



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	<input checked="" type="checkbox"/> Bachelor academic <input type="checkbox"/> Master's <input type="checkbox"/> Doctoral
Type of course	<input checked="" type="checkbox"/> Obligatory <input type="checkbox"/> Elective
Semester	<input checked="" type="checkbox"/> Autumn <input type="checkbox"/> Spring
Year of study	Fourth
Number of ECTS allocated	6
Name of lecturer/lecturers	Saša Milenković, Ph.D, full professor; Bojan Jorgić, Ph.D, associate professor, Stefan Đorđević Ph.D, assistant
Teaching mode	<input checked="" type="checkbox"/> Lectures <input checked="" type="checkbox"/> Group tutorials <input type="checkbox"/> Individual tutorials <input type="checkbox"/> Laboratory work <input type="checkbox"/> Project work <input type="checkbox"/> Seminar <input type="checkbox"/> Distance learning <input type="checkbox"/> Blended learning <input checked="" type="checkbox"/> 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	40
Colloquium (theory)	20		
Colloquium (practical)	10		
Interactive teaching	20		
		OVERALL SUM	100

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