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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 | | | | Selected sport – Physical preparation | | |
| Level of study | | | | Bachelor professional  Master’s  Doctoral | | |
| Type of course | | | | Obligatory  Elective | | |
| Semester | | | | Autumn Spring | | |
| Year of study | | | | Third | | |
| Number of ECTS allocated | | | | 8 | | |
| Name of lecturer/lecturers | | | | The teacher selected sports | | |
| Teaching mode | | | | Lectures Group tutorials  Individual tutorials  Laboratory work  Project work  Seminar  Distance learning  Blended learning  Other | | |
| **PURPOSE AND OVERVIEW (max. 5 sentences)** | | | | | | |
| *Students are enabled to autonomously plan, realize, monitor physical preparation of the athletes of selected sport of different age and categories.* | | | | | | |
| **SYLLABUS (brief outline and summary of topics, max. 10 sentences)** | | | | | | |
| **Theory: General, special and specific motorics in selected sport. Training of general, special and specific motor power. Training Load. Planning of training with load. Circuit method. Speed training. Flexibility training. Training of coordination, abilities, Training of anaerobic, aerobic and strength endurance of the selected sport athletes. Combined trainings. Practicals: Strength exercises for selected sport and exercises with additional load, Speed training for the selected sport, Training of coordination abilities, agility and endurance for the selected sport, Stretching, Balance.** | | | | | | |
| **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 and practicals active participation** | **10** | | **Oral examination** | | | **40** |
| **Colloquium 1** | **25** | |  | | |  |
| **Colloquium 2** | **25** | | **OVERALL SUM** | | | **100** |
| **\*Final examination mark is formed in accordance with the Institutional documents** | | | | | | |