

## **Student's duties for successful course completion: bp975 and eb975**

### **Physical activity in diseases and disabilities**

1. Attendance at least 85%
2. Active participation in lessons
3. Methodological scene: To present set of health enhancing exercises solving certain health problem
4. Seminar work – preparation for methodological scene. It must contain:
  - description of health problem
  - accurate description of the group, which is designed for physical activity
  - references
5. Passing an exam successfully

#### Literature

DURSTINE, J.Larry, MOORE, Geoffrey E. *Exercise Management for Persones with Chronic Diseases and Disabilities*. 2nd edition. Champaign : Human Kinetics, 2003. 374 p. ISBN 0-7360-3872-8

FRONTERA, Walter R. *Exercise in Rehabilitation Medicine*. 2nd edition. Champaign : Human Kinetics, 2006. 454 p. ISBN 0-7360-5541-x.

Page P., Clare C. F., Lardner R. *Assessment and Treatment of Muscle Imbalance - The Janda Approach*. 1st edition Champaign Human Kinetics, 2010. 296 p.