ABSTRACT

Title: Evaluation of the effect of the DNS FIT KID exercise program on preschool children

Objectives: Assessment of the effect of the DNS FIT KID exercise program on preschool children with the secondary goal of building an optimal spinal stabilization system and thus influencing faulty posture.

Methods: For this theses, 18 children (boys and girls) from kindergarten aged 3 to 6 years were selected. Aspection (gaze standing assessment), motor skills testing using the MABC-2 kit and DNS FIT KID (DNS tests and assessment of basic motor skills) were used to collect measurement data. DNS FIT KID exercise program was implemented and applied in the group.

Results: When comparing the input and output results of the group, using the DNS FIT KID exercise program, a significant number of probands experienced a complete disappearance or improvement of the observed deviations in most of the monitored parameters. This fact therefore indicates a positive effect of the use of the DNS FIT KID programme for preschool children.

Keywords: Spinal Stabilizing System, DNS FIT KID, DNS, Dynamic Neuromuscular Stabilization, preschool age, preschoolers, children, exercise, physical activity