



# 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
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 type="checkbox"/> Autumn <input checked="" type="checkbox"/> Spring
Year of study	First
Number of ECTS allocated	5
Name of lecturer/lecturers	Slavoljub Uzunović, Ph.D, full professor, Nikola Milošević, Ph.D, assistant 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)

*Acquisition of basic knowledge about the components, resources, programs and popular fitness methods. Capacity to use different software development strength, endurance and agility, and mastery of motor knowledge to perform a variety of exercises and other fitness equipment fitness and ability to apply the acquired knowledge in the practice of physical education, sport and recreation.*

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

**Theory:** The concept and importance of fitness. Cardiorespiratory fitness (components, training areas, training methods, significance). Muscular fitness (factors, technology training, methods). Flexibility. Body composition. Determining the fitness components, capabilities. Application of fitness in physical education, sport and recreation.  
**Practicals:** Aerobic activities. Choreography fitness competition (dance practice, acrobatic exercises). Strength training (exercises, with or without apparatus, with load and no load). Mobility exercises, Stretching, Pilates.

## 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	Oral, written or in the form of the test	30
Colloquia theory	10	Practical	10
Teaching colloquia 1 /3	30		
Interactive teaching	10		
		<b>OVERALL SUM</b>	<b>100</b>

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