

Study programme: Undergraduate Academic Studies / Bachelor with Honours in Sport and Physical Education			
Subject name: KINESIOTHERAPY / OA15			
Teacher/Teachers: Branka Protić – Gava, PhD			
Subject status: Mandatory			
ECTS credits: 4			
Requirements: None			
Subject aim Purpose and the aim of the subject is to develop among the students the understanding of the overall term and importance of kinesiotherapy as a basic form of applying movements in prevention and correction of a bad body posture and deformities, to ensure learning the basic terms, principles, means and methods, their characteristics and tasks, with the aim to apply them in practice later.			
Subject outcome Students who successfully realise all the subject tasks, will be trained to recognise and appreciate the purpose of kinesiotherapy and realise its tasks with preschool children, primary and secondary school, to plan and realise the basic forms of the movements in the prevention and correction of bad body posture and body deformities in preschool children, primary and secondary school children, to detect bad body posture and to work on the correction of the postural status.			
Subject content: <i>Theory</i> The basics of kinesiotherapy, biomechanical basis of kinesiotherapy, terminology of moves and movement, anatomic structure in the function of moves, assessment of the function of locomotor apparatus, manual muscle tests, scope of moves in joints, principles, means and accompanying means in kinesiotherapy, exercise as the means of kinesiotherapy, dosage in kinesiotherapy, method of applying preventive-corrective exercises in kinesiotherapy, initial postures and positions, body posture (periods of development and etiology of origin of improper body posture), anatomy of spine, assessment of body composition of lower extremity, clinical test, mechanics of spine, deformities: kyphosis, dorsum kyphoticum, lordosis, kypholordosis, spine deformities: dorsum planum, dorsum excavatum, improper head posture: moved forward, torticollis, deformities of spine: scoliosis, mechanics of the thorax, and deformities of shoulder-shoulder blade region, scapulae alatae, deformities of the thorax: pectus excavatum, pectus carinatum and pectus planum, mechanics of knee joint and deformities: “X” legs, “O” legs, genua recurvata, mechanics of foot and deformities: flat feet, pes cavus, pes transverso. <i>Practice</i> Terminology of moves and movement, muscular function, initial postures and positions, muscular analysis of basic postures and moves, muscular analysis of the basic postures and moves, manual muscular test, measuring the scope of moves in joints, position of body and assessment of body status, kyphosis, lordosis, kypholordosis, dorsum planum, dorsum excavatum, scoliosis, thoracic deformities, knee deformities, foot deformities.			
Literature 1) Protić – Gava, B., Šćepanović, T. (2018). Osnove kinezioterapije i primenjena korektivna gimnastika. Novi Sad: Fakultet sporta i fizičkog vaspitanja, Univerzitet u Novom Sadu. 2) Živković, D. (2009). Osnove kineziologije sa elementima kliničke kineziologije, Niš Fakultet sporta i fizičkog vaspitanja, Univerzitet u Nišu 3) Jovović, V. (2008). Korektivna gimnastika sa kineziterapijom. Nikšić: Filozofski fakultet, Studijski program fizičko vaspitanje i sport.			
Number of active teaching classes	Theory: 2	Practice: 2	
Teaching methods: Lectures, exercises, mid-term tests, tests, consultations			
Knowledge assessment (maximum number of points is 100)			
Pre-exam requirements	points	Final exam	points
engagement in class activities	10	written exam	10
mid-term tests	30	oral exam	40
attendance	10	Test	