

Study program / study programs: Recreation				
Type and level of studies: Basic professional studies				
Course title: CORRECTIVE GYMNASTICS				
Lecturer or lecturers (for lectures): Ilić, B. Dejan				
Lecturer / Associate (for practice): Ilić, B. Dejan				
Course status: Elective				
ECTS: 4				
Condition: None				
Course objectives: The objective of the course is to educate students in order to acquire basic, as well as specific theoretical and practical knowledge in the field of corrective gymnastics. Education involves familiarizing students with techniques and methods of prevention, detection and correction in order to apply the movement (exercise) in order to prevention, removal of postural disorders in children, youth and adults.				
Course outcome: By mastering the program content, it is expected that the student will master the professional terminology of the basic, supplementary and performed positions and movements of certain segments of the locomotor apparatus in these positions, methods of modeling and assessment of postural status and foot status, to know physical deformities and application and corrective exercises in order to eliminate them, as well as to be theoretically and practically capable of carrying out corrective treatment in immediate professional practice in the field of recreation, with the possibility of cooperation with physiatrists.				
Contents description <i>Theory teaching:</i> Theoretical teaching includes the definition of the term corrective gymnastics, its development through history to date, and the application of movements in order to preserve, improve and improve health. Introduction to students with principles, tools and methods of corrective gymnastics. Assessment of body status and foot status, acquiring knowledge of bodily deformities, their etiology, pathological and anatomical changes, the way prevention and correction and training to work on prophylaxis, and correction of physical deformities of children and youth. <i>Practical teaching</i> Practical teaching includes the kinesiological analysis of movements of individual segments of the locomotor apparatus viewed through all the levels, mastering method of measurement and assessment of postural status and foot status, as well as the application of movements in order to prevent and correct bodily deformities.				
References: 1. Radisavljević, M. (2001): Corrective gymnastics with basics of kinesitherapy. College for sports trainers, Belgrade. 2. Koturović, Lj., Jeričević, D. (1976): Corrective gymnastics. NIP "Sportska knjiga", Belgrade. 3. Kosinac, Z. (2005): Kinesiotherapy of the movement system. Association for Sport and Recreation of Children and Youth City of Split, Split. 4. Bogdanović Z. (2010): Corrective gymnastics- Interprint Kragujevac, Novi Pazar. 5. Ilić, D. (2012): Corrective gymnastics. Practicum. Belgrade: Faculty of Sport and Physical Education				
No. of active classes				Other classes:
Lectures: 1	Practical classes: 2	Other forms of teaching:	Study research work:	
Teaching method Interactive theoretical and practical lectures, multimedia projections, Practical Practice and Filling Practicum.				
Knowledge assessment (maximum score 100)				
Exam prerequisites	points	Final examination	points	
Class Activities	10	Written examination	30	
Practical instruction	15	Practical examination	30	
Preliminary exam / Colloquium		Oral examination	5	
Seminar papers / Practicum	10			