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| **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 | | | | Athletics | | |
| Level of study | | | | ☒Bachelor academic ☐ Master’s ☐ Doctoral | | |
| Type of course | | | | ☒ Obligatory☐ Elective | | |
| Semester | | | | ☐ Autumn ☒Spring | | |
| Year of study | | | | First | | |
| Number of ECTS allocated | | | | 7 | | |
| Name of lecturer/lecturers | | | | Aleksandar Raković, Ph.D, full professor; Danijel Stanković, Ph.D, associate 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 will be able to master theoretical- motor knowledge and skills related to athletics. They will be able to apply training methodology in the practice of physical education, sports clubs and recreation with people of different age groups and different levels of ability.* | | | | | | |
| **SYLLABUS (brief outline and summary of topics, max. 10 sentences)** | | | | | | |
| **Historical development. Race walking. Common running features. Short distance running, Middle distance running, Long-distance running, Hurdles running, Cross, Marathon. Common jumping features, Long jump - hang, stride and hitch-kick technique, High jump, Pole Vault. Common throws characteristics, Shot Put, Discus Throw, Hammer Throw. Methodology of training and special exercises in sports walking. Methodology of training and special exercises in short distance running, the middle and long distance running and hurdles running. Methodology of training and special exercises in the long jump, high jump and pole vault. Methodology of training and special exercises in the shot put, discus and hammer throw, Excerpts from the rules of the contest.** | | | | | | |
| **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** | | **Practical examination** | | | **15** |
| **Practicals** | **5** | | **Theory examination** | | | **25** |
| **Colloquium1 (theory)** | **9** | |  | | |  |
| **Colloquium 2 (practical)** | **21** | |  | | |  |
| **Seminar paper / Test** | **10** | |  | | |  |
| **Interactive teaching** | **10** | | **OVERALL SUM** | | | **100** |
| **\*Final examination mark is formed in accordance with the Institutional documents** | | | | | | |