

BACHELOR IN PSYCHOMOTOR THERAPY

Main Languages of Instruction:

French ☒ English ☒ Arabic ☐

Campus Where the Program Is Offered: CIS

OBJECTIVES

The Bachelor in Psychomotor Therapy aims to:

- Equip future reflective psychomotor therapists with updated ethical, theoretical, and practical knowledge. It enables them to work in health, education, and research, focusing on the cognitive, emotional, and motor needs of patients while respecting their individuality
- Promote research-based practice by engaging students with current theories, methods, and techniques
- Train psychomotor therapists who are aware of their roles in promoting national excellence, ready to meet human needs, and committed to being agents of social progress.

PROGRAM LEARNING OUTCOMES (COMPETENCIES)


- Assess psychomotor skills from early childhood to elderly adulthood
- Implement a therapeutic approach adapted to the nature of assessed psychomotor disorders/difficulties
- Lead a psychomotor development program adapted to the needs of the beneficiaries
- Collaborate within a multidisciplinary team, respecting the ethics and professional conduct of psychomotor therapy
- Contribute to the development of the psychomotor therapy profession
- Communicate effectively with diverse audiences.

PROGRAM REQUIREMENTS

180 credits: Required courses (130 credits), Institution's elective courses (12 credits), Open elective courses (6 credits) and USJ General Education Program (32 credits - may be part of the above categories).

Required Courses (129 credits)

Anatomy of the Locomotor System (2 Cr.). Functional Anatomy and Pathologies (2 Cr.). Anatomy, Physiology and Pathology of Systems (2 Cr.). Cognitive and Behavioral Approach (2 Cr.). Systemic Approach and Family Therapy (2 Cr.). Body Awareness Workshop 1 (2 Cr.). Psychomotor Assessment and Intervention Plan (2 Cr.). Biomechanics of Movement and Oculomotricity (2 Cr.). Case Studies and Practice Analysis (3 Cr.). Fundamental Concepts in Psychomotricity (3 Cr.). Screening and Psychomotor Assessment (2 Cr.). Emotional, Intellectual, and Language Development in Children and Adolescence (4 Cr.). Psychomotor Development (2 Cr.). Didactics of Languages and Mathematics (2 Cr.). Psychomotor Domains and Mediators (4 Cr.). Early Psychomotor Intervention (2 Cr.). Pediatrics and Genetics (2 Cr.). Gerontology: Concepts and Psychomotor Intervention (2 Cr.). Disabilities and Psychomotricity (3 Cr.). Introduction to Psychoanalysis (2 Cr.). Introduction to Psychomotricity (3 Cr.). Reading of Investigations in Psychology and Speech-Language Pathology (2 Cr.). Research Methodology 1 (2 Cr.). Neuroanatomy (2 Cr.). Neurosciences and Learning (2 Cr.). Neuromuscular Physiology (2 Cr.). Research Project (6 Cr.). Research Project Proposal (3 Cr.). Neuromuscular Pathologies (2 Cr.). English Language Proficiency 1 (2 Cr.). Physiology of Relaxation (2 Cr.). Applied Practice in Psychomotor Education (2 Cr.). Applied Practice in School Settings (2 Cr.). Applied Practice in Psychomotor Rehabilitation 1 (2 Cr.). Applied Practice in Psychomotor Rehabilitation 2 (2 Cr.). Applied Practice in Psychomotor Rehabilitation 3 (2 Cr.). Applied Practice in Psychomotor Rehabilitation 4 (3 Cr.). Pharmacology (2 Cr.). Teaching Programs and Psychomotor Domains (2 Cr.). Psychomotor Therapy in Adult Neurology (2 Cr.). Adult Psychopathology (2 Cr.). Internship in Psychomotor Education Intervention (2 Cr.). Observation and Intervention Internship in School Settings (2 Cr.). Internship in Psychomotor Rehabilitation 1 (3 Cr.). Internship in Psychomotor Rehabilitation 2 (3 Cr.). Internship in Psychomotor Rehabilitation 3 (4 Cr.). Internship in Psychomotor Rehabilitation 4 (4 Cr.). Observation and Intervention Internship in Early Childhood (2 Cr.). Internship in Psychiatry (2 Cr.). Relaxation Techniques (2 Cr.). Psychomotor Tests 1 (2 Cr.). Psychomotor Tests 2 (2 Cr.). Psychomotor Disorders (3 Cr.). Specific Learning Disorders and Psychomotricity (3 Cr.).



Institution's Elective Courses (12 Cr.), to be chosen from the list below:

Body Awareness Workshop 2 (2 Cr.). Body Awareness Workshop 3 (2 Cr.). Diagnostic Procedure (2 Cr.). Psychomotor Assessment for Disabilities (2 Cr.). Conflict Management and Resolution (2 Cr.). Critical Thinking: A Tool for Personal Development (4 Cr.). Practice of Psychomotor Tests 1 (2 Cr.). Practice of Psychomotor Tests 2 (2 Cr.). Practical and Research Updates in Relaxation (2 Cr.).

Open Elective Courses (6 Cr.)**USJ General Education Program (32 Cr.)**

Code	Course Name	Credits
	FRENCH OR OTHER LANGUAGE	4
065XFL1L5	French Language Proficiency 1	2
065XFLPL5	French Language Proficiency 2	2
	ARABIC	4
	<i>Arabic Language and Culture</i>	2
435LALML2 or 435LRCTL2	Arabic Language and Media or The Arabic Language: Contemporary Novel, Cinema, and Theater	2
	<i>Other Course Taught in Arabic</i>	2
065PRFAL2	Arabic Language Proficiency 2	2
	HUMANITIES	8
064VUSJL4	USJ Values in Daily Life	2
	<i>Ethics</i>	2
065XETC	Ethics	2
	<i>Civic Engagement and Citizenship</i>	2
015ABC2L3	Voluntary and Citizen Action	2
	<i>Other Humanities Courses</i>	2
065CAPL3	Child and Adolescent Psychopathology	2
	SOCIAL SCIENCES	6
	<i>Professional Integration and/or Entrepreneurship</i>	2
065XWRNL2	Work Ready Now	2
	<i>Other Social Sciences Courses</i>	4
065XDSPL1	Disabilities and Inclusion	2
065XETIL1	Education, Teaching, and Psychomotor Intervention	2
	QUANTITATIVE TECHNIQUES	6
065XST1L4	Statistics 1	2
065XST2L5	Statistics 2	2
065XMT2L5	Research Methodology 2	2
	COMMUNICATION TECHNIQUES	4
065XCSWL2	Communication Skills Workshop	2
065XEP2L2	English Language Proficiency 2	2

SUGGESTED STUDY PLAN

Students must choose 6 open elective courses throughout the 6 semesters.

