



## Study Plan

**School:** School of Sciences and Technology  
**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
ARC2663L	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
ENF12085L	Psychiatric and Mental Health	Nursing	3	Semester	78



### 2nd Year - 3rd Semester

Component code	Name	Scientific Area Field	ECTS	Duration	Hours
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
ARC2663L	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	Psicomotricity 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
ARC2663L	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

#### 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

### 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:

1º Ano

1º Semestre:

6 UC Obrigatórias num total de 30 ECTS

2º Semestre

5 UC Obrigatórias num total de 27 ECTS

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

2º Ano

3º Semestre

6 UC Obrigatórias num total de 27 ECTS

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

4º Semestre

7 UC Obrigatórias num total de 27 ECTS

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

3º Ano

5º Semestre

5 UC Obrigatórias num total de 24 ECTS

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

6º Semestre

1 UC Obrigatória num total de 30 ECTS \*\*\*

## Program Contents



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**Human Functional Anatomy (DES10646L)**

HISTORY OF HUMAN ANATOMY  
OVERVIEW OF THE HUMAN BODY  
HISTOLOGY: THE STUDY OF TISSUE  
BONES AND JOINTS  
The MUSCLE  
BLOOD VESSELS  
THE LYMPHATIC SYSTEM AND GLANDS  
GENERAL NEUROANATOMY  
THE BODY  
SUPERIOR STATE  
LOWER LIMB

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**Psychology and Corporeity (PSI11115L)**

1- Paradigms and concepts: a look on the Body  
1.1. Historical and multicultural perspective  
1.2. The Body in Psychology  
1.3. The phenomenological experience of the body in movement  
1.4. The Person - a unit in a Body  
2 - The symbolic and significant Body  
2.1. Body and Emotion  
2.2. Body and Relation  
2.3. Body and Expression  
2.4. Body Image  
3- Body's language and nonverbal communication  
3.1. The nonverbal communication's dynamics  
3.2. Characteristics of body's language  
4- Body and Pathology  
4.1. Body and physical disability  
4.2. Body and psychopathology  
4.3. The somatic expression  
5- Corporeity and therapeutic processes  
5.1. Body in therapy and therapy of the Body  
5.2. Interventions of corporal mediation



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### **Motor Development (DES10656L)**

1. Introduction to Motor Development
  - 1.1. Fundamental concepts
  - 1.2. Theoretical Perspectives
2. Growth and aging
  - 2.1 Development of organic systems
3. Development of motor skills
  - 3.1 Movements reflexes and spontaneous movements
  - 3.2. Rudimentary skills
  - 3.3. Core Skills
4. Perceptual-motor development
  - 4.1. Sensory and perceptual development
  - 4.2. Perception-action development
5. Constraints of Motor Development
  - 5.1. Socio-cultural Constraints
  - 5.2. Structural constraints
6. Motor Development and disability
  - 6.1. Down Syndrome
  - 6.2. Cerebral Palsy
7. The Motor Development in Aging
8. Secular trend and Motor Development
9. Valuation techniques in Motor Development
  - 9.1. Framework
  - 9.2. The Bruininks-Oseretsky Test
  - 9.3. Peabody Development Motor Scales
  - 9.4 KTK test
  - 9.5. Fitnessgram
  - 9.6. Test of Gross Motor Development
  - 9.7. Fullerton batteries for older people

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### **Infancy Development Psychology (PS111088L)**

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 Psychopathology (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)**

1. Motor learning
2. Performance measures: the variable product and process
3. Sensory receptors
4. Motor skills
5. Learning operations
6. Theories of Attention
7. Information theory
8. Memory
9. Models and Theories of learning
10. Theories of Motor Control
11. Phases of learning
12. Factors affecting the learning



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### **Analysis of the Psychomotor Educational Practice (DES12083L)**

I. Analyses of learning and teaching process

1. Pedagogical relationship;
2. Phases of learning and teaching process
3. Pedagogical success factors in the psychomotor intervention and in the Teaching of Physical Activity;
4. Pedagogical Intervention Techniques;
5. Efficient teaching.

II. Teaching strategies in Physical Activity and in Educational Psychomotricity

1. Styles of convergent and divergent teaching;

III. Defining objectives in Physical Activity;

IV. Evaluation in Physical Activity; V. Physical Activity planning;

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

1. ADOLESCENCE Introduction to the problem of adolescence. The Development of Puberty and Sexuality. Cognitive Development in Adolescence. The Socio-Affective Development and the Construction of Identity. Development contexts in adolescence (A group of family and friends, school and leisure spaces). Adolescence to Adulthood

2. THE OLD AND ADULTHOOD Introduction to the study of the development of adult and elderly. Cognitive development in adults and elderly. Aspects of the psychosocial development of adult and elderly. Risks of successful aging aging risks, opportunities and challenges of aging adaptive

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### **Psicomotricity II (DES12084L)**

The different approaches and concepts in psychoanalytic approach ok psychomotricity.

