

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

Course:	Corrective Gymnastics II			
Course ID	Course status	Semester	ECTS credits	Lessons (Lessons+Exercises+Laboratory)
4585	Mandatory	5	3	2+1+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. Analyse movements of the head and spine in all planes 2. Describe deformities of spine 3. Apply appropriate methods of detection in certain deformities 4. Demonstrate preventive and corrective exercises for removing certain deformities 5. Value the importance of physical education for the purpose of preventing postural disorders in school children and the young.			
Lecturer / Teaching assistant	doc. dr Aldijana Nokić			
Methodology	Theoretical and practical lectures, independent task solving, consultations			
Plan and program of work				
Preparing week	Preparation and registration of the semester			
I week lectures	Wry neck (torticollis) – characteristics, clinical picture, prognosis and treatment			
I week exercises	Wry neck (torticollis) – characteristics, clinical picture, prognosis and treatment			
II week lectures	Kyphosis and rounded shoulders – general characteristics, clinical picture, detection methods, classification of kyphoses			
II week exercises	Kyphosis and rounded shoulders – general characteristics, clinical picture, detection methods, classification of kyphoses			
III week lectures	Prevention and correction of kyphosis, rounded shoulders and kypholordosis			
III week exercises	Prevention and correction of kyphosis, rounded shoulders and kypholordosis			
IV week lectures	Lordosis – general characteristics, clinical picture, detection methods			
IV week exercises	Lordosis – general characteristics, clinical picture, detection methods			
V week lectures	Prevention and correction of lordosis.			
V week exercises	Prevention and correction of lordosis.			
VI week lectures	Mid-term exam			
VI week exercises				
VII week lectures	Scoliosis – characteristics, classification, clinical picture, detection methods, frequency and the structure of scoliosis			
VII week exercises	Scoliosis – characteristics, classification, clinical picture, detection methods, frequency and the structure of scoliosis			
VIII week lectures	Prevention and correction of scoliosis, scoliosis and physical activities.			
VIII week exercises	Prevention and correction of scoliosis, scoliosis and physical activities.			
IX week lectures	Flat back and deformities of the chest (protruded and sunken chest) and the shoulder-blade area.			
IX week exercises	Flat back and deformities of the chest (protruded and sunken chest) and the shoulder-blade area.			
X week lectures	Deformities of the hip joint and the knee joint ("x" legs, "o" legs and saber legs			
X week exercises	Deformities of the hip joint and the knee joint ("x" legs, "o" legs and saber legs			
XI week lectures	Second exam			
XI week exercises				
XII week lectures	Flatfoot – pathogenesis, clinical picture, detection methods and the correction of flatfoot			
XII week exercises	Flatfoot – pathogenesis, clinical picture, detection methods and the correction of flatfoot			

XIII week lectures	Hollow foot, splayfoot and the bunion (clinical picture, detection, and correction).					
XIII week exercises	Hollow foot, splayfoot and the bunion (clinical picture, detection, and correction).					
XIV week lectures	Final exam					
XIV week exercises						
XV week lectures						
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 1 excercises 1 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 10:00 h			
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			Oral and written assessment of tasks - Two exams 20 points each (40 points in total). - Active participation and task solving 10 points			
Special remarks						
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