Semester 1

Code	Course Name	Credits
o65XALSL1	Anatomy of the Locomotor System	2
o65XBW1	Body Awareness Workshop 1	2
o65XEILL1	Emotional, Intellectual, and Language Development in Children Adolescence	4
o65XIPML1	Introduction to Psychomotricity	3
o65XNROL1	Neuroanatomy	2
o65XEL1L1	English Language Proficiency 1	2
o65XAPSL1	Applied Practice in School Settings	2
o65XOILL2	Observation and Intervention Internship in Early Childhood	2
o65XPSDL1	Psychomotor Development	2
o65XDLML1	Didactics of Languages and Mathematics	2
o65XDSPL1	Disabilities and Inclusion	2
435LALML2 or 435LRCTL2	Arabic Language and Media or The Arabic Language: Contemporary Novel, Cinema, and Theater	2
o65XETIL1	Education, Teaching, and Psychomotor Intervention	2
	Total	29

Semester 2

Code	Course Name	Credits
o65XFAPL2	Functional Anatomy and Pathologies	2
o65XAPPL2	Anatomy, Physiology and Pathology of Systems	2
o65XCSWL2	Communication Skills Workshop	2
o65XPHRL2	Physiology of Relaxation	2
o65XFCPL2	Fundamental Concepts in Psychomotricity	3
o40PEGEL2	Pediatrics and Genetics	2
o65XAPEL2	Applied Practice in Psychomotor Education	2
o65XIPEL2	Internship in Psychomotor Education Intervention	2
o65XOISL2	Observation and Intervention Internship in School Settings	2
o65XTPDL2	Teaching Programs and Psychomotor Domains	2
o64VUSJL4	USJ Values in Daily Life	2
o65PRFAL2	Arabic Language Proficiency 2	2
o65XEP2L2	English Language Proficiency 2	2
	Total	27

Semester 3

Code	Course Name	Credits
o65XSPAL3	Screening and Psychomotor Assessment	2
o65XAP1L3	Applied Practice in Psychomotor Rehabilitation 1	2
o65XPMDL3	Psychomotor Domains and Mediators	4
o65XCBAL3	Cognitive and Behavioral Approach	2
o65XIR1L3	Internship in Psychomotor Rehabilitation 1	3
o65XRXTL3	Relaxation Techniques	2
o65XPT1L3	Psychomotor Tests 1	2
o65XPMDL3	Psychomotor Disorders	3
o65XIPNL3	Introduction to Psychoanalysis	2
o65XCAPL3	Child and Adolescent Psychopathology	2
o15ABC2L3	Voluntary and Citizen Action	2
	Institution's Elective Courses	4
	Total	30

Semester 4

Code	Course Name	Credits
o65XMTL4	Research Methodology 1	2
o65XNPAL4	Neuromuscular Pathologies	2
o65XNPHL4	Neuromuscular Physiology	2
o65XAP2L4	Applied Practice in Psychomotor Rehabilitation 2	2
o65XBMOL4	Biomechanics of Movement and Oculomotricity	2
o65XAPYL4	Adult Psychopathology	2
o65XIR2L4	Internship in Psychomotor Rehabilitation 2	3
o65XPSIL4	Internship in Psychiatry	2
o65XPT2L4	Psychomotor Tests 2	2
o65XDSTL4	Disabilities and Psychomotricity	3
o65XST1L4	Statistics 1	2
o65XFL1L5	French Language Proficiency 1	2
o65XWRNL4	Work Ready Now	2
	Institution's Elective Courses	2
	Total	30

Semester 5

Code	Course Name	Credits
o65XPAAL5	Psychomotor Assessment and Intervention Plan	2
o65XRPPL5	Research Project Proposal	3
o65XAP3L5	Applied Practice in Psychomotor Rehabilitation 3	2
o65XIR3L5	Internship in Psychomotor Rehabilitation 3	4
o65XSDDL5	Specific Learning Disorders and Psychomotricity	3
o65XPANL5	Psychomotor Therapy in Adult Neurology	2

o65XFLPL5	French Language Proficiency 2	2
o65XCSAL5	Case Studies and Practice Analysis	3
o65XMT2L5	Research Methodology 2	2
o65XST2L5	Statistics 2	2
	Institution's Elective Courses	4
	Total	29

Semester 6

Code	Course Name	Credits
o65XSAFL6	Systemic Approach and Family Therapy	2
o65XPH1L6	Pharmacology	2
o65XEREL6	Early Psychomotor Intervention	2
o65XRSTI6	Reading of Investigations in Psychology and Speech-Language Pathology	2
o65XNRSL6	Neurosciences and Learning	2
o65XRP2L6	Research Project	6
o65XAP4L6	Applied Practice in Psychomotor Rehabilitation 4	3
o65XIR4L6	Internship in Psychomotor Rehabilitation 4	4
o65XGRTL6	Gerontology: Concepts and Psychomotor Intervention	2
o65XETCL6	Ethics	2
	Institution's Elective Courses	2
	Total	29

COURSE DESCRIPTION

o65XPAAL5	Psychomotor Assessment and Intervention Plan	2 Cr.
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This course enables students to write a psychomotor assessment considering the quantitative results obtained and the qualitative observations made during the evaluation. They will also be able to develop and write a psychomotor intervention plan in accordance with the established diagnosis and the reason for consultation. This plan identifies the priority intervention areas and meets the needs and life projects of the beneficiary.

