



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

Swimming

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

Tomislav Okičić, Ph.D, full professor; Dejan Madić, Ph.D, full professor, Marko Djuric, Ph.D, assistant 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 have gained theoretical and practical knowledge and skills, which will be applied in practice (curricular and extracurricular activities in school and in sports clubs as well).

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

Historical development of swimming (history of swimming, swimming in the Olympics, World Cup and European Championship), biomechanics of swimming (hydrostatics, hydrodynamics). Training of the swimming techniques: freestyle, breaststroke, backstroke, butterfly. Training of non-swimmers (methodology, organization). Basics of snorkeling (head in diving, feet in diving, dive out). Improvement of the swimming techniques (freestyle, backstroke, breaststroke, butterfly, individual medley). Training and development of the race elements (start, turn, gliding, finishing), training in swimming (development of sports form, macro and micro planning, selection, means and methods for the development, control and monitoring of the results). Rescue of drowning persons (organization of the rescue services, operational steps of the drowning persons rescue).

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	20
Colloquium theory	10	Oral examination	20
Colloquium practicals	35		
Interactive teaching	5		
		OVERALL SUM	100

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