

SYLLABUS

SUBJECT: Posture Diagnosis (lectures + workshops)

TEACHER: Piotr Matłosz, MSC

COURSE DESCRIPTION

Subject Goals: Lectures and workshops will give students knowledge about methodology of posture diagnosis and get to know about analyzing correct body posture. Students will be familiar with posture analysis, construction of body and basic diagnostic and functional tests for corrective gymnastics in schools.

Basic Requirements: knowledge about human anatomy

Lp.	Topics – lectures, semester 4	hours
1.	Examination of the musculoskeletal system. Orthopedic examination of children. Methods of analysis body posture – subjective and objective.	4
2.	Tests used in analysis functional disorders of musculoskeletal system Methods of measuring mobility in the joints based on SFTR system	2
3.	Examination of spine mobility, finding scoliosis. Examination of lower limbs and feet, examination of upper limbs.	4
4.	Analysis methods of body posture with use of computer and posturometrical techniques	2
5.	Examination of joints mobility and finding contractures. Examination and analysis strength endurance of postural muscles	3

LP.	Topics – workshops, semester 4	Hours
1.	Functional tests used in finding musculoskeletal system disorders Examination of body posture by using the Kasperczyk point's method and the Szop's method. Methods of measuring mobility in joints using SFTR system.	4
2.	Examination of spine mobility, finding and analyzing scoliosis.	3
3.	Plantokonturography and feet analyze	2
4.	Tests in corrective gymnastics: Schober, Dega and Matthias tests. Tests of motor skills in corrective gymnastics.	2
5.	Somatometry, BMI index, somatotype analyze, tests of strength endurance of abdominal and back muscles.	2
6.	Measurement length and circuits of lower limbs, measurement length and circuits of upper limbs. Body posture analysis by using Śliwa's posturometer	2

ECTS: 1

LEARNING OUTCOMES:

Student can analyze body posture, do basic functional test and write the results. Student get knowledge about tests used to diagnosis children's body posture.

GRADING POLICY

Attendance, active participation in lectures and workshops (discussions, expressing suggestions and own opinions, presentations of topics), written test in the second half of the semester.

TIMETABLE**TEXTBOOK AND REQUIRED MATERIALS:**

1. Buckup K., *Testy kliniczne w badaniu kości, stawów, mięśni*. PZWL Warszawa 1998;
2. Drabik J. *Testowanie sprawności fizycznej u dzieci ,młodzieży i dorosłych*. Wyd. AWF, Gdańsk 1997;
3. Drozdowski Z. *Antropometria w wychowaniu fizycznym*. Wyd. AWF, Poznań 1998;
4. Dziak A., *Zdrowe dziecko*. Wyd. Kasper, Kraków 1998;
5. Kowalski I., *Zaburzenia postawy ciała w wieku rozwojowym*. Wyd. Uniwersytet Warmińsko Mazurski 2002;
6. Kutzner-Kozińska M., *Gimnastyka korekcyjna dla dzieci 6-10 lat*. WSiP, Warszawa 1995;
7. Kasperczyk T., *Metody oceny postawy ciała*. Wyd. AWF, Kraków 1983;
8. Kutzner-Kozińska M., *Korekcja wad postawy ciała*. Wyd. AWF, 1981;
9. Nowotny J., *Niektóre zaburzenia statyki ciała i ich korekcja*. Wyd. AWF, Katowice 1998;
10. Prętkiewicz-Abacjew E., *Postępowanie korekcyjne w wadach postawy ciała*. Wyd. AWF, Gdańsk 1996;
11. Walaszek R., *Diagnostyka w kinezyterapii i masażu*. Wyd. Biosport, Kraków 2007;
12. Zeyland –Malawka E., *Badanie postawy ciała*. Wyd. AWF, 1997;

PREREQUISITES: