

- 1. Course:** Basics of corrective exercise
- 2. Type of classes:** practical classes
- 3. Assessment:** grade (presentation of 1 corrective exercise by the student)
- 4. Semester in which classes will be conducted:** summer semester
- 5. The proposed number of hours:** 20
- 6. Syllabus**

Pre-requisites: Student has knowledge of human anatomy and has no contraindications to exercise. Sportswear is necessary on practical classes.

Content: Introduction to the subject, discussion of basic concepts and problems associated with correcting bad posture. Comparison of normal and bad posture. The use of selected functional tests in the correction of postural problems. Hypermobility: what it is, testing, corrective treatment. Starting positions for corrective exercises: indications and contraindications. Presentation of the most common postural faults of the body, lower limbs and feet and presentation of corrective exercises.

- 7. Learning outcomes:** This course will enable students to better understand and correct body movements that contribute to postural disorders and coordination problems. Students are able to ensure their own and their classmates' safety.
- 8. Qualifications:** first and second degree studies
- 9. Organisational unit of a course:** Faculty of Rehabilitation, Department of Adapted Physical Activity and Sport
- 10. Person responsible for the subject:** Magdalena Kępińska-Szyszkowska, PhD
- 11. Terms and conditions of the course:** a group (max. 24 persons)
- 12. Proposed number of ETCS:** 3
- 13. Number of hours online:** 2