

BIP Course

Healthy Campus 4 All: health and well-being through relaxation and conscious breathing

Target group: Students and Staff

Field of exchange (ISCED)

- 0720 Manufacturing and processing
- 0910 Health and welfare,
- 1010 Services
- 0610 Information and Communication Technologies (ICTs)

Goals of the course and description of content:

At the end of the course, participants are expected to be able to identify:

- risk factors associated with anxiety and stress.
- physiological effects of anxiety and stress.
- the breathing mechanism and breathing curve-
- the relaxation and contraction mechanism and curve
- become aware of breathing, inhalation, and exhalation.
- controlling muscle tension and emotion.
- implement strategies to minimize these risks and promote health and well-being through relaxation and breathing
- adopt health behaviors/habits in the daily routine.

The evaluation of participants will be carried out by performing work related to relaxation and conscious breathing.

The **online component** will aim to provide knowledge about anxiety and stress and the role of breathing and relaxation, the Expository Method will be used during the sessions. The sessions will be theoretical-practical using audio-visual material. It will address topics such as the basic physiology of stress, anxiety, breathing and relaxation, and protective role of conscious breathing relaxation.

The online component will last 16 hours (4 days, with sessions of 4 hours each 9, 10, 12 and 13, of September),

Using the Expository Method during the online component will provide knowledge about human breathing and the role of contraction and relaxation in health and well-being. The sessions will be theoretical-practical using audio-visual material. Practical activities contain various relaxation and breathing techniques in which course participants must apply the risk correction strategies learned and body consciousness exercises.

In the physical component, the Active Demonstrative Method will preferably be adopted. The sessions will take place in gymnasium and classrooms of ESALD- IPCB, with the aim of participants can practice. Demonstrations will be performed to allow participants to identify the anatomical structures involved in muscular contraction and relaxation, and in breathing. Practical activities containing various techniques breathing and relaxation also be integrated into the course, in which course participants must apply the risk correction strategies learned.

The physical component will last 35 hours (5 days 16 to 20/09/2024, with sessions of 7 hours each) in the Polytechnic Institute of Castelo Branco.

Learning outcomes of the BIP:

At the end of the course, participants are expected to be able to:

- Identify risk factors present in anxiety and stress
- Implement strategies to minimize these risks.
- Adopt health behaviors/relaxation and conscious breathing in daily life

Main Teaching/Training Language: English

ECTS Credits: 4