



ERASMUS+ PROGRAMME, KEY ACTION 2 - CAPACITY BUILDING IN HIGHER EDUCATION

Connecting universities-industry through smart entrepreneurial cooperation and competitive intelligence of students in Moldova, Georgia and Armenia (CONNECT)

MOVEMENT MODULE

Period: 6th of September - 17th of September

Trainer: Andreea DUȚĂ



Co-funded by the Erasmus+ Programme of the European Union

Module will be held in English. All Zoom meetings will be recorded, as well (including the reporting purposes).

Date	Topics	Zoom Meetings	Video uploaded	Assignment	Dealine assignment
Monday September, 6th	Topic 1 - Introductory course	9:00 a.m. (3 h) Presentation of the course and Q&A	9:00 a.m. <i>Introductory video (10-15 min)</i>		
Tuesday September, 7th	Topic 2 - Posture		9:00 a.m. <i>Posture video (10-15 min)</i>	9:00 a.m. Posture - Practical exercises and written or video outcome	Sep 10th, 18:00
Wednesday September, 8th	Topic 3 - Breathing	17:00 a.m. (3 h) Online meeting with the participants for Q&A, tips and tricks, feedback, possible written assignments	9:00 a.m. <i>Breathing video (10-15 min)</i>	9:00 a.m. Breathing - Practical exercises and written or video outcome	Sep 10th, 18:00
Thursday September, 9th	Topic 4 - Relaxation		9:00 a.m. <i>Relaxation video (10-15 min)</i>	9:00 a.m. Relaxation - Practical exercises and written or video outcome	Sep 10th, 18:00
Friday September, 10th	Topic 2, 3, 4	9:00 a.m. (3 h) Online meeting with the participants for Q&A, tips and tricks, feedback, possible written assignments			
	Evaluation test - topics 1, 2, 3, 4				
Monday September, 13th	Topic 5 - Physical and mental state	9:00 a.m. (3 h) Online meeting with the participants - presentation of the course + video <i>Physical and mental state, Q&A</i>	12:00 a.m. <i>Physical and mental state video (10-15 min)</i>	9:00 a.m. Physical and mental state - Home assignments	Sep 16th, 18:00
Wednesday September, 15th	Topic 6 - Extra-verbal communication	9:00 a.m. (3 h) Online meeting with the participants - presentation of the course + video <i>Extra-verbal communication, Q&A</i>	12:00 a.m. <i>Extra-verbal communication video (10-15 min)</i>	9:00 a.m. Extra-verbal communication - Home assignments	Oct 16th, 18:00
Thursday September, 16th	Topic 7 - Movement and dance	9:00 a.m. (3 h) Online meeting with the participants - presentation of the course + video <i>Movement and dance, Q&A</i>	12:00 a.m. <i>Movement and dance video (10-15 min)</i>		
Friday September, 17th		9:00 a.m. (3 h) Online meeting with the participants - general questions + Q&A + conclusions			
	Evaluation test - topics 5, 6, 7				

