

COMPENSATORY EXERCISES

optional course

Branch: Errasmus, Physical Education and Sport

S 0/1 C

Characterization:

Every human activity after longer time provokes specific muscular dysbalances. It is for that reason that some muscles are more active, at the framework certain movement pattern, then the others. Therefore is very useful for our own life and also for our professional teacher's role god to understand of the movement system. The lessons are concentrated on the kinesiology of the basic joints and spine and practical exercises in the context of basic theory. Theoretical and practical parts will complement breathing and relaxation exercises.

Content of the subject:

1. Corrective exercises (CE) and their place in Health physical education, subject of physical education for people with health impairment or health handicap. CE as a prevention of functional disorders of the motional system. Exercises in basic positions for god carriage of the human body.
2. Phasic and tonic muscles their function and possibilities their balancing. CE at supine, prone and side-lying positions.
3. Kinesiology of the cervical spine. Movements of the head at the context of carriage of the other parts of the body. The shoulder, basic muscles and their function. CE at the sitting a kneeling positions.
4. Muscles of the hip, their function and importance in the carriage of the pelvis. Muscles which are possible to train for god function of the ankle and the foot. CE at front kneeling rest and standing positions.
5. Breathing exercise at theory and practice. Meanings of the breath and their interrelationship to the postural function. Diagnostics of breathing movements, breathing exercises without attendant movements of parts of the body.
6. Diaphragm, abdominal wall, pelvic floor muscles and their relation. Breathing exercises which facilitate breathing in anatomical and functional regions of the trunk. Breathing exercises with attendant movements of parts of the body.
7. Relaxation exercises. Functional connection between psychical tension, functional condition of vegetative nervous system and tension of muscular groups. Different forms of volitional relaxation exercises.

Requirements for achievement of the credit: complete attendance and achievement of the test from the study program.

Recommended literature:

ČUMPELÍK, J. VÉLE, F. Yoga-Based Training for Spinal Stability. In Liebenson, C. Rehabilitation of the Spine. Lippincott Williams and Wilkins, 2005.

ISBN 07-81729-97-1.

KAPANJI, I., A. *The physiology of joints* : London : Churchill Livingstone, , 1975.

ISBN 0-443-01209-1.

CALAIS-GERMAN, B. *Anatomy of Movement* : Seattle : Estland Press, incorporated P.O. box 99749, 1993. ISBN 0-939616-17-3.