three-dimensional analysis.
- Procedures for calculation.
- Analysis two-dimensional and three-dimensional analysis.
- Instrumentation, software and calculation procedures for kinematic analysis.

Analysis of Musculoskeletal loading.

- Linear and Angular Kinetics
- Newton's Laws
- Impulse, Work and Power
- Moment of Inertia, and Angular Moment and Torque
- Mechanical Work, Energy and Muscle Power
- Methods and instrumentation for kinetic analysis.
- Direct measurement of forces (Dinamografia - Platform Forces, Isokinetic).
- Application of the platform in motion analysis.
- Analysis and interpretation of data obtained.
- Synchronization between kinematic and kinetic data.
- Differences between Centre of mass (CoM) and Centre of pressure (CoP).
- Methods of calculating the load on the Musculoskeletal System.
- Muscle forces in inverse dynamics.
- Mechanical Work, energy and power.
- Causes of Muscular inefficiency.
- Calculation of internal work and external work.
- Instrumentation, software and calculation procedures for kinematic analysis.

Biomechanics and Motor Control.

- Posture.
- Posture Control.
- Methods and Cinematic and Kinetic analysis of posture.
- Centre of Pressure (CoP)
- Importance of the analysis of CoP sway to the study postural control.
- Variability and movement.
- Analysis of the variability in a time series.
- Non linear parameters used in the analysis of the movement.
- Mathematical models of sporting movements.
- Simulation, optimization and sensitivity analysis.
- Instrumentation, software and calculation procedures for the analysis of time series.
- Use of nonlinear methods to study time series collected.

Muscle Mechanics.

- Mechanical properties of skeletal muscle.
- Characteristics of the relationship between muscle length and strength, force - speed.
- Muscular Efficiency.
- Fundamentals of Mechanics of materials.
- Injury and Biomechanics.
- Surface Electromyography (EMG) and Biomechanics.
- Procurement procedures.
- Processing and analysis of data obtained.
- Processing time domain and frequency domain.
- Using EMG to estimate muscle strength.
- Collection, processing, and data for use in group work.



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Physiological Basis of Physical Activity (DES10650L)

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Body Mediation Techniques (DES12091L)

1. Theoretical constructs on body oriented techniques
 - 1.1. Body and Relationship
 - 1.2. Body oriented techniques and Tonus
 - 1.3. Tonic Dialogue
 - 1.4. Body oriented techniques and Body Awareness
2. Body and Emotional Expression
3. Body Awareness
4. Breathing
5. Meditation Techniques
6. Therapeutic Touch
 - 6.1. Massage in Psychomotor Therapy

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Psichomotricity IV (DES12087L)

1. Occupational Activities Centres
 - 1.1. Characterization of the Institution
 - 1.2. Major diseases, their characteristics;
 - 1.3. Specifics of the intervention
 - 1.4. Key techniques and models of therapeutic action and rehabilitation
2. Resource Centres for Inclusion
 - 2.1. Characterization of the Institution
 - 2.2. Major diseases, their characteristics;
 - 2.3. Specifics of the intervention
 - 2.4. Key techniques and models of therapeutic action and rehabilitation

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Adapted Physical Activity (DES10671L)

1. WHO Concepts
2. Placement of the AFA
3. Special Educational Needs (SEN)
4. Disability specific legislation
5. Paralympics Games
6. Deficiencies and diseases / chronic conditions
7. Physical Education



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Functional Rehabilitation (ENF12092L)

1-Introduction to the discipline

2-Foundations of psychomotor rehabilitation: community resources; Team; Diagnose the situation.

International classification of disability; Problems of incapacity and disability;

3-Promotion of self-care and purely supplementary interventions; Communication with person with disability; Planning interventions;

4-Interventions relating to mobility AV: principles of Body Mechanics; Postures and Positions; Principles of passive and active joint Mobilization; Transfer and ambulation.

5-Assistance in breathing AV: respiratory training Exercises; Exercises to mobilize thorax; Cough; Intervention in obstructive and restrictive conditions.

6-AV-related Interventions to regulate particular aspects of psychomotor rehabilitation: (people who have suffered STROKE; Alzheimer's and Parkinson's diseases)

6.2-Particular aspects of rehabilitation of people who have suffered lower limb problems (arthrosis).

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Geronto Motricity (DES12093L)

AGING

Concept and demography

Associated changes

Gnostic-praxic body, cognition and identity

Frailty

Active aging

THERAPEUTIC INTERVENTIONS AND AGING

Recommendations for psychomotricist / older adults' interaction

Rationale and recommendations for the design of psychomotor interventions focusing on older adults.

Planning and elaboration of the therapeutic project

Primary, secondary and tertiary prevention

EVALUATION

Why, what, and how to evaluate

Gerontopsychomotor examination, other tests

How to interpret results and establish intervention priorities

PSYCHOMOTOR THERAPEUTIC INTERVENTIONS DESIGNED TO OLDER ADULTS

Therapeutic interventions designed to independent older adults

Therapeutic interventions designed to frail older adults

Therapeutic interventions designed to older adults y with neurocognitive disorders

FUNDAMENTAL PARAMETERS: ASSOCIATED CONCEPTS AND MECHANISMS

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Introduction to Research Methods in Human Kinetics (DES10668L)

