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| **UNIVERSITY OF NIŠ** | | | | | | |
| **Course Unit Descriptor** | | **Faculty** | | | **Faculty of Sport and Physical Education in Nis** | |
| **GENERAL INFORMATION** | | | | | | |
| Study program | | | | Basic academic studies, physical education and sport | | |
| Study Module (if applicable) | | | |  | | |
| Course title | | | | Fatigue and recovery in sports 1 | | |
| Level of study | | | | ☒Bachelor academic  ☐Bachelor professional ☐ Master’s ☐ Doctoral | | |
| Type of course | | | | ☐ Obligatory ☒ Elective | | |
| Semester | | | | ☐ Autumn ☒Spring | | |
| Year of study | | | | Third | | |
| Number of ECTS allocated | | | | 5 | | |
| Name of lecturer/lecturers | | | | Dejan Madić, Ph.D full professor; Ivana Bojić, Ph.D, associate profesor | | |
| 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)** | | | | | | |
| (Pato) physiology of fatigue and theories of fatigue. Conditions similar to fatigue and syndrome of overtraining. Role of metabolic factors in fatigue during physical activities. Physical activities and stress and 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. Optimal nutrition and 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, means of recovery in jet leg syndrome, high altitude training and competitions and 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 + practicals** | **10** | | **Theory examination (oral or written)** | | | **40** |
| **Teaching colloquia theory** | **20** | |  | | |  |
| **Interactive** | **20** | |  | | |  |
| **Activity during lectures** | **10** | |  | | |  |
|  |  | | **OVERALL SUM** | | | **100** |
| **\*Final examination mark is formed in accordance with the Institutional documents** | | | | | | |