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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 | | | | Recreation | | |
| Level of study | | | | ☒Bachelor academic ☐ Master’s ☐ Doctoral | | |
| Type of course | | | | ☒ Obligatory ☐ Elective | | |
| Semester | | | | ☒ Autumn ☐Spring | | |
| Year of study | | | | Fourth | | |
| Number of ECTS allocated | | | | 6 | | |
| Name of lecturer/lecturers | | | | Saša Pantelić, Ph.D, full professor, Andjela Djosic, assistent | | |
| 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 learn the basic forms of recreational exercising and possibilities of their practical application. Students will be able through lectures, practical exercises and consultations to master the theoretical and practical skills related to the use of physical exercises in recreation. They will also be able to work independently and implement methodology of training activities in practice for the people of different ages and abilities.* | | | | | | |
| **SYLLABUS (brief outline and summary of topics, max. 10 sentences)** | | | | | | |
| **The development and importance of recreation. Scientific-theoretical foundations of sports recreation. The needs in the sports recreation. Leisure time and recreational activities. Functions and modeling of sports recreation progam. Organized active break during work. Individual programs of sports recreation activities. Sports recreations of the aerobic orientation, dosage and load control. Social games and entertainment and recreational character games. Models of health prevention programs of recreation.** | | | | | | |
| **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** | | | **40** |
| **Colloquium 1** | **15** | |  | | |  |
| **Colloquium 2** | **20** | |  | | |  |
| **Interactive teaching** | **15** | | **OVERALL SUM** | | | **100** |
| **\*Final examination mark is formed in accordance with the Institutional documents** | | | | | | |