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| **UNIVERSITY OF NIŠ** | | | | | | |
| **Course Unit Descriptor** | | **Faculty** | | | **Faculty of Medicine** | |
| **GENERAL INFORMATION** | | | | | | |
| Study program | | | | Medicine | | |
| Study Module (if applicable) | | | |  | | |
| Course title | | | | **EXERCISE PHYSIOLOGY** | | |
| Level of study | | | | ☒Bachelor ☐ Master’s ☐ Doctoral | | |
| Type of course | | | | ☐ Obligatory☒ Elective | | |
| Semester | | | | ☒ Autumn ☐Spring | | |
| Year of study | | | | II | | |
| Number of ECTS allocated | | | | 4 | | |
| Name of lecturer/lecturers | | | | Mirjana Radenković, Full Professor  Slavimir Veljković, Full Professor  Goran Ranković, Full Professor  Milkica Nešić, Full Professor  Dragana Veličković, Associate Professor  Suzana Branković, Associate Professor  Milan Ćirić, Assistant Professor  Nenad Stojiljković, Assistant Professor  Pavle Ranđelović, Teaching Assistant  Marija Gočmanac Ignjatović, Teaching Assistant  Milica Veljković, Teaching Assistant  Sonja Ilić, Teaching Assistant | | |
| Teaching mode | | | | ☒Lectures ☒Group tutorials ☐ Individual tutorials  ☐Laboratory work ☐ Project work ☒ Seminar  ☐Distance learning ☐ Blended learning ☐ Other | | |
| **PURPOSE AND OVERVIEW**  **Exercise physiology** is the [physiology](https://en.wikipedia.org/wiki/Physiology) of [physical exercise](https://en.wikipedia.org/wiki/Physical_exercise). Exercise represents one of the highest levels of extreme stresses to which body can be exposed. In this course the acute responses and chronic adaptations to a wide range of exercise conditions will be studied in order for students to be acquainted which way of physical activity can health and quality of life the best. | | | | | | |
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| **SYLLABUS (brief outline and summary of topics, max. 10 sentences)**  **SYLLABUS**  The goal of exercise physiology is to study basics of physiology of exercise and sex differences between people who train. Students are going to be acquainted for the first time with some of the features of muscles during the exercise: strength, force, work, intensity and control of muscle contraction as well as effect of physical exercise on muscle function. Some of other goals of exercise physiology to study are: adaptation of the respiratory and cardiovascular system to exercise, metabolic systems (aerobic and anaerobic) and nutritive substrates during exercise and specific elements of nutrition of healthy individuals and water and electrolyte homeostasis during physical exercise. | | | | | | |
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| **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** |
| **Activity during lectures** | **10** | | **Written examination** | | | **80** |
| **Practical teaching** | **10** | | **Oral examination** | | |  |
| **Teaching colloquia** |  | | **OVERALL SUM** | | | **100** |
| **\*Final examination mark is formed in accordance with the Institutional documents** | | | | | | |