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| **UNIVERSITY OF NIŠ** | | | | | | |
| **Course Unit Descriptor** | | **Faculty** | | | **Faculty of Sport and Physical Education** | |
| **GENERAL INFORMATION** | | | | | | |
| Study program | | | | **Doctoral Academic Studies, Sports Science** | | |
| Study Module (if applicable) | | | |  | | |
| Course title | | | | Physical activity and human health | | |
| Level of study | | | | Bachelor  Master’s  Doctoral | | |
| Type of course | | | | Obligatory  Elective | | |
| Semester | | | | Autumn Spring | | |
| Year of study | | | | Second | | |
| Number of ECTS allocated | | | | 8 | | |
| Name of lecturer/lecturers | | | | Saša Pantelić, Ph.D, associate professor; Ljiljana Bjelaković, 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)** | | | | | | |
| *Specific competencies: upon passing the exam the student is able to independently conduct the scientific research by applying knowledge of scientific methods that have been scientifically validated in the field of sport, recreation and physical education. This comprises the ideas, the choice of diagnostic devices, measuring instruments, data processing, interpretation of results, comparison with the results from the fields of sport, recreation and physical education related to health.* | | | | | | |
| **SYLLABUS (brief outline and summary of topics, max. 10 sentences)** | | | | | | |
| **The definition of health and physical activity. The influence of physical activity on the locomotor system; the respiratory and cardiovascular systems; importance in prevention and rehabilitation of the respiratory and cardiovascular disease; endocrine, urinary system and genitals; the nervous system and psychology of physical activity; in diabetes and obesity; on the growth and maturation; osteoporosis; the health of the elderly; activity and quality of life; the health of athletes and in rehabilitation; in physical education. The role of organized physical activity in the prevention of illness and injury. Assessment of the health status of the athletes, former athletes and fitness enthusiasts.** | | | | | | |
| **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** | **10** | | **Oral examination** | | | **30** |
| **Consultation** | **15** | |  | | |  |
| **Seminar paper** | **20** | |  | | |  |
| **Presentation of the work** | **15** | |  | | |  |
| **Interactive teaching** | **10** | | **OVERALL SUM** | | | **100** |
| **\*Final examination mark is formed in accordance with the Institutional documents** | | | | | | |