

<b>Study programme:</b> Undergraduate Academic Studies / Bachelor with Honours in Sport and Physical Education			
<b>Subject name:</b> PREVENTIVE KINESIOTHERAPY FOR PRESCHOOL CHILDREN / OAH14			
<b>Teacher/Teachers:</b> Branka Protić – Gava, PhD			
<b>Subject status:</b> Elective			
<b>ECTS credits:</b> 4			
<b>Requirements:</b> None			
<b>Subject aim</b> Subject aim is to develop among the students the understanding of the overall term and importance of preventive kinesiotherapy as a basic form of applying movements in prevention of occurrence and development of a bad body posture in preschool children, the understanding and learning the basic developmental aspects of motoric behaviour in preschool children, and the principles of movement and stability affecting the locomotor system in early childhood, with the aim to apply them in practice later.			
<b>Subject outcome</b> Students who successfully realise all the subject tasks, will be trained to recognise and appreciate the purpose of the preventive kinesiotherapy and realise its tasks with preschool children, 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, to detect bad body posture and to work on the correction of the postural status.			
<b>Subject content:</b> <i>Theory</i> Theory of developing motorics, terminology, developmental changes, movement and stability principles, physical growth and development, prenatal development, postnatal development, the earliest motor development, growth and development through five developmental fields, developmental delays and disorders, the role of the parent in motor development of a child, basic programmes of protective skills, importance of a proper locomotor development in the prevention of postural disorders, importance of crawling for the prevention of postural disorders, importance and implementation of elementary games in prevention of postural disorders, importance and the role of use of polygon in developing motorics and prevention of occurrence of postural disorders, the use of props in exercises for prevention of occurrence of postural disorders, manual skills, development of space perception, movement and kinaesthetic feeling. <i>Practice</i> Simulation of development phases of infant movements, preparation of r crawling, elementary forms of movement in children aged 2-6, imitation of animal movements, parent-child exercises, for the age of 1-3, exercises with a ball for children aged 8 months to 6 years, formation exercises for children aged 2-6, elastic band exercises, exercises with medicine balls and small weights, games and exercises for the prevention of thoracic deformities, use of elementary games for developing coordination, precision, and flexibility, use of elementary games for developing strength of postural muscles, examples of polygons for stimulation and development of the basic movement forms, polygons for developing strength of postural muscles, coordination, flexibility, precision and agility.			
<b>Literature</b> 1) Hejvud, K., M., Gečel, N. (2017). Motorički razvoj kroz život. Podgorica: Univerzitet Crne Gore; Novi Sad: Fakultet sporta i fizičkog vaspitanja; Beograd: DATA STATUS. 2) Protić – Gava, B., Šćepanović, T. (2018). Osnove kinezioterapije i primenjena korektivna gimnastika. Novi Sad: Fakultet sporta i fizičkog vaspitanja, Univerzitet u Novom Sadu. 3) Rašidagić, F. (2012). Elementarne igre u nastavi sporta i tjelesnog odgoja. Sarajevo: Fakultet sporta i tjelesnog odgoja, Univerzitet u Sarajevu.			
<b>Number of active teaching classes</b>	<b>Theory: 2</b>		<b>Practice: 1</b>
<b>Teaching methods:</b> Lectures, exercises, mid-term exams, tests, seminar papers, consultations.			
<b>Knowledge assessment (maximum number of points is 100)</b>			
<b>Pre-exam requirements</b>	points	<b>Final exam</b>	points
engagement in class activities	10	oral exam	50
theory lectures and exercises	10	test	10
seminar(s)	20		