Prerequisites: Screening and Psychomotor Assessment (o65XSPAL3), Psychomotor Tests 1 (o65XPT1L3), Psychomotor Tests 2 (o65XPT2L4)

o65XPH1L6	Pharmacology	2 Cr.
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This course allows students to acquire knowledge in pharmacology and understand the basic principles concerning the metabolism of drugs in the body, their targets, and mechanisms of action. The focus is on certain therapeutic classes relevant to psychomotor therapy students, aiming to understand the pharmacological properties and adverse effects of drugs on treated symptoms. The goal is to develop pharmacological reasoning around medications. Finally, this course enables future therapists to recognize the contraindications and interactions of different drugs.

Prerequisites: Child and Adolescent Psychopathology (o65XCAPL3), Adult Psychopathology (o65XAPYL4)

o65XPHRL2	Physiology of Relaxation	2 Cr.
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This course aims to introduce students to the physiological mechanisms involved in relaxation, underpinned by scientific foundations. It explores the close links between relaxation, respiration, and various bodily functions (muscle tone, heart rate, autonomic nervous system, etc.), while identifying the neurological mechanisms involved in the relaxation response, particularly the role of the parasympathetic system. It also enables students to understand the theoretical foundations and practical procedures of the therapeutic relaxation method of Bergès and to personally experience the stages of the relaxation cure, preceded by body exercises for self-awareness.

065XBMOL4	Biomechanics of Movement and Oculomotricity	2 Cr.
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This course is divided into two distinct parts: The first part provides students with an understanding of the fundamental principles of biomechanics and practical skills to comprehend general data regarding human movement. The second part covers the basic principles and concepts of vision, including the mechanism of visual perception and the eye-brain relationship. Additionally, it aims to train future psychomotor therapists to identify oculomotor disorders that impact psychomotor skills as well as the educational and social adaptation of individuals.

Prerequisite: Anatomy of the Locomotor System (065XALSL1)

065LIPMI6	Reading of Investigations in Psychology and Speech-Language Pathology	2 Cr.
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This course offers psychomotor therapists a general overview of various psychological and speech and language assessment tools used with children and adults.

By the end of this course, students should be able to:

- Read and understand a psychological and speech and language report to benefit from the data it provides.
- Use psychological and speech and language knowledge in clinical and therapeutic practice.

Prerequisites: Cognitive and Behavioral Approach (065XCBAL3), Emotional, Intellectual, and Language Development in Children and Adolescence (065XEILL1)

065XDGPL5	Diagnostic Procedure	2 Cr.
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This course aims to develop in students the skills required to master the process of establishing a diagnostic approach to neurodevelopmental disorders, as well as understanding the role of the psychomotor therapist within the diagnostic team. Likewise, this course enables students to master the process of establishing a psychomotor diagnosis for the most common psychomotor disorders, in accordance with evidence-based scientific advancements. It also helps students identify appropriate referral pathways to the relevant diagnostic professionals for each neurodevelopmental disorder (physicians and multidisciplinary teams), and to recommend the most up-to-date diagnostic tests endorsed by international diagnostic authorities, which are essential for each disorder's diagnostic process. In addition to the competencies, this course supports students in mastering the distribution of roles within a diagnostic team and in designing a holistic and comprehensive referral plan, within a multidisciplinary framework, to guide intervention efforts following the diagnosis.

Prerequisites: Screening and Psychomotor Assessment (065XSPAL3), Psychomotor Tests 2 (065XPT2L4)

065XWRDNL2	Work Ready Now	2 Cr.
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This course is designed to equip students with essential soft skills and work-based learning experiences to prepare them for success in the workplace. It promotes participation and hands-on teaching and learning. Students will be actively engaged in the learning process and will have opportunities to practice and strengthen new skills while building the self-confidence needed to secure and maintain employment aligned with their career goals. Work-based learning activities are integrated into the course and require students to visit real workplaces in the community outside of regular class hours. Students will be guided in using free online digital tools to demonstrate their learning. Throughout the course, students will develop a career portfolio that will support them throughout their Work Ready Now experiential journey—from student to employee.

065VUSJL4	USJ Values in Daily Life	2 Cr.
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This course familiarizes students with the fundamental values of the Saint Joseph University of Beirut (USJ) to integrate them into their personal, interpersonal, and professional lives. It encourages critical reflection on how the values outlined in the USJ Charter can influence behaviors, actions, and decisions in addressing the challenges of the contemporary world.

065XTS1L3	Practice of Psychomotor Tests 1	2 Cr.
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This course is a synchronized application to the course Psychomotor Tests 1, during which students are introduced to the correct handling of the tests learned theoretically. It aims for immersive and practical learning of the techniques for administering, scoring, and interpreting the psychometric tests in question.

065XTS2L4	Practice of Psychomotor Tests 2	2 Cr.
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This course is a synchronized application to the course Psychomotor Tests 2, during which students are introduced to the correct handling of the tests learned theoretically. It aims for immersive and practical learning of the techniques for administering, scoring, and interpreting the psychometric tests in question.

065EPCHL4	Psychomotor Assessment for Disabilities	2 Cr.
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This course aims to raise students' awareness of the tools and methods used to assess psychomotor disorders in the context of disability. Its main objective is to enable students to develop the skills necessary to design an appropriate psychomotor assessment protocol tailored to the patient's age and abilities. This course contributes to the development of students' knowledge, practical skills, and professional attitudes in preparing psychomotor assessment protocols for children who are hearing-impaired, visually impaired, have physical or intellectual disabilities, or are on the autism spectrum.

