



Study Plan

School: School of Sciences and Technology

Degree: Master

Course: Psychomotricity (cód. 621)

1st Year - 1st Semester

Component code	Name	Scientific Area Field	ECTS	Duration	Hours
PSI12065M	Psychopathology and Psychomotricity	Psychology	6	Trimester	156
DES12066M	Psychomotricity and Neuropsychological Functions	Human Kinetics	3	Trimester	78
PSI12067M	Introduction to Psychoanalysis	Psychology	3	Trimester	78
DES12068M	Observation Methods of Psychomotor Expression	Human Kinetics	6	Trimester	156
DES12069M	Quantitative Research Methodology	Human Kinetics	6	Trimester	156
DES12070M	Theories of the Psychomotor Practice	Human Kinetics	6	Trimester	156

1st Year - 2nd Semester

Component code	Name	Scientific Area Field	ECTS	Duration	Hours
PSI12071M	Expressive Therapies and Corporeality	Psychology	6	Trimester	156
DES12072M	Psychomotor Practice	Human Kinetics	9	Semester	234
DES12073M	Psychomotor and Psychosomatic Performances	Human Kinetics	3	Trimester	78
DES12074M	Psychomotor Performance and Learning Difficulties	Human Kinetics	6	Trimester	156
ENF12075M	Qualitative Research Methodology	Nursing	6	Trimester	156

2nd Year - 3rd Semester

Component code	Name	Scientific Area Field	ECTS	Duration	Hours
DES12076M	Clinical Seminars	Human Kinetics	3	Trimester	78
ENF12077M	Planning in Health and Governance of Clinical Practice	Nursing	3	Trimester	78
PED12078M	Nonverbal Communication in the Psychomotor Practice	Education Sciences	6	Trimester	156
DES12079M	Psychomotor Performance and Kinesiology	Human Kinetics	3	Trimester	78
DES12080M	Therapeutic Relaxation	Human Kinetics	3	Trimester	78
Dissertation					
Report					

2nd Year - 4th Semester

Component code	Name	Scientific Area Field	ECTS	Duration	Hours
Dissertation					
Report					



Conditions for obtaining the Degree:

*** TRANSLATE ME: Para conclusão do curso é necessário a aprovação (através de avaliação ou creditação) das seguintes unidades curriculares:

1º Ano

1º Semestre:

6 UC obrigatórias num total de 30 Ects

2º Semestre:

5 UC obrigatórias num total de 30 Ects

2º Ano

3º Semestre

5 UC obrigatórias num total de 18 Ects

Para obtenção do grau, é necessário também a aprovação na Dissertação ou Relatório de Estágio, com um total de 42 ECTS, no 3.º e 4.º Semestre. ***

Program Contents

[Back](#)

Psychopathology and Psychomotricity (PSI12065M)

1. The notion of normal and pathological in the context of development
2. Theoretical perspectives and classification in psychopathology
3. A comprehensive approach to some psychopathological conditions:
 - Neurodevelopmental disorders
 - Psychotic disorders
 - Depressive disorders
 - Anxiety disorders
 - Eating behavior disorders
 - Disruptive and behavioral disorders
 - Somatization disorders
 - Neurocognitive disorders: the case of dementia
4. Body and psychomotor expression in psychopathology

[Back](#)

Psychomotricity and Neuropsychological Functions (DES12066M)

- Evolutionistic and neuropsychological bases of Psychomotricity;
- Study of relationships and interactions between brain-mind-body-action; embodiment;
- Neuropsychological development of psychomotor functions: tone, bipedal posture, lateralization, hemispheric specialization, somatognosia, ecognosia, praxis global and fine and its specific disorders;
- Models of neuropsychological psychomotricity,: pioneers and new authors;
- Neuropsychological organization of psychomotricity following the theoretical approach of Luria
- Self-regulation and executive functions and their disorders;
- Psychomotor development, the attentional system and the ability to process information; attention deficit disorder with and without hyperactivity;
- Development, psychomotor disorders and visual-spatial praxis: dyspraxia and dysgraphia;
- Assessment methods in neuropsychology;
- From the neuropsychological assessment to the psychomotor intervention.



