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| **UNIVERSITY OF NIŠ** | | | | | | |
| **Course Unit Descriptor** | | **Faculty** | | | **Faculty of Sport and Physical Education** | |
| **GENERAL INFORMATION** | | | | | | |
| Study program | | | | **Doctoral Academic Studies, Sports Science** | | |
| Study Module (if applicable) | | | |  | | |
| Course title | | | | Motor development of children and youth | | |
| Level of study | | | | ☐Bachelor ☐ Master’s ☒ Doctoral | | |
| Type of course | | | | ☐ Obligatory☒ Elective | | |
| Semester | | | | ☒ Autumn ☐Spring | | |
| Year of study | | | | Second | | |
| Number of ECTS allocated | | | | 8 | | |
| Name of lecturer/lecturers | | | | Ružena Popović, Ph.D, full professor; Katarina Herodek, Ph.D, full professor | | |
| Teaching mode | | | | ☒Lectures ☒Group tutorials ☒ Individual tutorials  ☐Laboratory work ☒ Project work ☒ Seminar  ☐Distance learning ☐ Blended learning ☒ Other | | |
| **PURPOSE AND OVERVIEW (max. 5 sentences)** | | | | | | |
| *Student is able to selectively use existing databases; to independently write a report, as a presentation of his scientific work related to the field of development and improvement of bio-motor capacities of individuals. After passing the exam the student is able to apply acquired knowledge, independently conduct applied research based on acquired research methods in bio-motor development.* | | | | | | |
| **SYLLABUS (brief outline and summary of topics, max. 10 sentences)** | | | | | | |
| **Motor development relative to age - sensitive periods. Theories of motor skills, coordination, power, speed, flexibility, accuracy, balance, endurance. Talent - primary selection. The effect of regular exercise (training) on the development of biological systems in children and youth. Evaluation of physical and functional capacities of children and youth. The process and implementation of the physical training in specific selected samples of subjects - relative to gender and age. Physical exercise (training) in children, youth and young adults. Specific Anthropological Characteristics of gifted athletes in Individual sports and disciplines, Ball games, Swimming, Wrestling and Combat sports, Disability sports, Recreational sports and physical exercise as a preventive measure to ensure the health and quality of life of the individual. Motor development of Children and Youth with special needs.** | | | | | | |
| **LANGUAGE OF INSTRUCTION** | | | | | | |
| ☒Serbian (complete course) ☒ English (complete course) ☒ Other Slovak (complete course)  ☐Serbian with English mentoring ☐Serbian with other mentoring \_\_\_\_\_\_\_\_\_\_\_\_\_\_ | | | | | | |
| **ASSESSMENT METHODS AND CRITERIA** | | | | | | |
| **Pre exam duties** | **Points** | | **Final exam** | | | **points** |
| **Activity during lectures** | **10** | | **Conceptual Design** | | | **10** |
| **Presentation / Review** | **10** | | **Written examination** | | | **10** |
| **Seminar paper / Presentation** | **10** | | **Finalization of the project / Publication** | | | **10** |
| **Individual research work of student** | **20** | | **Oral examination** | | | **10** |
| **Test** | **10** | | **OVERALL SUM** | | | **100** |
| **\*Final examination mark is formed in accordance with the Institutional documents** | | | | | | |