015ABC2L3	Voluntary and Citizen Action	2 Cr.
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This course aims to raise awareness among all students about the importance of their involvement in civic life by providing them with opportunities to engage in various volunteer activities. The course consists of two components: theoretical instruction and supervised practical activities.

065XALSL1	Anatomy of the Locomotor System	2 Cr.
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This course enables students to acquire fundamental knowledge about the structure of the human body, focusing on the osteology and myology of the locomotor system. Additionally, it introduces them to the interactions between the nervous system and the locomotor system, helping them understand anatomy from a functional perspective.

065XFAPL2	Functional Anatomy and Pathologies	2 Cr.
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This course helps students develop knowledge of the functional anatomy of the locomotor system and reviews the main pathologies in orthopedics.

065XAPPL2	Anatomy, Physiology and Pathology of Systems	2 Cr.
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This course helps students develop an understanding of the anatomical, physiological, and pathological concepts related to the main systems of the human body, namely the cardiovascular, respiratory, digestive, renal, and endocrine systems.

065XCBAL3	Cognitive and Behavioral Approach	2 Cr.
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This course aims to deepen theoretical knowledge of the brain's higher functions in order to better understand the various cognitive disorders often associated with pathological conditions. It enables future psychomotor therapists to identify the different types of disorders resulting from brain damage. The course also enables them to interpret a comprehensive psychological assessment.

065XSAFL6	Systemic Approach and Family Therapy	2 Cr.
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This course, based on systems theory and communication theory, offers a new perspective to view the world and understand facts, events, and situations. The developed concepts allow students to gain new insights into relationships and initiate them into the systemic interpretation of situations.

065XBW1	Body Awareness Workshop 1	2 Cr.
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This course enables students to develop skills related to physical ease and fluidity, non-verbal communication, expressiveness, self-confidence, public speaking, and the ability to work as part of a team. The goal is to foster motor thinking and its application in a space where posture, muscle tone, coordination, and body dialogue are engaged to achieve mastery of gesture and movement.

065XBW2L3	Body Awareness Workshop 2	2 Cr.
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This course helps students deepen their awareness of body parts, support on the ground, body axis, body envelope, and body unity while becoming aware of mobility in space and organizing movement in pericorporeal space and displacement. It explores motor patterns of curling-uncurling, folding-opening, and recognizing different tonic states and their regulation. Finally, this course enhances the respiratory act, stimulates non-verbal communication modes, and promotes expression and representation through artistic mediations.

Prerequisite: Body Awareness Workshop 1 (065XBW1)

065XBW3L5	Body Awareness Workshop 3	2 Cr.
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This course helps deepen awareness of the different parts of the body, support points on the ground, the body axis, the body envelope, and overall body unity, while fostering awareness of spatial mobility and the organization of movement within both personal and locomotor space. It encourages students to explore motor patterns such as curling-uncurling and folding-unfolding, and to develop awareness of various muscle tone states and their regulation. Finally, this course enhances the act of breathing, stimulates non-verbal communication modalities, and fosters expression and representation through artistic mediations.

Prerequisites: Body Awareness Workshop 1 (065XBW1), Body Awareness Workshop 2 (065XBW2L3)

065XFCPL2	Fundamental Concepts in Psychomotricity	3 Cr.
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This course offers students a comprehensive overview of the field of psychomotor therapy through a conceptual, theoretical, and practical approach. By the end of this course, students will be able to master and use the specific terminology of the discipline and internalize the fundamental concepts of psychomotor therapy, applying them in future learning contexts.

Prerequisite: Introduction to Psychomotor Therapy (065XIPML1)

065XEILL1	Emotional, Intellectual, and Language Development in Children and Adolescence	4 Cr.
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This course enables students to understand the psychological functioning of children from birth to adolescence, identify developmental competencies in the affective and intellectual domains, comprehend the evolution of interpersonal and social relationships, and recognize signs of distress or behavioral issues in children and adolescents. Additionally, it covers typical socio-communicative and language development, emphasizing its stages and mechanisms. A thorough understanding of typical development will help students better grasp atypical aspects of communication and language development, particularly in the context of developmental or acquired disorders.

065XPSDL1	Psychomotor Development	2 Cr.
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This course helps students build their knowledge of the psychomotor development of children and acquire the clinical prerequisites necessary for professional psychomotor practice in early childhood. It serves as a direct prerequisite for the following courses: Internship in Psychomotor Education Intervention and Observation and Intervention Internship in Early Childhood.

065XDML1	Didactics of Languages and Mathematics	2 Cr.
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This course offers an in-depth analysis of the key components of preschool education, covering all five learning domains. It includes a comparative study of the Lebanese and French educational cycles and examines didactic methodologies specific to written language and mathematics. The program includes a critical evaluation of pedagogical approaches to reading, writing, and arithmetic used in Lebanon, along with the exploration of preventive strategies for learning difficulties and tools for early detection. Emphasis is placed on oral, graphic, and manipulative activities as foundational to literacy and numeracy. Moreover, this course aims to equip students with theoretical and practical foundations for remediating writing disorders in the Arabic script system and providing support in mathematics.

065XTPDL2	Teaching Programs and Psychomotor Domains	2 Cr.
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This course enables students to understand the links between foundational academic learning (reading, writing, mathematics) and psychomotor domains.

By the end of this course, students will be able to:

- Identify the psychomotor prerequisites necessary for various academic skills.

- Establish correlations between psychomotor domains and key academic subjects such as reading, writing, and mathematics.
- Identify potential psychomotor disorders that may manifest through learning difficulties.

065XETIL1	Education, Teaching, and Psychomotor Intervention	2 Cr.
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This course provides students with a basic understanding of learning psychology through the study of fundamental principles from several significant schools of thought in this field. The theoretical aspects covered help students understand how learning theories and educational and didactic models are articulated and how pedagogical intervention methods are chosen. This understanding facilitates the analysis of pedagogical practices, methods, and tools used.

