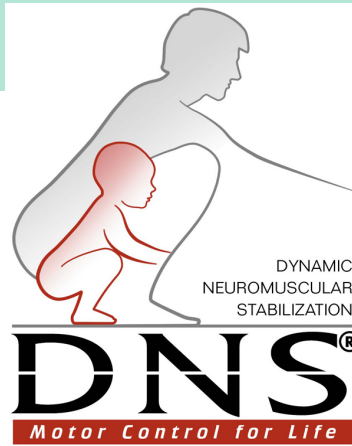




Dynamic Neuromuscular Stabilization (DNS) according to Kolar

Exercise Course “Part I”

Contact Hours: 12

Course date:

November 27 - 28, 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 Thursday – November 27, 2025

9.00 – 10.45	Developmental kinesiology, ontogenesis – basic principles & application in sport.
10.45 – 11.00	Coffee break.
11.00 – 12.30	Postural–locomotion function: definition of optimal and abnormal patterns.
12.30 – 13.30	Lunch.
13.30 – 15.15	Stabilizing system of the spine: DNS tests (workshop).
15.15 – 15.30	Coffee break.
15.30 – 17.00	Basic types of stabilization exercise utilizing optimal developmental positions and patterns - demonstration.

Day 2 Friday – November 28, 2025

8.30 – 10.30	Active exercise prescription based on developmental positions (workshop).
10.30 – 10.45	Coffee break.
10.45 – 12.30	Active exercise prescription based on developmental positions – modification for strengthening exercise (workshop).
12.30 – 13.30	Lunch.
13.30– 15.30	Active exercise based on developmental positions: modifications to train basic sport movements: throwing, jumping, kicking, shooting, stroking (workshop). FAQ, discussion.

More information about the course:

https://www.rehabps.cz/rehab/course.php?c_id=2759

Course Goals and Description

Course objectives

- Demonstrate an understanding of the basic principles of developmental kinesiology.
- Describe the relationship between development during the first year of life and dysfunction of the locomotor system in adulthood.
- Discuss and demonstrate the basis of human movement: support, stepping forward, the biomechanics of motor function, the verticalization process & functional joint centration in postural development.
- Evaluate and correct poor respiratory patterns.
- Assess the integrated stabilizing system of the spine both visually and utilizing dynamic functional tests.
- Integrate corrective exercises based on the DNS functional tests and developmental positions in supine, prone, low kneeling, oblique sit, and quadruped global movements.
- Demonstrate how DNS corrective exercises can be integrated with other exercise strategies.

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.