

Faculty for Sport and Physical Education / PHYSICAL EDUCATION / Corrective Gymnastics I

Course:	Corrective Gymnastics I			
Course ID	Course status	Semester	ECTS credits	Lessons (Lessons+Exercises+Laboratory)
4584	Mandatory	4	3	2+0+0
Programs	PHYSICAL EDUCATION			
Prerequisites	There are no prerequisites required for signing up for this course			
Aims	In this course students should master contemporary techniques and methods of prevention, detection and correction, in order to, through body exercise as the basic means of therapy and rehabilitation, impact removing postural disorders in school children and the young.			
Learning outcomes	Having passed this course, the student will be able to: 1. Explain the reasons of applying movement in prevention and treatment 2. Describe mechanical properties of locomotor system 3. Analyse the basic and supplementary means of kinesitherapy 4. Apply the correctly selected starting position in relation to a weakened musculature 5. Recognise the causes of irregular body posture 6. Recognise appropriate methodological process for the purpose of removing bodily disorders in school children and the young			
Lecturer / Teaching assistant	dr Aldijana Muratović			
Methodology	: Lectures, exercises and independent task solving, consultations			
Plan and program of work				
Preparing week	Preparation and registration of the semester			
I week lectures	The notion, subject, development, and importance of corrective gymnastics and its application in the prevention and treatment.			
I week exercises	The notion, subject, development, and importance of corrective gymnastics and its application in the prevention and treatment.			
II week lectures	Anatomic, physiological and mechanical foundations of movement and the assessment of muscular force by manual method			
II week exercises	Anatomic, physiological and mechanical foundations of movement and the assessment of muscular force by manual method			
III week lectures	The basic means of kinesitherapy (application of exercises, respiratory gymnastics), massage and self-massage			
III week exercises	The basic means of kinesitherapy (application of exercises, respiratory gymnastics), massage and self-massage			
IV week lectures	plementary means of kinesitherapy – natural and artificial physical agents			
IV week exercises	plementary means of kinesitherapy – natural and artificial physical agents			
V week lectures	Basic aims of the application of exercises in kinesitherapy (enhancing motor abilities).			
V week exercises	Basic aims of the application of exercises in kinesitherapy (enhancing motor abilities).			
VI week lectures	Mid-term exam			
VI week exercises				
VII week lectures	Methods of application of corrective exercises (game, sport and work therapy in the function of kinesitherapy)			
VII week exercises	Methods of application of corrective exercises (game, sport and work therapy in the function of kinesitherapy)			
VIII week lectures	Application of basic, compound and additional starting positions in prevention and treatment.			
VIII week exercises	Application of basic, compound and additional starting positions in prevention and treatment.			
IX week lectures	Dosage, indications and counter-indications of physical activities			
IX week exercises	Dosage, indications and counter-indications of physical activities			
X week lectures	Body posture, aetiology (endogenous and exogenous causes) and periods of evolution of improper body posture			
X week exercises	Body posture, aetiology (endogenous and exogenous causes) and periods of evolution of improper body posture			

XI week lectures	Methods of assessment of body posture – the method of somatoscopy (clinical form for entering marks)					
XI week exercises	Methods of assessment of body posture – the method of somatoscopy (clinical form for entering marks)					
XII week lectures	Second exam					
XII week exercises						
XIII week lectures	Stadiums of the development of bodily disorders and the methodology of work in prevention and correction.					
XIII week exercises						
XIV week lectures	Stadiums of the development of bodily disorders and the methodology of work in prevention and correction.					
XIV week exercises						
XV week lectures	Final exam					
XV week exercises						
Student workload	Weekly: 3 credits x 40/30 = 4 hours Structure: 2 hours of lectures 2 hours of independent work, including consultations During the semester: Lectures and final exam: 4 x 16= 64 hours Necessary preparations before the start of the semester (administration, registration, certification) 2 x (4 hours) = 8 hours Total hours for the course: 3 x 30 = 90 hours Additional work for the preparation of the makeup final exam, including taking the makeup final exam from 0 to 18 hours Structure of the workload: 64 hours (teaching) + 8 hours (preparation) + 18 hours (additional work)					
Per week			Per semester			
3 credits x 40/30=4 hours and 0 minuts 2 sat(a) theoretical classes 0 sat(a) practical classes 0 excercises 2 hour(s) i 0 minuts of independent work, including consultations			Classes and final exam: 4 hour(s) i 0 minuts x 16 =64 hour(s) i 0 minuts Necessary preparation before the beginning of the semester (administration, registration, certification): 4 hour(s) i 0 minuts x 2 =8 hour(s) i 0 minuts Total workload for the subject: 3 x 30=90 hour(s) Additional work for exam preparation in the preparing exam period, including taking the remedial exam from 0 to 30 hours (remaining time from the first two items to the total load for the item) 18 hour(s) i 0 minuts Workload structure: 64 hour(s) i 0 minuts (courses), 8 hour(s) i 0 minuts (preparation), 18 hour(s) i 0 minuts (additional work)			
Student obligations			: Students are obliged to attend the lectures, take part in task solving, and do two exams			
Consultations			monday, 11:00			
Literature			Jovović, V.: Korektivna gimnastika sa kineziterapijom. Filozofski fakultet, Nikšić, 2008. -Živković, D.:Osnove kineziologije sa elementima kliničke kineziologije. Fakultet sporta i fiz.vaspitanja, Niš, 2009.			
Examination methods			- Two exams 20 points each (40 points in total). - Active participation and task solving 10 points - Final exam 50 points. - The passing grade is achieved if the stu			
Special remarks			Teaching is organised in the classroom and on the sports field.			
Comment						
Grade:	F	E	D	C	B	A
Number of points	less than 50 points	greater than or equal to 50 points and less than 60 points	greater than or equal to 60 points and less than 70 points	greater than or equal to 70 points and less than 80 points	greater than or equal to 80 points and less than 90 points	greater than or equal to 90 points