



# UNIVERSITY OF NIŠ

**Course Unit Descriptor**

**Faculty**

**Faculty of Sport and Physical Education**

## GENERAL INFORMATION

Study program

Basic Academic Studies, Physical Education and Sport

Study Module (if applicable)

Course title

Corrective gymnastics

Level of study

Bachelor academic  Master's  Doctoral

Type of course

Obligatory  Elective

Semester

Autumn  Spring

Year of study

Fourth

Number of ECTS allocated

7

Name of lecturer/lecturers

Dobrica Živković, Ph.D, full professor; Saša Milenković, Ph.D, full professor; Bojan Jorgić Ph.D, assistant professor

Teaching mode

Lectures  Group tutorials  Individual tutorials  
 Laboratory work  Project work  Seminar  
 Distance learning  Blended learning  Other

## PURPOSE AND OVERVIEW (max. 5 sentences)

*By mastering the curricula program content, students acquire basic theoretical and practical knowledge of corrective gymnastics, which they will be able to directly apply in sports and school practice.*

## SYLLABUS (brief outline and summary of topics, max. 10 sentences)

**Historical development of kinesiology. Mechanical characteristics of the joints and muscles. The development of psycho-physical characteristics. Analysis of the position of the body. Rehabilitation and principles of corrective gymnastics. Manual muscle test. Proper and poor body posture. Typology of body posture. Statics and dynamics of the spinal column and foot, spinal column and foot deformities.**

## LANGUAGE OF INSTRUCTION

Serbian (complete course)  English (complete course)  Other \_\_\_\_\_ (complete course)

Serbian with English mentoring  Serbian with other mentoring \_\_\_\_\_

**ASSESSMENT METHODS AND CRITERIA**

| <b>Pre exam duties</b>                  | <b>Points</b> | <b>Final exam</b>       | <b>points</b> |
|---|---------------|-------------------------|---------------|
| <b>Theory + Practicals</b>              | <b>10</b>     | <b>Oral examination</b> | <b>30</b>     |
| <b>Colloquium (1+2)</b>                 | <b>16</b>     |                         |               |
| <b>Colloquium (theory)</b>              | <b>16</b>     |                         |               |
| <b>Vežbe korektivne gimnastike</b>      | <b>8</b>      |                         |               |
| <b>Interactive teaching (exercises)</b> | <b>10</b>     |                         |               |
| <b>Interactive teaching (lectures)</b>  | <b>10</b>     | <b>OVERALL SUM</b>      | <b>100</b>    |

\*Final examination mark is formed in accordance with the Institutional documents