

ABSTRACT

Name:

Posture in preschool children

Objectives:

The aim of the work is to investigate the effect of movement intervention on the posture of preschool children.

Methods:

The empirical work is designed as a one-group quasi-experiment. It is a qualitative research where the effect of an exercise program with elements of health exercises on the posture of preschool children was investigated. The participants were 6 children (4 girls, 2 boys) aged 5–6 years. The research was conducted at FUTURUM FAMILY and BENJAMINEK Kindergarten o.p.s. For the entrance and exit examinations, was used four different posture tests. Specifically, Matthias test, Thomayer test, Trendelenburg-Duchenne test and Jaroš / Lomíček posture test.

Results:

The results showed that in all methods was an improvement in posture in at least two probands. The greatest improvement occurred in the Thomayer test and in the Trendelenburg-Duchenne test, where five probands improved.

Conclusion:

The work pointed out the importance of prevention and correction of poor posture in children of preschool age.

Keywords:

Posture, preschool age, health physical education