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| Study program: Preschool Teacher Education, Boarding School Teacher Education | | | |
| Type and level of studies: Bachelor studies, first cycle degree program | | | |
| Course unit: Corrective gymnastics | | | |
| Teacher in charge : Aleksandar Ignjatovic, PhD, assistant professor | | | |
| Language of instruction: English | | | |
| ECTS credits and course status: 5 ECTS, elective | | | |
| Prerequisites: / | | | |
| Semester: Summer semester (VI) | | | |
| Course unit objective Creating proper kinesthetic images of natural and physiologically effective forms of movement, planning, preparation and organization of activities in the field of physical culture, identification and recognition of postural disorders in children, cooperation with medical institutions, cooperation with parents, permanent management exercise for prevention and elimination of postural disorders. | | | |
| Learning outcomes of Course unit Enabling students to monitor and permanently updated teaching process in the field of corrective gymnastics. Use of measures in the prevention and correction of postural disorders in children, recognition and elimination of physical deformities through physical exercises. Critical use of literature. | | | |
| Course unit contents <i>Theoretical classes</i> Role, significance and legality of movement as a natural need of man, Association of Physical Education with other sciences. The importance of the natural forms of movement as a means of proper growth and development of human's body. The basics of anatomy of human body, corrective exercises and exercise depending on the postural disorders. <i>Practical teaching: Exercises</i> Exercises for prevention and correction of the bad posture. Exercises for the spine (scoliosis, kyphosis, lordosis). Exercises for the chests (pectus carinatus, pectus excavatum), Exercises for the legs (knee and feet). | | | |
| Literature 1. Delavier, F. <i>Strength Training Anatomy</i> . Human Kinetics,ampaign, IL, USA, 2010. 2. Patel, K. <i>Corrective Exercise - A Practical Approach</i> , Hodder Arnold publishing: London, 2005. | | | |
| Number of active teaching hours | | | Other classes:/ |
| Lectures : 30 | Practice: 30 | Other forms of classes: Mentoring system for small classes | |
| Independent work: / | | | |
| Teaching methods: Lectures, exercises, practical training, consultative teaching, research work - seminars, presentation of results. | | | |
| Examination methods (maximum 100 points) | | | |
| Exam prerequisites | No. of points: | Final exam | No. of points: |
| Student's activity during lectures | 10 | oral examination | 10 |
| Practical classes/ | 20 | written examination | 20 |
| Seminars/homework | 10 | tests | 30 |
| Project | | | |
| Other | | | |

| Grading system | | |
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| Grade | Number of points | Description |
| 10 | 91-100 | Excellent |
| 9 | 81-90 | Exceptionally good |
| 8 | 71-80 | Very good |
| 7 | 61-70 | Good |
| 6 | 51-60 | Passing |
| 5 | ≤50 | Failing |