- Wydział Instrumentalny

COURSE SYLLABUS FOR STUDY PLANS

EFFECTIVE FROM THE 2026/2027 ACADEMIC YEAR

COURSE TITLE	**RELAXATION AND BODY AWARENESS FOR MUSICIANS**
FIELD OF STUDY	Instrumental Studies
SCPECIALTY	Instrumental Performance
SPECIALIZATION	
LEVEL OF STUDY	The course may be taken during bachelor or master studies
COURSE INSTRUCTORS:	
dr hab. Maja Miro-Wiśniewska, dr Maksym Zajączkiewicz	
AIMS AND COURSE DESCRIPTION:	
The course is conducted in a group workshop format and includes theoretical components. The main aim of the course is to provide students with practical experience of selected psychological techniques and bodywork methods that may be useful in the professional practice of a musician. The course is integrative in nature, combining various techniques and theoretical approaches: Lowen's theory, the Feldenkrais Method, elements of the Alexander Technique, relaxation techniques, and theories of stress and coping with stress. The sessions require active student participation in the workshops. Classes are held in person.	
PREREQUISITES AND ADDITIONAL REQUIREMENTS:	
No medical contraindications to performing gentle movement and breathing exercises.	
RECOMMENDED OPTIONAL COURSE COMPONENTS:	
Not applicable	
CORE BIBLIOGRAPHY:	

Feldenkrais, M., *Awareness Through Movement*

SUPPLEMENTARY BIBLIOGRAPHY:

Not applicable

LEARNING OUTCOMES – KNOWLEDGE:

Upon completion of the course, the student:

K_W04 has the knowledge necessary to access essential information (books, recordings, scores, Internet resources), and to analyse and interpret it appropriately

K_W07 recognises and defines the interrelationships between the theoretical and practical aspects of study

LEARNING OUTCOMES – SKILLS:

Upon completion of the course, the student:

K_U10 has developed good habits regarding technique and posture, enabling the body to be used in the most efficient and safe manner from a physiological perspective

K_U16 demonstrates the ability to cope with various stressful situations arising from professional activity

LEARNING OUTCOMES – SOCIAL COMPETENCES:

Upon completion of the course, the student:

K_K13 consciously controls their emotions and behaviour

course semester:	**I**	**semester in which the course is taken during the programme:**	

number of hours:	15	**ECTS credits:**	1
class type:	group workshop	**form of assessment:**	

COURSE CONTENT WITH DESCRIPTION OF LEARNING OUTCOMES:

Course content:
working with various methods to develop body awareness in the following areas: face and jaw, shoulders and back, precise hand movements, hips
quick relaxation techniques
the course of the stress response and the consequences of prolonged stress

TEACHING METHODS:

Classes are conducted in the form of practical workshops, lectures and discussions.

COURSE COMPLETION REQUIREMENTS, ASSESSMENT METHODS AND CRITERIA:

Active attendance and participation in classes are required to complete the course.