1. Introduction to Human Motricity research.

2. Ethical issues in research and academic work.

3. Development of the study problem.

4. Research project.

5. Formulation of the method.

6. Writing and presentation of research work.

7. Introduction to statistical concepts.

8. Introduction to the Statistical Package for the Social Sciences (SPSS).



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Inclusion and Specific Educational Needs (PSI12094L)

1. INCLUSION AND SEN: THE PERSPECTIVE OF PSYCHOLOGY

- 1.1. Basic concepts: from the concept of disability to the concept of barriers to learning and participation
- 1.2. Models of intervention: from assistencialist models to biopsychosocial and functional models

2. LIFELONG INTERVENTION IN INCLUSIVE EDUCATION AND SEN

- 2.1. Human rights, rights of persons with disabilities, and national and international legislation
- 2.2. Early intervention and inclusion
- 2.3. Inclusive school, multilevel approach and universal design for learning
- 2.4. Inclusion in post-school life, lifelong learning and citizenship

3. PSYCHOPEDAGOGICAL AND PSYCHOMOTOR EVALUATION AND INTERVENTION IN CONTEXTS OF INCLUSIVE EDUCATION

- 3.1. Identification of the need for measures to support learning and inclusion
- 3.2. Resources to support learning and inclusion
- 3.3. Collaborative work in the context of multidisciplinary teams, with the family and the community

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Relaxation Methods (DES12095L)

PART I - Theoretical constructs on Relaxation methods

- 1. Relaxation response - physiological processes inherent to relaxation
 - Stress response
- 2. Effects on the psychomotor domain (interoception, proprioception, quinesia; tonus; tonic-emotional dialogue; body awareness)
 - Therapeutic indications
- 3. Effects on emotional awareness (emotional awareness; emotion regulation; self-esteem; self-efficacy)
 - Therapeutic Indications
- 4. Relaxation as a therapeutic approach

PARTE II - Relaxation Methods (methodological principals; therapeutic indications)

- 1. Visualization Techniques
- 2. Autogenic Training
- 3. Progressive Relaxation
- 5. Mindfulness
- 6. Eutonia of Gerda Alexander
- 7. Differences in the practice of relaxation with adults and children
- 8. Relaxation-concentration of Jacques Choque
- 9. Active-passive relaxation of Henry Wintrebert
- 10. Prescribing relaxation programs



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Introduction to Expressive Therapies (PSI12096L)

1- Theoretical Foundations of Expressive Therapies

1.1. Art and Expression

1.2. History aspects of Expression and Arts in Special Education, Rehabilitation and Therapy

1.3. Theoretical and Practical influences

2- Embodiment, Intersubjectivity and Symbolic Process -Imagination and creativity

3- Expression and Communication in Therapeutic Relationship

4- Principles and Practice of Expressive Therapies

4.1. Theoretical and Practical Models

4.2. Intervention Potentials

5- Conceptual and methodological aspects

5.1. Dance/Movement Therapy

5.2. Music Therapy

5.3. Drama Therapy

5.4. Art Therapy

5.5. Intermodal Expressive Arts Therapy

6- Expressive Therapies and Psychomotor Practice

7- Expressive Arts Workshops

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Supervised Psychomotor Practice I (DES12097L)

The contents addressed will be dependent on the kind of institution in which the internship is developed (i.e., intervention's scope and target population).

Nevertheless, the following contents are identical:

• Etiology, semiology and therapeutic of different pathologies;

• Psychomotor observation protocols;

• Psychomotor assessment protocols;

• Psychomotor therapeutic techniques – methodological principles.

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Supervised Psychomotor Practice II (DES12098L)

The syllabus will be approached differently depending on the internship institution type, activity scope and the target population.

The following syllabus are identical:

Population and typical pathologies in each activity field: education and/or re-education, rehabilitation and/or psychomotor therapy;

Planning and implementation of psychomotor assessment considering the patient/s and the institution specificities.

Elaboration of the therapeutic project based on scientific evidence;

Elaboration of the therapeutic project considering the field of action specificity;

Operationalization and implementation of the therapeutic project adapted to the patient/s and institution specificities;

Adequacy of psychomotor intervention techniques considering the patient/s and institution specificities;

Adequacy of the therapeutic project evaluation;

The psychomotricist in a multidisciplinary team;

The importance of connecting with the community;

Psychomotricist ethical and deontological principles.



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Early Intervention (PSI11122L)

1. Contextualization
 - 1.1 Definitions and objectives of Early Intervention;
 - 1.2 Levels of Intervention; Primary, secondary and tertiary Prevention. Pre, Peri and Post natal diagnostics. Diagnostic Levels.
 - 1.3 Risk factors and developmental disorders.
2. Early Intervention Process
 - 2.1 Intervention models
 - 2.2. Assessment and intervention planning.
 - 2.3. Intervention: child, family and community
3. Intervention Teams: conceptual models, supporting structures of the EI programs

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Neuropsychology (PSI11102L)

1. Neuropsychology: historical perspective and key concepts
2. Introducing the brain
 1. Structure and function of the neuron
 2. Brain organization and function
3. Methods and techniques in Neuropsychology
 1. Dissociations, associations, single case-studies and group studies
 2. Electrophysiological techniques (EEG and ERPs)
 3. Structural and functional imaging of the brain (PET and fMRI)
 4. Function inhibition (TMS)
 5. Integrating physiological and psychological findings
4. Neuropsychology of cognitive and emotional functions
 1. Attention and executive functions
 2. Visual recognition and space processing
 3. Memory
 4. Language
 5. Emotions
5. Brain lesions and neurological diseases