

REMEDIAL PE

PZTV075N

Course – obligatory

Characteristics:

Aim of a teaching prepared in the subject RE is to present our foreign students a magnitude of physical education for pupils with health impairment or health handicapped in our schools. According to Czech Sport Medicine Association the pupils with such designation are classified and categorized into the III. health group. This group of pupils is in our country very numerous and it is possible to help them with an appropriate movement education. Next it is important to explain and substantiate that professional conditions at physical education for such pupils are very important to stabilization their health situation. Students will acquire knowledge how to prepare movement activities both for own health condition and for pupils with health impairment or handicap.

Syllabus:

Lectures:

1. Introduction . History of RPE (HPE), its aim and asks. Categories .
2. Cervical spine. Hyperlordosis of the C spine and hyperkyphotic carriage in thoracic spine.
3. Main muscles, which influence movements in lumbar region of the spine. Range of movement at the joints. a
4. Muscles of the hip, their importance in the carriage of the pelvis and spinal column.
5. Breathing exercises. A use of breathing exercises at respiratory and other affection.
6. Diaphragm, abdominal wall, pelvic floor muscles and their relation. Methodical principles at RE.
7. Theory about relaxation exercises applied for health impairment persons.

Practicals:

1. Basic positions for compensatory exercises - lying positions.
2. Sitting positions, their modification for alignment segments of human body.
3. Standing positions, their modifications and fixation of an attention to the feet, pelvis and head.
4. Tonic postural muscles and phasic postural muscles; their possibilities to balancing by movement.
5. Corrective exercises to equilibrium of muscles which influence the right function of the cervical spine.
6. Corrective exercises by hyperkyphotic carriage in thoracic spine.
7. Basic movements by pelvis. Corrective exercises by hyperlordotic curvature of the lumbar spine.
8. Symmetrical, harmonious, slow, fluent and controlled movement during sciotic carriage of the spine.
9. Recapitulation of corrective exercises by different deviations at the carriage of the spinal column.
10. Diagnostics of breathing movements; BE without accompanying movements of parts of the body.
11. BE facilitating breathing in abdominal region. BE with accompanying movements of parts of the body.
12. BE facilitating breathing movements in middle and upper parts of the ribcage. Whole breath control.
13. Different forms of volitional relaxation exercises.
14. Requirements for conferment of the credit.

Requirements for achievement of the credit:

Complete attendance, achievement of a test from the study program and corrective exercises

Literature:

1. CALAIS-GERMAN, B. Anatomy of Movement : Seattle : Estland Press, incorporated P.O. box 99749, 1993. ISBN 0-939616-17-3.
2. ČUMPELÍK, J. VÉLE, F. Yoga-Based Training for Spinal Stability. In Liebensohn, C. Rehabilitation of the Spine. Lippincott Williams and Wilkins, 2005. ISBN 07-81729-97-1.
3. FRANCLIN, E. Dynamic alignment through imagery : Champaign : Human Kinetics, P.O. Box 5076, 1996. 302 s. ISBN 0-87322-475-2.
4. ISHMAHEL, W. K., SHORBE, H. B. Care of the back : Philadelphia : Lippincott Williams & Wilkins, 1985. 32 s. ISBN 0-397-50710-0.
5. KAPANJI, I., A. The physiology of joints : London : Churchill Livingstone, , 2007.
6. ISBN 10-443-10350-X, 978-0-443-03618-7, 10-070-202-9599.
7. SUNIL, V.J. Ayurveda & Panchakarma {The Science of Healing and Rejuvenation} : Twin Lakes, Wisconsin: Lotus Press, P.O. Box 325, 1997. 301 s. ISBN 0-914955-37-3.