

ABSTRAKT

Sojková, I.: *Psyche et soma. Art as health promotion*. [Master's Thesis] Prague 2016 – Charles University, Faculty of Education, Art Education Department, 67 pages.

This Master's Thesis explores opportunities to improve various aspects of health, as defined by the World Health Organization, through art. The research is backed up by appropriate sources from philosophy, physiology, pedagogy, and psychology. The art tasks and activities which make up the research portion of this thesis are also based on these sources. My own artwork as well as that of several contemporary artists serve as another source for the didactic direction.

KEY WORDS

body, health, individuality, selfreflection, arthephiletics, expression game, experience, school and extracurricular environment.