065XEREL6	Early Psychomotor Intervention	2 Cr.
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This course helps students understand the concepts and techniques of early childhood re-education and analyze their application in psychomotor rehabilitation.

040PEGEL2	Pediatrics and Genetics	2 Cr.
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This course is divided into two sections.

The “Embryology” section allows students to acquire basic knowledge related to genetics and hereditary pathologies that may be encountered in speech therapy and psychomotor therapy.

The “Pediatrics” section is essential in the speech therapy and psychomotor therapy curriculum. It aims to develop students’ understanding of child development and familiarize them with the most common childhood diseases in order to better care for patients.

065XETC	Ethics	2 Cr.
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This course aims to provide students with the basic framework to understand the ethical dimension in several major areas of human activity, such as social, political, economic, and health care. It introduces them to the moral sense of all human actions and specifies the ethical scope of medical and paramedical professions, including psychomotricity. By the end of this course, students will be able to:

- Define basic ethical concepts
- Understand the context of ethics related to psychomotricity
- Identify the ethical behaviors associated with psychomotricity
- Link ethics to human rights

065XCSAL5	Case Studies and Practice Analysis	3 Cr.
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This course provides fundamental training for professional practice. It helps students develop competence to analyze a clinical situation in psychomotricity, establish a psychomotor diagnosis, create a therapeutic plan, and evaluate their practice. By the end of this course, students will be able to:

- Recognize the necessity of evidence-based clinical practice
- Analyze psychomotor examination results
- Establish a psychomotor diagnosis
- Develop a targeted therapeutic plan based on clinical practice guidelines
- Propose rehabilitation protocols adapted to patients and aligned with clinical practice guidelines (CPGs)

Prerequisites: Psychomotor Disorders (065XPMDL3); Disabilities and Psychomotricity (065XDSTL4)

065XSPAL3	Screening and Psychomotor Assessment	2 Cr.
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This course enables students to identify the specificity and importance of psychomotor examination while understanding the process and attitude to adopt during test administration. It involves discerning the actions and attitudes leading to accurate analysis of results, particularly during synthesis meetings. Moreover, the aim of this training is to enable future psychomotor therapists to implement a screening approach tailored to the specific needs of school-aged and preschool-aged children.

065XGRTL6	Gerontology: Concepts and Psychomotor Intervention	2 Cr.
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This course addresses the theme of aging from psychological and psychomotor perspectives. Psychologically, students will understand normal and pathological aging processes, general principles of evaluation and care for the elderly, and optimal aging. By the end of this course, they will be able to:

- Understand the psychology of the elderly in both normal and pathological functioning
- Grasp the steps of psychological care from diagnostic evaluation to therapeutic intervention.

The psychomotor aspect details the therapeutic follow-up from initial consultation to care, proposing various psychomotor evaluation and therapy tools.

065XDSPL1	Disabilities and Inclusion	2 Cr.
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This course enables students to develop a deep understanding of disability, placing inclusion at the heart of their reflections. They will be guided to define disability and impairment, and to become familiar with key concepts such as “disabling situations,” “vulnerability,” and “loss of autonomy.” Furthermore, they will explore the impact of disability on individuals’ lives and examine the various types of disabilities according to international classifications such as the DSM-5 and the ICD-11. Students will address definitions, etiologies, symptoms, necessary care, associated disorders, and comorbidities. Finally, this course explains the importance of inclusion in a society where every individual, regardless of their situation, can fully thrive, and empowers students to actively contribute to the promotion of inclusion.

065XIPML1	Introduction to Psychomotricity	3 Cr.
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This course aims to provide an in-depth understanding of psychomotor therapy by exploring its various fields of intervention. The pedagogical approach is based on practical sessions with concrete role-playing scenarios, promoting experiential assimilation of concepts as well as an awareness of one’s own psychomotor abilities and limitations.

065XMT1L4	Research Methodology 1	2 Cr.
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This course contributes to the development of students’ research skills, which are essential for preparing them to conduct research on a psychomotor-related issue using a scientific methodological approach. This approach includes building a conceptual framework for research, translating a real-life problem into a research question, developing research avenues through appropriate parameters, sampling for field investigation, adapting observation tools to the context of the study, and compiling a bibliography in accordance with APA standards. All of this will lead to the writing of a methodologically structured research report.

065XMT2L5	Research Methodology 2	2 Cr.
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This course enables students to structure their approach when developing a research proposal focused on a psychomotor-related issue. They will need to understand the objectives of the research, master the methodologies used, apply ethical procedures, and effectively interpret research findings.

Prerequisite: Research Methodology 1 (065XMT1L4)

065XNROL1	Neuroanatomy	2 Cr.
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This course aims to teach descriptive, topographic, and functional anatomy of the human nervous system.

065XNPAL4	Neuromuscular Pathologies	2 Cr.
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This course is taught in parallel with the neuromuscular physiology course. It aims to identify and explain pathologies of the human nervous system and is essential for recognizing the nature of a neurological disorder (its pathophysiology) based on the clinical signs presented by a patient. Students will also learn about the progression of each disease, differential diagnoses, specific characteristics, and the various types of treatments that may be proposed for each of the conditions discussed. They will also be able to anticipate the nature of the deficits resulting from a given impairment of the nervous system.

065XNRS�6	Neurosciences and Learning	2 Cr.
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This course helps students better understand brain mechanisms to enhance learning.

Prerequisite: Neuromuscular Physiology (065XNPHL4)

065XNPPL4	Neuromuscular Physiology	2 Cr.
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This course aims to explain the normal functioning of the human nervous system. It is essential for understanding the pathophysiology of diseases affecting the nervous system, whether central or peripheral. Current knowledge in neurophysiology is reviewed in a clear and accessible manner.

065XRP2L6	Research Project	6 Cr.
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This end of study project involves applying the scientific research process to a topic related to psychomotor practice. Students will design and present a written, methodological, and synthetic research project based on a problem related to psychomotricity.

