

POSTURE DEFECTS OF STUDENTS IN GRADES 1–4 OF MUSIC ORIENTED CLASSES IN PRIMARY SCHOOL COMPLEX NO. 2 IN SZCZECIN

Abstract. The aim of the research was to establish whether the children between the ages of 7 and 10 years, attending Grades 1–4 of music oriented and general education classes, suffered from posture defects.

The research material included 214 children aged 7–11 of the Primary School Complex no. 2 in Szczecin. There were 101 children examined in the music oriented classes, including 51 (50.5%) girls and 50 (49.5%) boys.

In the school year 2006/2007, the research was conducted twice, including the same research material – first in September 2006, second in June 2007 accordingly. Body surface topography method, based on the technique of spatial photogrammetry, was used to evaluate body posture. The research included the analysis of thoracic kyphosis and lumbar lordosis angle in the sagittal plane.

The results of independent research showed that proper posture in the sagittal plane was present in 62.0% girls and 71.0% boys from music oriented classes, as well as 73.0% and 75.0% in controls accordingly. Rounded back was characteristic for 31.0% girls and 25.0% boys from music oriented classes, as well as 14.0% and 16.0% in controls. Flat back was visible in 6.0% female musicians and 12.0% controls, with 4.0% boys and 13.0% controls accordingly. Based on the conducted research, the following results were formulated:

1. Physiological spinal curvatures of children in music oriented classes were more serious in comparison with peer controls.
2. Posture defects were more common in girls in music oriented classes, compared to controls.
3. The incidence of posture defects in boys in music oriented classes and controls was parallel.
4. The national curriculum program of study for PE in music oriented classes should be modified and complemented with exercises strengthening trunk muscles and increasing the range of motion in shoulder and pelvic girdles.