[Back](#)

Introduction to Psychoanalysis (PS112067M)

1. The creation of psychoanalysis and its evolution.
 - 1.1. Freud and the Creation of Psychoanalysis
 - 1.2. The Freudian metapsychology
 - 1.3. Psychoanalysis today
2. Contributions of psychoanalysis for the understanding of mental life and psychic development.
3. Psychoanalysis as a therapeutic process

[Back](#)

Observation Methods of Psychomotor Expression (DES12068M)

1. Introduction to Systematic Observation
 - 1.1. The origins of systematic observation
 - 1.2. Definition
2. Planning and Designing a study using systematic observation
 - 2.1. The context
 - 2.2. The observer
 - 2.3. Categories
 - 2.4. Observation Systems in the context of relational psychomotricity
3. recording and data analysis techniques
 - 3.1. Recording and coding data
 - 3.2. Data Analysis
 - 3.3. Reliability
 - 3.4. Validity
 - 3.5. Systematic Observation of psychomotor expression using specific software

[Back](#)

Quantitative Research Methodology (DES12069M)

- Introduction to quantitative research
- The research topic Development
- Basic strategies of scientific literature review
- Formulation of Method
- Introduction to Statistical Package for Social Sciences (SPSS)
- Research project
- Writing scientific papers in article format thesis and dissertation



[Back](#)

Theories of the Psychomotor Practice (DES12070M)

- Historical topics of psychomotricity: The Reeducation of Psychomotor Therapy from Dupré, Ajuriaguerra, Jolivet, Lapierre, Aucouturier, Sami-Ali, Joly, Pireyre, Fonseca to the present day.
- The problems associated with the needs of a psychomotor “help”.
- The Body Image, Body the Scheme, the Imaginary Body, and the Real Body in Psychomotricity.
- The composite image of the body as the foundation of psychomotor practice.
- Phantoms of action and symbolic actions.
- Phantoms of action and motor skills.
- The body archaic anxieties
- The communication skills of the body.
- The motor expressiveness of the child.
- Mediators used for different characteristics according to the disturbance or symptoms presented by the child or adolescent.
- The position of a multidisciplinary and multi-professional psychomotor team.
- The ethics of therapeutic act.
- The ethics of therapeutic act.

[Back](#)

Expressive Therapies and Corporeality (PSI12071M)

- 1- Theoretical foundations: Looking the Body
- 2- Embodiment and therapy
- 3- Methodologies and Techniques of Corporal Mediation
- 4- Body Centred Techniques and Expressive Therapies
- 5- Practical Principles of Expressive Therapies
- 6- Modalities of Expressive Therapies
- 7- Expression ateliers

[Back](#)

Psychomotor Practice (DES12072M)

To achieve these objectives we defined the following contents:

- Paradigms and concepts in relational psychomotricity
- Genesis and development of the expressiveness of the body (tonic-emotional dialogue, creative act and representation), in the theoretical framework and the practical experiences.
- The application of psychomotor practice through physical expressiveness Conditions.
- The objectives of psychomotor practice
- The device of practice
- The device of material
- The progressive installation of the device
- The successive stages of the session and its contents
- The rating of the game in psychomotor
- The attitude of psychomotor (tonic-emotional empathic resonance)
- Individual and group support
- The relationship of practice with different problems of development and psychopathology



[Back](#)

Psychomotor and Psychosomatic Performances (DES12073M)

- The contribution of bonding, binding patterns and categories of caregivers to the dialogues mind / body.
- Representation and intentionality implied as units of unit-based mind / body.
- Basic neuroscience of the relational process.
- Rhythm analysis of biological rhythms and the regulation of emotional bodily states.
- Face-tie and knowledge of the mental state of another.
- Neurological Basis of Empathy and predominance of the right hemisphere in the regulation of affect.
- Regulation of L-HPA systems, lifelong learning and its modulation by early experiences. Regulation of cortisol.
- The stressors in the development paradigms.
- Relationship between binding, brain and neuromodulators.
- The Role of Attachment, brain development and oxytocin.
- Integration of biological and emotional factors in specific somatic diseases.
- A new methodology for the somatic point of view psychomotor?
- The meeting of psychomotor therapist children and adults with somatic patients.