Prerequisite: Research Project Proposal (065XRPL5)

065XRPL5	Research Project Proposal	3 Cr.
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This is a preliminary project for the research paper, which involves presenting the research theme, problem, hypotheses, and working tools. Students will design a methodological research project based on a problem related to psychomotricity. By the end of this course, students will be able to:

- Integrate literature and studies in the relevant field
- Define the psychomotor problem and research question
- Clearly formulate objectives and hypotheses related to the project
- Justify the methodology and techniques used
- Demonstrate a level of intellectual autonomy

Prerequisites: Research Methodology 1 (065XMT1L4); Statistics 1 (065XST1L4)

065PRFAL2	Arabic Language Proficiency 2	2 Cr.
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This course enables students to improve their mastery of the Arabic language-through educational material related to psychomotor therapy-by deepening their skills in both oral (comprehension and expression) and written (comprehension and composition) communication.

065XEL1L1	English Language Proficiency 1	2 Cr.
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This course focuses on the mastery and improvement of linguistic skills in both oral and written French, meeting the requirements of academic work.

016PLF2L2	Advanced Linguistic Improvement: French 2	2 Cr.
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This course focuses on the mastery and improvement of linguistic skills in both oral and written French, meeting the requirements of academic work.

065PFLAL6	Specific Advanced Linguistic Improvement: English A	4 Cr.
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The course aims to enhance students' listening, speaking, reading, and writing skills in the fields of psychomotor therapy and sports. It introduces students to key aspects of English terminology in psychomotor therapy that are essential for navigating today's healthcare and media contexts. The course provides strategies and effective communication practices through requirements such as informative and persuasive oral presentations, and it helps students develop their technical writing skills through the creation of informative and evaluative summaries, CVs, cover letters, formal business letters, memos, faxes, emails, various types of reports or report summaries, as well as proposals.

065XAPEL2	Applied Practice in Psychomotor Education	2 Cr.
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This course develops students' ability to understand the specificities of psychomotor education and to review the connections between psychomotor domains and school learning in early grades. By the end of this course, students will be able to design and lead a psychomotor education session, as well as manage a group of children in psychomotor education.

065XAPSL1	Applied Practice in School Settings	2 Cr.
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This course provides students with a better understanding of educational and pedagogical practices in all their dimensions within preschool and elementary classrooms, as well as across various educational systems practiced in Lebanon.



It sharpens students' observation and analytical skills to better understand the role and involvement of the psychomotor therapist in adapting strategies related to the school climate and educational and pedagogical practices. It prepares them for professional activities within a school setting, whether in psychomotor education, screening, or guidance.

065XAP1L3	Applied Practice in Psychomotor Rehabilitation 1	2 Cr.
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This course teaches students how to gather and synthesize patient information, identify the diagnosis and general semiology related to the patient, and plan and analyze psychomotor intervention. Another primary goal is to train future psychomotor therapists to adopt a professional ethical attitude in an institutional setting to enable them to integrate into a private practice environment while maintaining professional ethics. It also introduces them to various parental guidance techniques.

065XAP2L4	Applied Practice in Psychomotor Rehabilitation 2	2 Cr.
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This course aims to provide theoretical and practical training in the skills required for the RPM1 internship. Additionally, it supports students in reflecting on the main elements of their practice.

Prerequisite: Applied Practice in Psychomotor Rehabilitation 1 (065XAP1L3)

065XAP3L5	Applied Practice in Psychomotor Rehabilitation 3	2 Cr.
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This course enables students to develop the theoretical and practical foundations necessary for psychomotor rehabilitation in various care settings, including school inclusion, specialized educational institutions, hospitals, and private practice.

Prerequisite: Applied Practice in Psychomotor Rehabilitation 2 (065XAP2L4)

065XAP4L6	Applied Practice in Psychomotor Rehabilitation 4	3 Cr.
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This course helps students develop the theoretical and practical foundations necessary for psychomotor rehabilitation in various care settings (school inclusion, specialized educational structures, hospital settings, and private practice). By the end of this course, students will be able to develop intervention strategies for target populations while respecting the theoretical and practical progression of competencies related to different psychomotor domains. They will also be able to combine anamnestic and psychomotor aspects to achieve a holistic analysis of the patients they manage, while maintaining professional ethics related to psychomotor rehabilitation.

Prerequisite: Applied Practice in Psychomotor Rehabilitation 3 (065XAP3L5)

065XPDM1L3	Psychomotor Domains and Mediators	4 Cr.
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This course enables students to master the different components of the theoretical progression of each psychomotor domain according to the chronological sequence of competencies. It allows them to design practical psychomotor rehabilitation activities sequenced according to this progression.

065XAPYL4	Adult Psychopathology	2 Cr.
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This course helps future therapists (psychomotor therapists and speech therapists) develop an in-depth understanding of the symptomatology and semiology of psychiatric disorders encountered in adults.

065XCAPL3	Child and Adolescent Psychopathology	2 Cr.
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This course helps students develop an in-depth understanding of the various elements related to psychiatric disorders. It explores the varieties and types of these disorders, their distinct characteristics, and their impacts on individuals. Additionally, students will become familiar with diagnostic procedures specifically applied to psychiatric disorders in children and adolescents.

065XIPEL2	Internship in Psychomotor Education Intervention	2 Cr.
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This course familiarizes students with the school and psychomotor framework while developing a deep understanding of the psychomotor therapist's role within the educational team. It also aims to strengthen their interpersonal skills and practical abilities to enhance the quality of their psychomotor interventions. Finally, this course enables them to master the process of preparing, conducting, and evaluating group sessions in psychomotor education.



