

Study program: Special Education and Rehabilitation, module Motor Disability			
Type and level of studies: Basic Academic			
Title of the subject: Habilitation and Rehabilitation Methods and Techniques			
Lecturer: Goran M. Nedović			
Course status: Obligatory			
ECTS: 8			
Prerequisites: /			
Aim: Main aim of this course is to enable students to understand, through basic information, demonstration and practicing, development of locomotor system as integral unit. Also, aim of this course is to enable student to understand that psychomotor development as integral unit is based on motor and sensorimotor development and integrated with cognitive, emotional and social development.			
Outcomes: Student will be able to do functional assessment of disturbances and disabilities, as much as to do assessment of different regression levels in adult persons. Student will master therapeutic methods and techniques and will be able to make adequate plan and program of habilitation or/and rehabilitation for all ages, from pre-term born babies to elderly persons, in all areas and condition of rehabilitation.			
Content			
<p><i>Lectures:</i> Functional anatomy and physiology of the locomotor system (bone and joint system, muscle, peripheral and central nervous systems, as well as the autonomic nervous system). Neurophysiological basis of movement. Biomechanics of the movement. Motor control and motor learning. Biomechanics aspects of movement in each part of human body. Biomechanics aspects of different moduls of body position (lying, sitting, four-legged, kneeling and standing positions). Complex movements - walking, running ... Kinesiologic analysis of normal walking and walking disorders caused by damage in some elements of the locomotor system. Psychomotor development of children age from 0 to 6 years. Functional assessment as a precondition for the application of habilitation or rehabilitation. Functional assessment`s methods of the psychomotor development`s and regression`s level. The definition, principles and objectives of habilitation and rehabilitation. Types of habilitation`s and rehabilitation`s methods and techniques, and their use in the stimulation of the proper growth, development and function of the locomotor system, as well as the prevention of motor disabilities. Implementation of rehabilitation methods for stimulation and correction of motor disabilities. Authorized methods and techniques for correction of motorc disabilities. Authorized methods and techniques for habilitation and rehabilitation of sever motor disorders and in prevention of inactivity consequents. Integral-integrative habilitation and rehabilitation.</p> <p><i>Practical work:</i></p> <p>The application and practice of the content of lectures, as follows: functional assessment, assessment of child`s developmental level, assessment of regression level in adults, creating of plan and program in habilitation or rehabilitation as much as creating of their realization, practicing in implementation of different methods and techniques in habilitation and rehabilitation. Practicing in implementation of methods in parental education, preschool teacher education and teacher education. The training for the application of authorized methods and techniques with the aim of prevention of motoric disorders, as well as a consequence of the inactivity. Overcoming architectural barriers. Practicing the use of didactic toys and didactic teaching materials. Application of different aids for moving.</p>			
Literature			
<ol style="list-style-type: none"> 1. Ilanković, V., Ilanković, N. (2001). <i>Psihomotorni razvoj deteta</i>. Medicinski fakultet, Beograd. 2. Ilanković, V., Ilanković, N. (2009). <i>Psihomotorni razvoj deteta</i>. VMŠ Militin Milanković, Beograd. 3. Ilanković, V., Ilanković, N. (2009). <i>Restaurativna kineziterapija</i> (3. dopunjeno izdanje). Beograd. 4. Ilanković, V., Ilanković, A. (2014). <i>Metode i tehnike habilitacije i rehabilitacije u razvojnom periodu</i>. Beograd. 5. Ilanković, V. (2005). Kontinuirana rehabilitacija kao preduslov za adekvatno školovanje dece sa motoričkim poremećajima. U: Rapaić D. et al.(ur.): <i>Školovanje dece sa motoričkim poremećajima</i>. Defektološki fakultet. Beograd 2005. p 9-67. 6. Ilanković, V., Ilanković, A. (2013). Habilitacija i rehabilitacija kao preduslov za inkluzivni model školovanja. U: Nikolić S, Ilić-Stošović D. (ur.): <i>Stručni saradnik u inkluzivnom obrazovanju</i>. Društvo defektologa Beograd 2013. p 211-266 . 			
Number of active classes per week:		Lecture: 3	Practical work: 2
Teaching methods: Lecturing, practical teaching, individual work, demonstration of techniques and skills, demonstration of abilities/disabilities at different patients in teaching bases.			
Evaluation of knowledge (maximum score 100)			
Pre obligations	Score	Final exam	Score
activites during the lectures	15	written exam	/
practical teaching	15	oral exam	50
midterm(s)	/	
seminars	20		