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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 | | | | Physiology of physical efforts | | |
| 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 | | | | Dragan Radovanović, 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)** | | | | | | |
| *General: knowledge of general and specific changes in the human body as a result of the action of different physical activity intensity, duration, frequency and type. Specific: knowledge of the definition of the sample, application of valid and specific sensitive research methods, use of valid and objective statistical research methods, adequate interpretation of the results and reaching concrete and targeted conclusions.* | | | | | | |
| **SYLLABUS (brief outline and summary of topics, max. 10 sentences)** | | | | | | |
| **The importance of the exercise physiology in the modern concept of sport science. Functional changes in the organs and organ systems caused by physical activities/training. Physiological adaptations to different types of training programs. The methodology of measurement and assessment in the physiology of physical activities/training. The scientific basis of the guidelines for the practical work in sport and recreation. Proprioceptive stimulation and isokinetic training; The importance and principles of the proper nutrition and hydration in sports. Supplementation in sport. Sports training through theory of stress. Physiological basis of the application of various types and methods of recovery in sport. Specific conditions during and after physical activities/training.** | | | | | | |
| **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** |
| **Activity during lectures** | **10** | | **Oral examination** | | | **30** |
| **Consultation** | **10** | |  | | |  |
| **Seminar paper** | **40** | |  | | |  |
| **Interactive teaching** | **10** | | **OVERALL SUM** | | | **100** |
| **\*Final examination mark is formed in accordance with the Institutional documents** | | | | | | |