065XIR1L3	Internship in Psychomotor Rehabilitation 1	3 Cr.
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This internship takes place in two distinct yet complementary professional settings: one with a psychomotor therapist working in an institutional context, and the other with a therapist working in private practice. It aims to introduce future therapists to the knowledge and practical skills required for appropriate therapeutic care by developing the following competencies:

- Conduct psychomotor rehabilitation sessions that are interlinked and aligned with the patient's therapeutic plan
- Develop theoretical and clinical knowledge related to various patient symptomatology
- Present all relevant information concerning patients
- Identify psychomotor objectives while considering the progression of individual competencies
- Write practice reflections using the competency assessment grid.

065XIR2L4	Internship in Psychomotor Rehabilitation 2	3 Cr.
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This internship takes place in two distinct yet complementary professional settings: with a psychomotor therapist working in an institutional context and one in private practice. It aims to further initiate future therapists into the knowledge and practical skills required for appropriate therapeutic care through the development of the following competencies:

- Conduct psychomotor rehabilitation sessions that are coherent and aligned with the patient's therapeutic plan
- Deepen theoretical and clinical knowledge related to the symptomatology of various patients
- Present all relevant information related to the patients
- Formulate psychomotor objectives, considering the progression of individual competencies
- Write reflective feedback on practice based on the competency assessment grid

Prerequisite: Internship in Psychomotor Rehabilitation 1 (065XIR1L3)

065XIR3L5	Internship in Psychomotor Rehabilitation 3	4 Cr.
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This internship refines the experiential conceptualization of therapeutic tools in the psychomotor rehabilitation approach. It takes place in two different but complementary professional contexts:

- With a psychomotor therapist/professional working in an institutional setting
- In an independent setting (without the presence of a psychomotor therapist)

This pre-professional internship allows the acquisition of psychomotor rehabilitation practice and the consolidation of professional skills. By the end of this internship, students will be able to:

- Choose tools based on the patient's age, problem, and parental request
- Develop collaboration and coordination skills with various medical and paramedical professionals involved in patient care
- Develop an ethical and deontological sense related to therapeutic rehabilitation action
- Interpret collected data: ratings, link analysis, and hypothesis generation
- Implement a protocol adapted to each patient's needs
- Draft a report according to CDSP standards
- Draft a therapeutic project adapted to the patient's needs

Prerequisites: Internship in Psychomotor Rehabilitation 1 (065XIR1L3), Internship in Psychomotor Rehabilitation 2 (065XIR2L4)

065XIR4L6	Internship in Psychomotor Rehabilitation 4	4 Cr.
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This internship refines the experiential conceptualization of therapeutic tools in the psychomotor rehabilitation approach. The RPM 4 internship takes place in two different but complementary professional contexts:

- With a psychomotor therapist/professional working in an institutional setting
- In an independent setting (without the presence of a psychomotor therapist)

This pre-professional internship allows the acquisition of psychomotor rehabilitation practice and the consolidation of professional skills. By the end of this internship, students will be able to:

- Choose tools based on the patient's age, problem, and parental request
- Develop collaboration and coordination skills with various medical and paramedical professionals involved in patient care
- Develop an ethical and deontological sense related to therapeutic rehabilitation action
- Interpret collected data: ratings, link analysis, and hypothesis generation
- Implement a protocol adapted to each patient's needs

- Draft a report according to institutional standards
- Draft a therapeutic project adapted to the patient's needs

Prerequisites: Internship in Psychomotor Rehabilitation 1 (065XIR1L3), Internship in Psychomotor Rehabilitation 2 (065XIR2L4), Internship in Psychomotor Rehabilitation 3 (065XIR3L5)

065XOIL2	Observation and Intervention Internship in Early Childhood	2 Cr.
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This internship enables students to establish connections between their theoretical knowledge and their observations during internships. It aims to develop their competencies in terms of knowledge, interpersonal skills, and practical abilities in the field of early childhood. Students will learn to critically analyze their observations and relate them to the corresponding theoretical foundations.

065XPSIL4	Internship in Psychiatry	2 Cr.
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This internship serves as a practical application of the courses covering child, adolescent, and adult psychiatry. It aims to introduce students to:

- Understanding the functioning of a psychiatric hospital
- Identifying psychomotor issues present in psychiatric disorders
- Understanding the role of the psychomotor therapist within a psychiatric unit

065XOISL1	Observation and Intervention Internship in School Settings	2 Cr.
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This internship offers a reflective observation of various educational systems practiced in Lebanon. It aims to raise students' awareness of educational and pedagogical approaches in their entirety and across all dimensions within preschool and elementary classrooms.

It also provides a deeper understanding of the contribution of psychomotor therapy to the school environment and to educational practices, particularly in the design of pedagogical activities. This internship prepares students for professional practice in school settings, whether in psychomotor education or in screening.

065XST1L4	Statistics 1	2 Cr.
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This course aims to help students master calculations related to the characteristics of statistical series with a single variable and perform probability calculations applied to paramedical fields. It introduces students to the main probabilistic laws and phenomena. The objectives include applying basic rules and formulas of probability, understanding necessary probability laws and statistical tests, and developing skills in interpreting, analyzing, and validating results from descriptive statistics and probability calculations.

065XST2L5	Statistics 2	2 Cr.
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This course focuses on two main themes: developing the study proposal and designing and writing the results of statistical studies in the paramedical field. Students will learn the main data processing techniques and apply them directly using the SPSS software. The results analyzed with the various techniques learned during the course are systematically commented on and presented as reports or presentations. By the end of this course, students will be able to:

- Understand the general importance of statistics in paramedical fields
- Use SPSS software effectively
- Apply statistical analyses in psychomotricity research

065XRXTL3	Relaxation Techniques	2 Cr.
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This course enables students to recognize and practice various relaxation techniques. Additionally, they will have the opportunity to explore in depth two specific relaxation methods and apply them. It introduces various breathing control techniques, with a focus on understanding the relationship between relaxation, breathing, and different aspects of psychomotor function. Students will develop a deeper knowledge of anatomy to optimize body use and will experience physical relaxation techniques.

