Course title	Exercises in the correction of postural defects
Lecturer	Determined later
Lecturer's email address	
Hours	30
ECTS	5
Academic year	2020/2021
Semester	Winter/summer
Content	• Work of classes and differences in terminology • Anatomical aspects of postural analysis • Physiological aspects of postural analysis • Systematics of therapeutics exercises. Division and characteristics of kinesitherapeutic exercises (active and passive exercises, resistance exercises, synergistic exercises). • Starting positions for exercises, isolated, corrective and hyper-correctional positions – practical and theoretical analysis; • General improvement exercises – practical analysis; • Breathing and relaxation exercises – practical analysis; • Exercises of feeling the correct posture – practical analysis; • Special exercises in postural disorders – practical analysis • Corrective plays and games; • Exercises at the pool – practical analysis. • Therapeutic methods in postural disorders – theoretical analysis • Characteristics of PNF method and other neurodevelopmental methods in postural disorders. • MET (Muscle Energy Techniques) and other techniques for muscle stretching – theoretical analysis; • MET (Muscle Energy Techniques) and other techniques for muscle stretching – practical analysis;
Learning outcomes	At the end of the course the learner is expected to be able to: • describe and explain the methodology of teaching movements in a selected area of pedagogical activity • control the effectiveness of the correction process of posture defects and identify errors and negligence in pedagogical practice • analyze own pedagogical activities and indicate areas that need to be modified • promote and actively create a healthy lifestyle
Selected literature	• Atlas ćwiczeń korekcyjnych (2009). S. Owaczrek, POZKAL Inowrocław. • Putz R., Pabsta R., Atlas anatomii człowieka Sobotta, Tom1, Urban & Partner, Wrocław 2001.
Teaching tools/methods	• Lecture with elements of conversations • Work in groups/pairs
Form of examination	In-class participation Presentation on a particular topic