



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

Pre exam duties	Points	Final exam	points
Theory + Practicals	10	Oral examination	30
Colloquium theory (1+2)	26		
Colloquium (practice)	10		
Activity	4		
Interactive teaching (exercises)	10		
Interactive teaching (lectures)	10	OVERALL SUM	100

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