|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **UNIVERSITY OF NIŠ** | | | | | | |
| **Course Unit Descriptor** | | **Faculty** | | | **Faculty of Sport and Physical Education** | |
| **GENERAL INFORMATION** | | | | | | |
| Study program | | | | **Master Academic Studies, Physical Education And Sport - distance learning** | | |
| Study Module (if applicable) | | | |  | | |
| Course title | | | | Technology of sport 2 | | |
| Level of study | | | | ☐Bachelor ☒ Master’s ☐ Doctoral | | |
| Type of course | | | | ☒ Obligatory☐ Elective | | |
| Semester | | | | ☒ Autumn ☐Spring | | |
| Year of study | | | | First | | |
| Number of ECTS allocated | | | | 6 | | |
| Name of lecturer/lecturers | | | | Ratko Stanković, Ph.D, full professor; Saša Bubanj, Ph.D, associate professor | | |
| Teaching mode | | | | ☐Lectures ☐Group tutorials ☐ Individual tutorials  ☐Laboratory work ☐ Project work ☐ Seminar  ☒Distance learning ☐ Blended learning ☐ Other | | |
| **PURPOSE AND OVERVIEW (max. 5 sentences)** | | | | | | |
| *Each student will gain basic knowledge about the training technology of bioenergetic and biodinamic skills and training technology of the technical and tactical skills. It is expected that the student will be able to independently organize, plan, program and implement the basic (initial) level of the training process of the above mentioned abilities and skills.* | | | | | | |
| **SYLLABUS (brief outline and summary of topics, max. 10 sentences)** | | | | | | |
| **The concepts of sport, development and technology, structure and functioning. The physiological basis of training and training in metabolic zones. Creating lactate, threshold load, mechanisms of adaptation, training methods and workload in metabolic zones. Technological process of sports training. Activities before, during and after the training process. Modeling sports, diagnostics of the athletes, monitoring of the training process. Integral transformation processes. Analysis of the effects of training. Correction of the training.** | | | | | | |
| **LANGUAGE OF INSTRUCTION** | | | | | | |
| ☒Serbian (complete course) ☒ English (complete course) ☒ Other French and Spanish (complete course)  ☐Serbian with English mentoring ☐Serbian with other mentoring \_\_\_\_\_\_\_\_\_\_\_\_\_\_ | | | | | | |
| **ASSESSMENT METHODS AND CRITERIA** | | | | | | |
| **Pre exam duties** | **Points** | | **Final exam** | | | **points** |
| **Theory** | **5** | | **Theory examination** | | | **40** |
| **Practicals** | **5** | |  | | |  |
| **Seminar paper** | **8** | |  | | |  |
| **Colloquium1** | **20** | |  | | |  |
| **Colloquium 2** | **22** | | **OVERALL SUM** | | | **100** |
| **\*Final examination mark is formed in accordance with the Institutional documents** | | | | | | |