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| **UNIVERSITY OF NIŠ** | | | | | | |
| **Course Unit Descriptor** | | **Faculty** | | | **Faculty of Sport and Physical Education** | |
| **GENERAL INFORMATION** | | | | | | |
| Study program | | | | **Specialist Professional Studies, Sport** | | |
| Study Module (if applicable) | | | |  | | |
| Course title | | | | Fatigue and recovery in sport 2 | | |
| Level of study | | | | ☒Specialist professional ☐ Master’s ☐ Doctoral | | |
| Type of course | | | | ☐ Obligatory ☒ Elective | | |
| Semester | | | | ☐ Autumn ☒Spring | | |
| Year of study | | | | First | | |
| Number of ECTS allocated | | | | 6 | | |
| Name of lecturer/lecturers | | | | Dragan Radovanović, 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)** | | | | | | |
| *Acquisition of knowledge on the causes and types of fatigue and potential efficient means and methods of recovery in athletes.* | | | | | | |
| **SYLLABUS (brief outline and summary of topics, max. 10 sentences)** | | | | | | |
| **Theory: (Pato) physiology of fatigue and theories of fatigue. Conditions similar to fatigue. Syndrome of overtraining. Role of metabolic factors in fatigue during physical activities, Physical activities and stress, Psychological methods as a means of recovery. Circadian rhythms in the organism and travel induced disorders. Nutrition and hydration of the organism as a means of recovery, Abuse of doping substances and methods and means of recovery. Practicals: Optimal nutrition as a means of recovery in sport. Supplements as a means of recovery in sport. Physiological-biochemical basis of the use of mineral-vitamin complexes, creatinine, amino acids, inosine and other supplements as a means of recovery. Physical procedures as a means of recovery, in jet leg syndrome, in high altitude training and competitions, in low temperature competitions.** | | | | | | |
| **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** | **5** | | **Written (Oral) examination** | | | **30** |
| **Practicals** | **5** | |  | | |  |
| **Colloquium1** | **10** | |  | | |  |
| **Colloquium 2** | **10** | |  | | |  |
| **Seminar paper** | **20** | |  | | |  |
| **Interactive teaching** | **20** | | **OVERALL SUM** | | | **100** |
| **\*Final examination mark is formed in accordance with the Institutional documents** | | | | | | |