|  |
| --- |
|  **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 | Sports of strength |
| Level of study | [x] Bachelor professional [ ]  Master’s [ ]  Doctoral |
| Type of course | [ ]  Obligatory [x]  Elective |
| Semester  | [x]  Autumn [ ] Spring |
| Year of study  | Second |
| Number of ECTS allocated | 6 |
| Name of lecturer/lecturers | Saša Veličković, Ph.D, associate professor |
| Teaching mode |  [ ] Lectures [ ] Group tutorials [ ]  Individual tutorials [ ] Laboratory work [ ]  Project work [ ]  Seminar [x] Distance learning [ ]  Blended learning [ ]  Other |
| **PURPOSE AND OVERVIEW (max. 5 sentences)** |
| *Gaining of basic knowledge on means and methods of training, plans and programs in Strength Sports. Each student will be able to independently plan and programtraining process in strength sports, to realize plans and programs in strength sports. Students will be able to apply means and methods and loads for the development of different types of strength in physical education, sport and recreation, considering age and sex and all other activities where this motor ability is relevant for success.* |
| **SYLLABUS (brief outline and summary of topics, max. 10 sentences)** |
| **Mode and types of muscle strains, qualitative characteristics of power, means and methods of power development. Weightlifting as an Olympic sport, the profile of weightlifters, the rules of the competition in weightlifting. Methods to improve the specific strength of the counter-cyclical sports, with the dominant visual direction to the development of maximum power. The principles and programs of training in weightlifting, methodology training techniques disciplines in weightlifting. The principles, methods and tools in the training process bodybuilders. The means and methods for the development of muscle mass bodybuilding. Tools and methods to increase endurance in strength (in order to increase muscle definition) in bodybuilding. Powerlifting and Strongman as a sports power (principles, means and methods of training and competition rules). Practical training base application methods, resources and burdens in power sports. Implementation of the program with a dominant visual direction of the development of maximum strength, muscle mass and endurance in strength.** |
| **LANGUAGE OF INSTRUCTION** |
| [x] Serbian (complete course) [x]  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** | **Practical examination** | **15** |
| **Semnar paper / Test**  | **15** | **Oral examination** | **15** |
| **Teaching colloquia 1** | **12,5** |  |  |
| **Teaching colloquia 2**  | **12,5** |  |  |
| **Activity during lectures** | **20** | **OVERALL SUM** | **100** |
| **\*Final examination mark is formed in accordance with the Institutional documents** |