

Abstract

Title: Comparing the feelings of participants in the intensive course of the Feldenkrais method in 2014 and 2016

Background: The Moshé Feldenkrais exercise system - Awareness Through Movement (ATM) uses slow, conscious movements to support motor learning. Exercise not only improves motor patterns, but also improves other body functions, including the psyche. However, there are few research papers that examined the effects on larger scope.

Objectives: The aim of the research was to compare the subjective feelings of participants of the intensive ATM courses organized annually at the Faculty of Physical Education and Sport of Charles University in 2014 and 2016.

Methods: In order to achieve the aim of the research, quantitative qualitative comparison of the results of the questionnaire survey from two three-day courses of the Feldenkrais method in 2014 and 2016 was used.

The structure of the questionnaires was based on the basic demographic data of the participants, their motivation to take part in the course and the subjective evaluation of the course (benefit from exercise, reduction of pain etc.). Likert scale was used to subjectively evaluate the course (exercise enjoyment, pain reduction, etc.).

Results: In 2014, 121 participants attended the ATM course and 99 completed questionnaires were obtained. In 2016, 100 completed questionnaires were received from 150 participants.

The results highlighted the significant similarity of both classes in a number of areas: over 90% of the participants were women, the average age of the participants was approximately 50 years, the total number of health professionals was 63% - most of them physiotherapists, the most frequent motivation to attend the courses was improvement of the function of the musculoskeletal system. The number of university educated participants increased from 39% in 2014 to 60% in 2016.

Number of positive observations on the subjective feelings of participants in most areas assessed in both volumes was not significantly different: increase in the range of motion (87, resp. 86%), reduced pain (61, resp. 54%), improvement of physical perception - self-consciousness (89%), improvement of mood (86%) and improvement of rest (69, resp. 67%).

For the remaining issues, the number of positive expressions increased in 2016 compared to 2014, an average of 8.5%: exercise enjoyment from 90 to 97%, the clarity of the instructions from 86 to 99%, evaluating methods as satisfying from 88 to 97% and intention to return to this type of exercise from 90 to 95% in the future.

Conclusion:

Comparing the feelings of participants in three-day intensive courses showed consensus in accepting the Feldenkrais method as a reliable way to improve body perception - self-awareness and a fitting perspective type of exercise.

Keywords: Feldenkrais method, Awareness Through Movement - ATM, Functional Integration – FI