



# UNIVERSITY OF NIŠ

**Course Unit Descriptor**

**Faculty**

**Faculty of Sport and Physical Education**

## GENERAL INFORMATION

Study program

**Basic Academic Studies, Physical Education and Sport**

Study Module (if applicable)

Course title

Anthropomotorics

Level of study

Bachelor academic  Master's  Doctoral

Type of course

Obligatory  Elective

Semester

Autumn  Spring

Year of study

Second

Number of ECTS allocated

7

Name of lecturer/lecturers

Katarina Herodek, Ph.D, full professor; Mladen Živković, Ph.D, associate professor

Teaching mode

Lectures  Group tutorials  Individual tutorials  
 Laboratory work  Project work  Seminar  
 Distance learning  Blended learning  Other

## PURPOSE AND OVERVIEW (max. 5 sentences)

*Students will understand elementary movements and motions and development of basic motor abilities by means of shaping exercises, and performing specific exercises for the development of basic motor abilities. Students are able to practically apply acquired knowledge in physical education teaching process, sports training, and research and scientific work.*

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

**Theory:** Role of motorics in development and formation of man. Process of humanization of pre-historic society, development of speech and movement. Physical exercising and dance. Definition of basic notions. Motor functioning, Manifest and latent areas of motorics, Anthropomotorical abilities, Phylogenetic development of anthropomotorics, Notion of anthropomotorics in ontogenesis, Genetics in anthropomotorics. Motor learning and motor habits, Motions and movements, Structure of motions and movements, Systemizing and classification of motions and movements. Basic anthropomotoric abilities: Power, Speed, Endurance, Coordination, Precision, Balance, Agility, New theories of anthropomotoric abilities, general anthropomotoric abilities. Specific anthropomotoric abilities. Anthropomotoric abilities in sports games, Shaping exercises, Planning and organization of the measurement of motor abilities. **Practicals:** All forms of elementary movements, shaping exercises, strength development exercises, exercises for development of speed, endurance, coordination, precision, balance and agility.

**LANGUAGE OF INSTRUCTION**

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

**ASSESSMENT METHODS AND CRITERIA**

<b>Pre exam duties</b>	<b>Points</b>	<b>Final exam</b>	<b>points</b>
<b>Theory Practicals</b>	<b>5+5</b>	<b>Theoretical examination</b>	<b>40</b>
<b>Colloquiums</b>	<b>33</b>		
<b>Seminar paper</b>	<b>5</b>		
<b>Interactive teaching</b>	<b>12</b>	<b>OVERALL SUM</b>	<b>100</b>

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