



# 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

Children's athletics

Level of study

Bachelor academic  
 Bachelor professional       Master's       Doctoral

Type of course

Obligatory       Elective

Semester

Autumn       Spring

Year of study

Fourth

Number of ECTS allocated

5

Name of lecturer/lecturers

Aleksandar Raković, Ph.D, full professor, Daniel Stankovic Ph.D, full professor

Teaching mode

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

## PURPOSE AND OVERVIEW (max. 5 sentences)

Introducing students to the technique of execution and the rules of disciplines in the children's athletics program. Student is qualified to rule the theoretical knowledge and motor skills related to children's athletics Student is qualified to rule the theoretical knowledge and motor skills related to children's athletics.

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

Historical development of children's athletics and objectives of children's athletics. Age groups and program of the competition. Material and equipment, organization of competitions. Discipline children's track and field sprint relay, sprint-skirt, Race hurdles, javelin and discus for teenagers. Long jump and the triple jump with a short bent. Sprint slalom, sprint groin, Relay, diaphragm combined with the Relay, endurance racing. Long jump and the triple jump with a short bent, long jump with a pole. Cross-jumping, rope skipping, throwing the target. Javelin for children, teenagers throwing disc, throwing on his knees, Scoring competition.

## 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	Practical examination	15
Seminar paper / Test	10	Theory examination	25
Teaching colloquia 1 +2	30		
Interactive activity	10	OVERALL SUM	100

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