ID 2971

Curricular Unit Fundamentals of Psychomotricity

Regent Rui Martins

Learning Outcomes

Knows the main perspectives of pioneers of the psychomotor theories and practices;
Knows the phenomenological, psychoanalytic, psychosomatic, and neuropsychological contributions for the understanding of Psychomotricity;
Knows the Psychomotricity problems in their pedagogical and, therapeutically dimensions

Identifies the Psychomotricity areas of application, goal-populations, its objectives, the different types of professional activities, the professional field of intervention and the supporting organizations;
Knows the concepts of verbal and non-verbal interpersonal communication;
Knows the implications of the participation in group dynamic and identifies significant elements of the personal experiences in that dynamic;
Identifies into relation situations the significant elements of verbal and not verbal communication;

Syllabus

A. Lectures are developed according to the following components:
History and Epistemology of Psychomotricity. Foundations and Basic Paradigms in Psychomotricity.
Applications of Psychomotricity.
Specific characteristics of psychomotor intervention.
Introductory aspects related to the developmental organization of psychomotor factors. Integration of motor aspects with psychic aspects.

B. Practical educational activities are developed according to the following axes:
Psycho and Bodily experiences in gymnasium and in aquatic environments:
Guided towards body sensations, inter- and intra-personal relationship, and object, space, and time relationships;
Recognizing relational identities, related to primary processes of symbiotic dependence, identity development, and progressive differentiation of accessing symbolic processes;
Developing body expression activities (drama, dance, music) to promote body image perception, expressive exploration of the body, and the awareness (...)

### Evaluation

<table>
<thead>
<tr>
<th>Component</th>
<th>Percentage</th>
<th>Criteria</th>
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<tbody>
<tr>
<td>Theoretical assessment</td>
<td>50%</td>
<td>Final result must be greater or equal to 10. To succeed, a grade lower or equal to 7,5 in the written exam.</td>
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<tr>
<td>Lecture/practicals assessment</td>
<td>50%</td>
<td>Psychological and professional maturity revealed through attitudes and body experiences. Development and presentation of thematic studies.</td>
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<tr>
<td>Presentation of a practical experience</td>
<td>20%</td>
<td>To succeed, the final result must be greater or equal to 10. Students must submit to final exam if the grade in any of the parameters is lower than 7,5.</td>
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<td>FINAL EXAMINATION: written and oral exam, when:</td>
<td></td>
<td>The student didn’t make the written test in the continuous evaluation; The student got an evaluation inferior to 7,5 in the written test, or in one of the parameters of the theoretical-practical evaluation; The student didn’t have an equal or superior assiduity.</td>
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### Bibliography