- The principles of action of psychomotor practice.
- The genesis of the ghosts of action and their development throughout childhood.
- The process of securing the anguish.
- The processes of tonic-emotional body via the decentration.
- The symbolic function in psychomotricity.
- The sync tonic-emotional empathic.
- The parameters of the motor expressiveness.
- The area of emotional security.
- The pleasure of movement and the pleasure of thinking.
- The motor expressiveness as dynamic symbolization.
- Test the Bruininks-Ozeretsky
- Test development 1st child of Pierre Vayer.
- Spontaneous, symbolic and sensorimotor Game.
- Listening to the motor expressiveness.
- The body and movement in relation as fundament of psychomotricity





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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 (ARC2663L)**

The nature of drama therapy. The Aristotelian catharsis.

Theoretical influences in drama therapy.

. "Therapy" and "therapeutic."

Play, drama and ritual.

From theater to dramatherapy.

Dance-drama

Therapeutic theater and dramatic rituals.

Introduction to the work of Carl Jung

Metaphor

Tales, myths and legends in the therapeutic process

Models in drama therapy (creative-expressive model of learning, insight psychotherapy model, model)

Factors relevant to assessment in drama therapy.

The uses of drama therapy with different populations.

Differences and similarities between drama and dramatherapy

The training of dramatherapists..

Techniques and skills

The role of dramatherapist.

Drama therapy and the client.

Problems most suitable for drama therapy..

Assessment in drama therapy.



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### **Psychopathology (PSI11107L)**

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

1.1-Psychopathology as a discipline

1.2-Classification and diagnosis in psychopathology

1.3- Psychopathological semiology

2 - Nosology: Description of Diagnostic Entities in Psychopathology

2.1-The Mood Disorders

2.2- Schizophrenia and other Psychotic Disorders

2.3-The Anxiety Disorders

2.4- The Somatoform Disorders

2.5-The Personality Disorders

2.6-The Impulse Control Disorders - the case of kleptomania

2.7- Anorexia and Bulimia

2.8-The Factitious Disorders

2.9- The Substance Related disorders

2.10- Some disorders of childhood and adolescence

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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)**

I-Pregnancy - Imagination, sensorial and Representation;

II- Body of sensations;

III- Relational dynamic concepts in Psychomotricity;

IV- From sensorial experience to Representation;

V-How to observe in Psychomotricity- Principles and Guidelines: Therapeutic Attitude; Observation -vs. Assessment -

VI-Observation and context; Observation - at day care, kindergarten or school; -Observation in hospital or private practice ;

VIII-Building the observational process (Anamnesis interview; Direct observation data; Undirect observation data); Background data on the ecological context Formal Assessment: Psychomotor Assessment Scales;

IX-Psychopathology and psychomotor indicators;

X- Disabilities and Psychomotor Indicators: Mental disabilities; Motor disabilities; Hearing Impairment; Visual Impairment

XI – Learning Disabilities and Psychomotor Indicators: Dyslexia; Dysgraphia; Dyscalculia

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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)**

1. Introduction: General and Cell Physiology
2. Water, electrolytes and acid base balance
3. Urinary System
  - a. Constituents, functions and physiological mechanisms
  - b. Urinary system and P.F.
4. Respiratory system
  - a. Constituents, functions and physiological mechanisms
  - b. Respiration and P.F.
5. Cardiovascular System
  - a. Constituents, functions and physiological mechanisms
  - b. Circulation
  - c. Electrical activity and heart contraction
  - d. P.F. and cardiovascular system
6. Digestive System
  - a. Constituents, functions and physiological mechanisms
  - b. Digestive system, nutrition and P.F.
7. Metabolism
  - a. Metabolism of nutrients, energy and P.F.
8. Musculoskeletal System
  - a. Nerve and Muscle
    - i. Membrane potential and action potential
    - ii. Neuromuscular transmission
    - iii. Muscular contraction
  - b. Bone
    - i. Formation, destruction and bone growth
    - ii. P.F. and the musculoskeletal system
9. Hormonal system
  - a. Constituents, functions and physiological mechanisms
  - b. The hormonal system and P.F.

