



**Politécnico
Castelo Branco**

Polytechnic University

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

Target group	Staff and students															
Dates	<p>The online component will last 16 hours (4 days, with sessions of 4 hours each):</p> <table><tr><th>Date</th><th>Nº Hours</th><th>SCHEDULE</th></tr><tr><td>15/09/2025</td><td>4H</td><td>To be defined</td></tr><tr><td>16/09/2025</td><td>4H</td><td>To be defined</td></tr><tr><td>17/09/2025</td><td>4H</td><td>To be defined</td></tr><tr><td>18/09/2025</td><td>4H</td><td>To be defined</td></tr></table> <p>The physical component will last 5 days, from 22 to 26 of September, 2025.</p>	Date	Nº Hours	SCHEDULE	15/09/2025	4H	To be defined	16/09/2025	4H	To be defined	17/09/2025	4H	To be defined	18/09/2025	4H	To be defined
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Field of exchange (ISCED)	<ul style="list-style-type: none">- 072 Manufacturing and processing- 09 Health and welfare,- 10 Services- 06 Information and Communication Technologies (ICTs)															
ECTS	3															
Assessment form	The evaluation of participants will be carried out by performing work related to relaxation and conscious breathing.															
Goals of the course and description of content	<p>At the end of the course, participants are expected to be able to identify:</p> <ul style="list-style-type: none">- 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 behaviours/habits in the daily routine. <p>The online component will aim to provide knowledge about anxiety and stress and the role of breathing and relaxation. Using the Expository Method during this component will</p>															



	<p>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.</p> <p>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.</p>
Priorities addressed	Other, health and well-being
Studying and teaching methods	Expository and the Active Demonstrative Method. The sessions will be theoretical-practical using audio-visual material.
Evaluation criteria and methods	At least 50% of approved contents in the final work evaluation.
Main teaching/training language	English
City and country of the venue	Castelo Branco - Portugal