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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** |