

Course title	Exercises in the correction of postural defects
Component code	04-01
Lecturer	Determined later
Lecturer's email address	
Hours	30
ECTS	5
Semester	Summer
Content	<ul style="list-style-type: none"> <li>• Work of classes and differences in terminology</li> <li>• Anatomical aspects of postural analysis</li> <li>• Physiological aspects of postural analysis</li> <li>• Systematics of therapeutics exercises. Division and characteristics of kinesitherapeutic exercises (active and passive exercises, resistance exercises, synergistic exercises).</li> <li>• Starting positions for exercises, isolated, corrective and hyper-correctional positions – practical and theoretical analysis;</li> <li>• General improvement exercises – practical analysis;</li> <li>• Breathing and relaxation exercises – practical analysis;</li> <li>• Exercises of feeling the correct posture – practical analysis;</li> <li>• Special exercises in postural disorders – practical analysis</li> <li>• Corrective plays and games;</li> <li>• Exercises at the pool – practical analysis.</li> <li>• Therapeutic methods in postural disorders – theoretical analysis</li> <li>• Characteristics of PNF method and other neurodevelopmental methods in postural disorders.</li> <li>• MET (Muscle Energy Techniques) and other techniques for muscle stretching – theoretical analysis;</li> <li>• MET (Muscle Energy Techniques) and other techniques for muscle stretching – practical analysis;</li> </ul>
Learning outcomes	<p>At the end of the course the learner is expected to be able to:</p> <ul style="list-style-type: none"> <li>• describe and explain the methodology of teaching movements in a selected area of pedagogical activity</li> <li>• control the effectiveness of the correction process of posture defects and identify errors and negligence in pedagogical practice</li> <li>• analyze own pedagogical activities and indicate areas that need to be modified</li> <li>• promote and actively create a healthy lifestyle</li> </ul>
Selected literature	<ul style="list-style-type: none"> <li>• Atlas ćwiczeń korekcyjnych (2009). S. Owczarek, POZKAL Inowrocław.</li> <li>• Schunke M (et al.)(2012) Prometheus anatomical atlas</li> </ul>
Teaching tools/methods	<ul style="list-style-type: none"> <li>• Lecture with elements of conversations</li> <li>• Work in groups/pairs</li> </ul>

Form of examination	In-class participation Presentation on a particular topic