



# UNIVERSITY OF NIŠ

**Course Unit Descriptor**

**Faculty**

**Faculty of Sport and Physical Education in Nis**

## GENERAL INFORMATION

Study program	Basic academic studies, physical education and sport
Study Module (if applicable)	
Course title	Fitness and wellness programs
Level of study	<input checked="" type="checkbox"/> Bachelor academic <input type="checkbox"/> Bachelor professional <input type="checkbox"/> Master's <input type="checkbox"/> Doctoral
Type of course	<input type="checkbox"/> Obligatory <input checked="" type="checkbox"/> Elective
Semester	<input checked="" type="checkbox"/> Autumn <input type="checkbox"/> Spring
Year of study	Third
Number of ECTS allocated	5
Name of lecturer/lecturers	Katarina Herodek, Ph.D, full professor
Teaching mode	<input checked="" type="checkbox"/> Lectures <input checked="" type="checkbox"/> Group tutorials <input type="checkbox"/> Individual tutorials <input type="checkbox"/> Laboratory work <input type="checkbox"/> Project work <input type="checkbox"/> Seminar <input type="checkbox"/> Distance learning <input type="checkbox"/> Blended learning <input checked="" type="checkbox"/> Other

## PURPOSE AND OVERVIEW (max. 5 sentences)

*Introduce students to the theoretical, practical, technical and scientific knowledge in the field of fitness and wellness using methods to improve a very complex motor behavior of man linked to other dimensions of his anthropological being. Students are trained in the practical application of acquired knowledge in physical education, recreation, sports training and scientific research.*

## SYLLABUS (brief outline and summary of topics, max. 10 sentences)

**Classification of groups of physical activities performed in fitness centers, structural analysis of movements to be performed within certain fitness method. Analysis of primary and isolated exercises power, cyclical trends in the cardio devices and typical movements in certain types of aerobics. Methodical procedures for the adoption of certain motor skills through fitness method for developing and maintaining the dimensions of strength and body contouring as well as procedures for the development and maintenance of functional capacity and reduction of subcutaneous fat. Historical development of aerobics, aerobics competition, systematization of different types of aerobics, Cardio fitness, TUT, GVT. Practicing with sports equipment. Warm up, prestretching, conditioning, cool down, strength training, stretching. Choreography in aerobics. The definition of the concept of wellness, wellness place and role in world development factors wellness, wellness as a selective tourist offer principles on the conduct wellness programs,**

wellness programs.

#### LANGUAGE OF INSTRUCTION

- Serbian (complete course)       English (complete course)       Other \_\_\_\_\_ (complete course)
- Serbian with English mentoring       Serbian with other mentoring \_\_\_\_\_

#### ASSESSMENT METHODS AND CRITERIA

Pre exam duties	Points	Final exam	points
Theory + practicals	10	Theory examination	40
Teaching colloquia 1	20		
Interactive	20		
Seminar paper	10		
		<b>OVERALL SUM</b>	<b>100</b>

\*Final examination mark is formed in accordance with the Institutional documents