

ABSTRACT

Name of the thesis: Possible use of health physical education at special primary schools for children with wrong body posture.

Purpose of the thesis: The purpose of the paper is to demonstrate the positive effect of inclusion of the health physical education into physical education lessons and implementation of the individual health physical education as an optional subject into the school educational programmes at special schools for children with slight mental disabilities.

Methodology: The working method was a multi-level single-factor quasi-experiment. The set consisted of 15 pupils from a special school for children with slight mental disabilities. The body posture was classified by means of Klein and Thomas tests modified by Mayer, and by means of Matthias test.

Results: Based on the results obtained from the Klein, Thomas, Mayer and Matthias tests, presented and compared in tables and graphs, it is obvious that inclusion of health physical education at special primary schools for children with slight mental disabilities and diagnosed wrong body posture contributed to partial improvement of their body posture.

Key words: wrong body posture, health physical education, slight mental disability, special primary school