[Back](#)

Psychomotor Performance and Learning Difficulties (DES12074M)

- 1 - Models for Understanding LD - Neuropsychological Approach
 - 1.1 - Senses of Neurological Organization
 - 1.2 - The Brain and Learning
 - 1.3 - Neurological Processes
- 2 - Models for Understanding LD - Cognitive Approach
 - 2.1 - Model of Information Processing
 - 2.2 - Theory of Cognitive Modifiability
 - 2.3 - Cognitive PASS Model
- 3 - Reading Learning Difficulties
 - 3.1- General Difficulties
 - 3.2 - Specific Difficulties - Dyslexia
- 4 - Writing Learning Difficulties
 - 4.1 - Graphomotor Difficulties - Dysgraphia
 - 4.2 - Orthographic and Semantic Difficulties - Dysorthographia
- 5 - Mathematic Learning Difficulties
 - 5.1 - Components of Arithmetic - Number Sense, Mathematics and Troubleshooting
 - 5.2 - General Difficulties
 - 5.3 - Specific Difficulties - Dyscalculia
- 6 - Models, Types of assessment instruments and protocols in Learning Disabilities
- 7 - The Psychomotor intervention in Learning Disabilities



[Back](#)

Qualitative Research Methodology (ENF12075M)

- Characterization of the constructivist paradigm;
- Characterization of qualitative research versus quantitative research;
- Nature of subjects of study that require qualitative research;
- The process of qualitative research:
 - o research questions and objectives;
 - o data collection instruments;
 - o data analysis tools - content analysis;
- Methods of qualitative research:
 - o Ethnographic Method
 - o Grounded Theory
 - o Phenomenology
- Use of software in data analysis in qualitative research

[Back](#)

Clinical Seminars (DES12076M)

- Reflection on the role that plays in psychomotricista quality of their therapeutic practice.
- Reflection in order to promote positive change, new research and develop the critical psychomotricista.
- Analysis of different cases in different practices in order to become aware of the multidimensionality of the therapeutic process.
- Through the presentation of cases to understand the relationship focused on professional requirements, training, work and emotional development.
- Reflection on the development of practices guided by a qualified professional.

[Back](#)

Planning in Health and Governance of Clinical Practice (ENF12077M)

Structure and dynamics of healthcare organizations.
Health care planning.
Leadership processes
Pillars of clinical governance:
Involvement of the patient.
Clinical audit.
Education and training.
Management of clinical information.
Resource Management.
The clinical effectiveness.
Risk management and patient safety.
Knowledge and skills management.
From scientific knowledge to clinical practice



[Back](#)

Nonverbal Communication in the Psychomotor Practice (PED12078M)

1. Human communication.
 - 1.1 Verbal aspect.
 - 1.2. Non-verbal aspect
 - 1.2.1. Field and functions of non-verbal communication.
 - 1.2.1.1 Body language.
 - 1.2.2. Non-verbal communication in the psychomotor practice.
 2. Barriers, of non-verbal nature, to communication, in the psychomotor practice.
 - 2.1 Among people, among people and groups and among groups.
 - 2.2 In situation.

[Back](#)

Psychomotor Performance and Kinesiology (DES12079M)

1. Conceptual Location and Basic Concepts
2. Techniques of measurement and quantification of the movement
3. Element of Kinesiology for movement Analysis
4. Kinematic element for analysis of motion
5. kinetics Element for analysis of motion
6. Neuro-mechanical Basis for analysis of the movement
7. study of Variability and Motor control in human movement

[Back](#)

Therapeutic Relaxation (DES12080M)

Contents:

- Tonus
- Application of Winnicott's ideas
- Modification of surveillance
- Suggestion transfer and communication
- Prescription of therapeutic relaxation techniques
- Practice of therapeutic relaxation techniques
- Body-schema and body image in relaxation
- Breathing and relaxation
- Training-autogenous Schultz
- The progressive-relaxation Jacobson
- Relaxation-active-passive Wintrebert
- Dupont-relaxation dynamics