

## THEWS APPLICATIONS

*The participants will format 5 working groups. Each group will be consisted of 2 students of each participant country (Greece, Cyprus and Norway).*

### **SKILLS FOR WORKING GROUPS**

#### 1<sup>ST</sup> EXERCISE (10 min)

Propose at least 6 stretching exercises for the neck muscles. Then you have to demonstrate them while you will explain the stretching muscles.

(The students will show the exercises and will explain all the participant muscle. Then, the other student groups will correct them and they will propose any other exercise that they didn't have concluded.)

#### 2<sup>ND</sup> EXERCISE (10-15 min)

Propose at least 8 stretching exercises for the upper back muscles. Then you have to demonstrate them while you will show and they explain the stretching muscles.

(The students will show the exercises and will explain all the participant muscle. Then, the other student groups will correct them and they will propose any other exercise that they didn't have concluded.)

#### 3<sup>RD</sup> EXERCISE (10-15 min)

Propose at least 6 strengthening exercises for the neck muscles. Then you have to demonstrate them while you will explain the strengthening muscles.

(The students will show the exercises and will explain all the participant muscle. Then, the other student groups will correct them and they will propose any other exercise that they didn't have concluded.)

#### 4<sup>th</sup> EXERCISE (10-15 min)

Propose at least 8 strengthening exercises for the upper back muscles. Then you have to demonstrate them while you will show and they explain the strengthening muscles.

(The students will show the exercises and will explain all the participant muscle. Then, the other student groups will correct them and they will propose any other exercise that they didn't have concluded.)