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|  **UNIVERSITY OF NIŠ** |
| **Course Unit Descriptor** | **Faculty** | **Faculty of Sport and Physical Education** |
| **GENERAL INFORMATION** |
| Study program  | **Basic Professional studies, Sport – distance learning** |
| Study Module (if applicable) |  |
| Course title | Anthropomotorics |
| Level of study | ☒Bachelor professional ☐ Master’s ☐ Doctoral |
| Type of course | ☒ Obligatory ☐ Elective |
| Semester  | ☒ Autumn ☐Spring |
| Year of study  | Second |
| Number of ECTS allocated | 8 |
| Name of lecturer/lecturers | Katarina Herodek, Ph.D, full professor; Mladen Živković, Ph.D, assistant 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 understand elementary movements and motions and development of basic motor abilities by means of shaping exercises, and performing specific exercises for the development of basic motor abilities. Students are able to practically apply acquired knowledge in physical education teaching process, sports training, and research and scientific work.* |
| **SYLLABUS (brief outline and summary of topics, max. 10 sentences)** |
| **Theory: Role of motorics in development and formation of man. Process of humanization of pre-historic society, development of speech and movement. Physical exercising and dance. Definition of basic notions. Motor functioning, Manifest and latent areas of motorics, Anthropomotorical abilities, Phylogenetic development of anthropomotorics, Notion of anthropomotorics in ontogenesis, Genetics in anthropomotorics. Motor learning and motor habits, Motions and movements, Structure of motions and movements, Systemizing and classification of motions and movements. Basic anthropomotoric abilities: Power, Speed, Endurance, Coordination, Precision, Balance, Agility, New theories of anthropomotoric abilities, general anthropomotoric abilities. Specific anthropomotoric abilities. Anthropomotoric abilities in sports games, Shaping exercises, Planning and organization of the measurement of motor abilities. Practicals: All forms of elementary movements, shaping exercises, strength development exercises, exercises for development of speed, endurance, coordination, precision, balance and agility.** |
| **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** | **Theoretical examination** | **40** |
| **Practicals** | **5** |  |  |
| **Colloquium1 (practical)** | **18** |  |  |
| **Colloquium 2 (theory)** | **15** |  |  |
| **Seminar paper** | **10** |  |  |
| **Interactive teaching** | **7** | **OVERALL SUM** | **100** |
| **\*Final examination mark is formed in accordance with the Institutional documents** |