

ABSTRACT

Title: Corrective physical education in primary school curricula (grades 1-9) and its implementation in a targeted experimental group of older students at the Strančice Primary School.

This thesis summarizes the current corrective physical education included in primary school curricula. It deals with the effectiveness of incorporating corrective exercises in physical education classes and the decrease in functional musculoskeletal disorders in a selected group of students.

Aim of the thesis: The thesis attempts to map the use of corrective physical education in primary school curricula. It also clarifies the necessity of regular inclusion of corrective exercises in physical education classes, especially in a selected group for which functional musculoskeletal disorders were found.

The thesis evaluates the effectiveness of using corrective exercises by observing a selected group of students with functional musculoskeletal disorders throughout a certain period of time.

Methodology: A selected group of second-level primary school students were observed long-term and tested using simple tests to map the current state of a group of primary school students. The tests and subsequent corrective exercises were chosen to adequately meet the physical education teacher's time and material possibilities.

Results: The results are informative in character. They assess the effectiveness of regular inclusion of corrective physical education exercises in physical education classes, especially for a selected group of students with functional musculoskeletal disorders and according to the primary school teacher's possibilities.

Key words: corrective physical education, school curricula, functional musculoskeletal disorders, corrective exercises in corrective physical education, effectiveness of corrective exercises