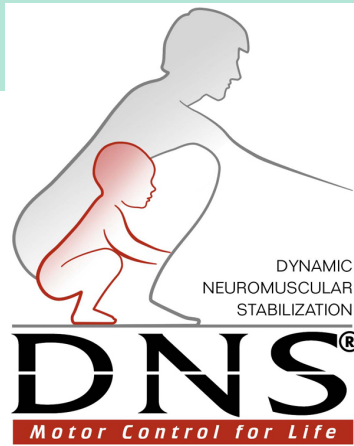




Dynamic Neuromuscular Stabilization (DNS) according to Kolar

Exercise Course “Part II”

Contact Hours: 12

Course date:

November 29 - 30, 2025

Location:

**Zdravstveni dom dr. Adolfa Drolca
Ulica Talcev 9
2000 Maribor
Slovenia**

Instructor:

Jakub Novak, DPT, Ph.D.

Organizer:

Slovenian Association of Physiotherapists

sport@physio.si

<https://www.physio.si/sekcije/sekcija-za-fizioterapijo-v-spo>

**REHABILITATION
PRAGUE SCHOOL**



www.rehabps.com

Tentative Course Program

(the actual program will be sent to you by the local organizer)

Day 1 Saturday – November 29, 2025

9.00 – 10.30	Review of developmental kinesiology principles to achieve optimal postural stabilization as primary prerequisite for sports performance. Ipsilateral and contralateral sport patterns.
10.30 – 10.45	Coffee break.
10.45 – 12.30	Postural analysis - advanced DNS tests to recognize a “weak link” in the postural-locomotion pattern.
12.30 – 13.30	Lunch.
13.30 – 15.00	DNS techniques to achieve optimal stabilization of the supporting segments and balanced co-contraction of core stabilizers.
15.00 – 15.15	Coffee break.
15.15 – 17.00	Video and live athletes demonstration to analyze postural-locomotion function and determine treatment strategy to treat painful syndromes, prevent its recurrence and enhance sport performance.

Day 2 Sunday – November 30, 2025

8.30 – 10.30	Exercise in advanced ontogenetic positions.
10.30 – 10.45	Coffee break.
10.45 – 12.30	Exercise in ontogenetic positions with elastic bands, weights and on unstable surface.
12.30 – 13.30	Lunch.
13.30 – 15.00	DNS exercises for specific sport techniques.
15.00 – 16.00	Workshop cont., Final discussion.

More information about the course:

https://www.rehabps.cz/rehab/course.php?c_id=3338

Course Goals and Description

Course objectives

- Review of developmental kinesiology in the context of adult optimal posture, sports performance and global motor patterns to enhance outcomes in sport and human movement.
- Demonstrate exercises in higher developmental positions – tripod, bear, squat, lunge, step up and its modifications & training of body awareness.
- Demonstrate exercises utilizing the principles of developmental kinesiology with elastic bands, barbells, weights, and gymball
- Discuss & demonstrate DNS exercises for specific sport techniques: throwing, jumping, stroke, skating etc.
- Students who want to work towards DNS Trainer certification must pass an online test after DNS Exercise course part II, and before taking DNS Exercise course part III. The online test consists of 30 multiple choice questions, 10 picture and 5 video questions. To pass the test the student must answer 32 out of the 45 questions correctly. The student gets a maximum of three attempts to pass the test. Students are recommended to retake DNS Exercise II course and then to take the online test again in case of failing to pass the test on the three attempts. As soon as submitting the test the student receives results by email. Passing the online test is a prerequisite before taking the Practical test at the DNS Exercise Course part III, and being certified as a DNS Exercise Trainer.

Certification in DNS Exercise Course

To ensure adequate practice with clients, this practical test can only be taken one year after completion of the first DNS course (either DNS Exercise I or DNS A). You may still choose to take DNS Exercise III prior to that 1-year span. However, if you wish to take the trainer certification practical test, you will have to re-take Level III again and sit for the test. Also, completing an online test after DNS exercise II is a prerequisite for taking the practical test at DNS Exercise III course. When you earn your certification, you can choose to have your name listed on the Prague School Rehabilitation website for a one-time fee of 20 Euros. You are required to take at least 1 DNS course every 3 years to retain your certification status.