The foundations of the SOUBIRAN relaxation method are taught, including how to identify appropriate and inappropriate contexts for its application. Students will learn to conduct initial interviews and formulate suitable relaxation requests. They will also master how to evaluate relaxation using an appropriate assessment framework.

The tactile dimension is emphasized, with a particular focus on the quality of therapeutic touch during the application of the SOUBIRAN method. Students will be guided in designing and implementing specific preparatory exercises for this method.

065XPT1L3	Psychomotor Tests 1	2 Cr.
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This course introduces students to the basic statistical concepts necessary for interpreting results. It then covers the specifics of psychomotor tests: objectives, administration, scoring, and result interpretation. Finally, the main goal is to master the theoretical aspects of administering scoring techniques of psychomotor tests to develop a typical psychomotor examination protocol targeting all psychomotor domains.

065XPT2L4	Psychomotor Tests 2	2 Cr.
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This course introduces future psychomotor therapists to the administration and scoring of psychomotor tests, teaching them how to analyze clinical situations in psychomotricity. This knowledge enables them to participate in the diagnostic process and provide appropriate care.

Prerequisite: Psychomotor Tests 1 (065XPT1L3)

065XPMDL3	Psychomotor Disorders	3 Cr.
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This course allows students to acquire comprehensive expertise in psychomotor disorders. They will be able to use specific terminology for these disorders, identify clinical manifestations and warning signs of each psychomotor disorder, and understand diagnostic criteria and differential diagnoses. Additionally, students will be able to identify possible comorbidities, justify the choice of appropriate evaluation tools for each disorder, and understand the main management techniques required.

065XDSTL4	Disabilities and Psychomotricity	3 Cr.
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This course aims to familiarize students with the general and specific semiology of certain disabilities encountered in the field, including differential diagnoses, and various rehabilitative approaches. It focuses on recognizing the overall needs of individuals with disabilities and developing their psychomotor functions. The course promotes psychomotor practice concerning knowledge, skills, and attitudes when working with children who are hearing-impaired, visually impaired, or multi-disabled. As a result, students will be able to enhance their clinical approach to psychomotor diagnosis and implement care measures tailored to the specific characteristics of different disorders.

065XSDDL5	Specific Learning Disorders and Psychomotricity	3 Cr.
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This course focuses on specific learning disorders that affect basic academic skills such as reading, writing, and arithmetic, encompassing dyslexia, dysorthography, dyscalculia, ADHD, DCD, memory disorders, and executive function disorders. Children with specific learning disorders exhibit psychomotor peculiarities. Literature indicates a comorbidity between psychomotor disorders and learning disorders. Therefore, this course aims to analyze a clinical situation in psychomotor therapy related to learning disorders to develop a psychomotor diagnosis and provide appropriate psychomotor care. By the end of this course, students will be able to:


- Differentiate between various concepts (difficulties, disorders, failures, etc.)
- Define the different specific learning disorders
- Base their therapeutic practice on evidence
- Develop a targeted therapeutic project based on clinical practice recommendations
- Establish simple links between learning disorders and psychomotor difficulties or disorders

435LALML2	Arabic Language and Media	2 Cr.
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This course introduces students to the Arabic language as well as to the culture and specific fields of their choice: media, arts, or literature, theater, and cinema. They will develop their Arabic language skills while exploring cultural aspects related to their chosen focus area. This course emphasizes the acquisition of practical communication skills and deepens understanding of both contemporary and traditional Arab culture.

065XIPNL3	Introduction to Psychoanalysis	2 Cr.
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This course serves as a foundation for psychomotor therapist training, allowing students to understand the importance of psychoanalysis in comprehending personality and recognizing psychological factors affecting a child's emotional development. It explores how a child's sense of self is constructed in relation to their



environment. It also identifies various ways in which intrapsychic/interpersonal conflicts manifest and helps students understand the characteristics of psychoanalytic treatment, highlighting the interrelations between analytical and psychomotor therapy.

065XCSWL2	Communication Skills Workshop	2 Cr.
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This workshop enables psychomotor therapy students to develop their posture, voice, and facial expressions. It prepares them to understand and effectively use non-verbal communication in professional practice.

065XPANL5	Psychomotor Therapy in Adult Neurology	2 Cr.
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This course enables students to understand the concepts, assessment tools, and psychomotor rehabilitation techniques applied to adults with brain injuries.

016GETCL2	Conflict Management and Resolution	2 Cr.
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This course allows students to understand the different stages of conflict management and to consider them as opportunities to move forward in their personal and professional lives. By equipping them with effective techniques, this approach aims to develop non-violent communication and attitudes.

016PENSL2	Critical Thinking: A Tool for Personal Development	4 Cr.
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This course is a space for pedagogical reflection that develops one of the essential success skills of the 21st century: Critical thinking. It is based on positive and constructive doubt which deploys the intellectual capacity that allows one to reason correctly, to draw well-thought-out conclusions supported by arguments. This approach develops intellectual autonomy and the ability to make decisions that allow for an improvement in the quality of personal and professional life. Through practical techniques of questioning, analysis, prioritization, detection of preconceived ideas and comparisons, different axes will be covered: self-knowledge, development of a project, analysis of a problem, decision-making, time management, stress management, etc. The purpose of the proposed tools would be to allow students to develop self-respect and respect for their skills in order to build a better SELF that finds its place and values their involvement on personal and professional axes. This dynamic also equips students with simple techniques that they could transmit to young learners to support them in their personal development.

065XPURL6	Practical and Research Updates in Relaxation	2 Cr.
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This course aims to explore the latest advances in relaxation and related techniques through the presentation of validated protocols based on recent studies, the innovative tools available, the identification of indications and contraindications of the various techniques, and the combination of techniques within a single training protocol. The course focuses on areas such as deep breathing, biofeedback, neurofeedback, mental imagery, and mindfulness. This course also aims to provide a foundation for integrating these techniques into psychomotor practice.