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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)**

1. Biopsychosocial Aging

2. Changes associated with aging

Aging and Learning-

-Aging and Motor Control

-Aging and Cardiovascular Capacity

-Aging and Cardio-respiratory capacity

Aging-and Osteo-articular System

-Aging and Muscle Strength

-Aging and Sexuality

3. Specific disorders of aging (sensory, neurovegetative, neuromotor, cognitive, psychological)

4. Diseases associated with aging

Musculoskeletal-Disease

-Cardiovascular disease

-Hypertension

Respiratory-

-Metabolic Diseases

-Gastrointestinal

-Psychiatric disorders

Parkinson's and Alzheimer-

5. Psychomotricity Evaluation and Programming





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## **Introduction to Research Methods in Human Kinetics (DES10668L)**

- 1) Introduction to Research in physical activity
  - 1.1) Concept research
  - 1.2) The nature of research
  - 1.3) Steps of research
  - 1.4) The scientific method
  - 1.5) Types of studies
- 2) Development study problem
  - 2.1) Problem identification study
  - 2.2) Objectives of the literature review
  - 2.3) Basic strategies search of the literature
- 3) Research project
  - 3.1) Context
  - 3.2) Hypotheses
  - 3.3) Objectives
  - 3.4) Methods:
    - Type of Study
    - Local
    - Sample
    - Procedure (intervention, randomization, analysis)
  - 3.5) Organization of tasks
  - 3.6) List of materials needed
  - 3.7) Budget
  - 3.8) References
- 4) Formulation of the method
  - 4.1) Importance of planning method
  - 4.2) Description of subjects
  - 4.3) Description of instruments
  - 4.4) Description of procedures
  - 4.5) Description of tests
- 5) Questions ethical research and scholarly work
  - 5.1) Areas of scientific dishonesty
  - 5.2) Questions ethical issues related to copyright
  - 5.3) Protection of subjects
- 6) Writing and presentation of research
  - 6.1) Format thesis or dissertation
  - 6.2) Format scientific article
- 7) Introduction to concepts statist
  - 7.1) Importance of statistics
  - 7.2) Statistical Symbols
  - 7.3) Basic concepts of statistical techniques
- 8) Introduction to Statistical Package for Social Sciences (SPSS)
  - 8.1) Information on SPSS
  - 8.2) Introduce the variables
  - 8.3) Select the analysis procedure
  - 8.4) Result Screen
- 9) Conditions application of parametric tests
  - 9.1) Kolmogorov-Smirnov
  - 9.2) Shapiro-Wilk
  - 9.3) Test Levene
- 10) Parametric tests
  - 10.1) t-student test
  - 10.2) ANOVA
  - 10.3) MANOVA
- 11) Tests nonparametric
  - 11.1) Wilcoxon
  - 11.2) Mann-Whiney
  - 11.3) Friedman Test
  - 11.4) Krusal-Wallis Test
- 12) Factorial analysis



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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)**

#### **1. Theoretical constructs on Relaxation techniques**

- 1.1. Relaxation – acknowledge the tonic substrate
- 1.2. Relaxation – promoting emotional competence

##### **1.2.1. Emotional Awareness**

##### **1.2.2. Emotional Regulation**

##### **1.2.3. Alexithymia and Somatization**

#### **2. Relaxation – Verbalization**

##### **2.1. Communication Strategies**

#### **3. Visualization techniques**

#### **4. Autogenic Training (methodology and therapeutic indications)**

#### **5. Progressive Relaxation Technique (methodology and therapeutic indications)**

#### **6. Mindfulness (methodology and therapeutic indications)**

#### **7. Eutony (methodology and therapeutic indications)**

#### **8. Relaxation for Children (Methodology specificities)**

##### **8.1. Relaxation-Concentration Method (methodology and therapeutic indications)**

##### **8.2. Active-Passive Relaxation (methodology and therapeutic indications)**

#### **9. Prescription of relaxation methods**



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### **Introduction to Expressive Therapies (PSI12096L)**

- 1-Theoretical Foundations of Expressive Therapies
  - 1.1. Art and expression – epistemological perspective
  - 1.2. History in Therapy and Special Education
  - 1.3. Theoretical and Practical influences
  - 1.4. Embodiment, Emotion and Symbolization
- 2 - Expression and Communication in Therapeutic Relationship
  - 2.1. Expression-Communication
  - 2.2. Verbal and Nonverbal Communication
  - 2.3. The therapeutic relationship
  - 2.4. Group dynamics
- 3 - Principles and Practice
  - 3.1. Role of ET
  - 3.2. Theoretical Models
  - 3.3. Application Models
  - 3.4. Settings of Intervention
  - 3.5. Evaluation and Research Models
- 4 - Steps in Therapeutic Process
- 5 - Modalities
  - 5.1. Music Therapy
  - 5.2. Dance/Movement Therapy
  - 5.3. Drama Therapy
  - 5.4. Art Therapy
  - 5.5. Intermodal Expressive Arts Therapy
- 6 - 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:

- &#8208;Etiology, semiology and therapeutic of different pathologies;
- &#8208;Psychomotor observation protocols;
- &#8208;Psychomotor assessment protocols;
- &#8208;Psychomotor therapeutic techniques – methodological 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

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### **Supervised Psychomotor Practice II (DES12098L)**

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:

- Psychomotor Intervention Model
- Psychomotor Observation
- Psychomotor Assessment
- Psychomotor Therapeutic techniques.