FACULTY OF SPORT AND TOURISM - TIMS

Sillabus Overview

Physical Education and Sport

Content

Table 5.2. Course specification Theory of Physical Culture

Study program: Physical Education and Sport			
Course title: Theory of Physical Culture			
Teacher: Dušan Perić PhD			
Course status: Obligatory			
Number of ECTS: 6			
Prerequisites: No			
Course objective Introducing students to the basic kinesiological concepts, terminology, definitions and theories. Development of a holistic approach to the analysis of kinesiological phenomena.			
Course outcomes Upon successful completion of the course, students should be able to: Understand and independently define the phenomena of physical culture; They analyse kinesiological activities multidisciplinary; Explain the laws of transformation processes in physical education, sports and recreation; List the factors and phases in the exercise process, and analyse the effects of the exercise process; They critically consider the influence of kinesiological activities on anthropological characteristics.			
Course content *Lectures* Definition of physical culture and kinesiology; Physical culture and related concepts; Basic functions of physical culture; Different classifications of movement; Development and significance of human movement through history; European gymnastics systems; Origin and development of modern sports; Restoration of the Olympic Games; Development of modern Olympism; Kinesiological recreation; Kinesiological terminology; Kinesiological processes; Physical culture as a multidisciplinary science. *Practical lessons* Analysis of basic concepts; Values of exercise and kinesiological activities; Types and presentation of different forms of movement; Analysis of individual historical phases in the development of movement; Comparative analysis of the German and Sokol gymnastics systems, and the Swedish health gymnastics system; Preparation for seminar papers; Summer and Winter Olympics; Analysis of mass forms of health exercise (sports movement for all, fitness industry and sports tourism); Examples of lay and expert interpretation of kinesiological phenomena; Positive and negative sides of sports; Presentations of student seminar papers and discussions of interpreted topics.			
Course reading list			
Number of classes per week	**Lectures: 2**	**Practical lessons: 2**	
Teaching methods Frontal form of work (plenary lectures); Practical exercises (application of theoretical knowledge on practical examples); Discussion on topics interpreted in seminar papers.			
Course grading scheme (maximum of 100 points)			
Course activity	Points	**Final exam**	Points
In-class participation	**15**	Written exam	**15**
Practical lessons	**5**	Oral exam	**35**
Progress tests	**20**		
Seminar paper	**10**		

Table 5.2. Course specification of Developmental Psychology

Study program: Physical Education and Sports			
Course title: Developmental Psychology			
Teacher / teachers: assistant professor Nikolina Kuruzović PhD			
Course status: Obligatory			
Number of ECTS credits: 7			
Condition: No condition			
Course objective Introducing students to: the definition, subject and basic concepts of Developmental Psychology; the concept of development throughout life, with an emphasis on childhood and adolescence, hereditary and environmental factors of individual development; basic principles of development theories; basic information of the development of individual functions (cognitive, socio-emotional, moral). Enabling students: to know and reproduce the basic characteristics of human development; to know developmental theories; to know the principles of development of certain mental functions.			
Course outcomes At the end of the course, the student is expected to be able to: demonstrate a comprehensive understanding of the principles of developmental theory; to perceive development through the interaction of hereditary and environmental factors; to understand the developmental specifics and characteristics of certain life stages; to distinguish developmental from non-developmental crises; to assess inter- and intra-personal differences in development.			
Course content *Theoretical classes* The subject of Developmental Psychology: an approach to development throughout the life cycle. Heritage and environmental factors. Developmental theories. Developmental specifics and developmental tasks in certain stages of the life cycle (childhood, adolescence, adulthood, late adulthood, old age). Fundamentals of cognitive, socio-emotional, moral development. *Practical teaching* Elaboration and demonstration of topics covered in theoretical classes.			
Literature			
Number active classes	**Theoretical teaching: 3**	**Practical teaching: 2**	
Teaching methods Lectures, seminar papers, public presentations of papers.			
Grade assessment (maximum number of points 100)			
Pre-exam obligations	**points**	**Final exam**	**points**
activity during the lecture	**10**	written exam	**20**
practical teaching	**10**	oral exam	**10**
tests	**20**	.....	
seminar	**30**		

Table 5.2. Course specification English Language 1

Study program: Physical Education and Sport			
Course name: English Language 1			
Teacher: MA Valentina Đorić			
Subject status: optional			
ESPB: 3			
Condition: none			
Course aim The main aim of the course is to familiarize the students with the basics of English Language on the level B1.1 as well as the vocabulary of this level. This subject will be focused on General English, additionally expand vocabulary necessary for oral and written communication on the level B1.1 and give basic grammatical knowledge.			
Course outcomes After successfully finished course the students should: * Know all basic 7 tenses and conditionals; * Share their experiences from the past, as well as to express their plans for the future; * Express their desires in speech and writing, as well as to talk about food, traveling, jobs, health and feelings; * Express their opinions on different topics in a simple and grammatically correct way.			
Content of the course *Theoretical classes* Learning *Present Simple;* learning *Present Continuous*; Food and drink; learning *Present Perfect;* learning *Past Simple*; Traveling; learning *Past Continuous;* learning *Past Perfect*; Health and illness; learning Future tenses; Feelings; using conditionals; comparison of adjectives; Jobs and house; Articles.			
Literature Redman, S. (2017). *English Vocabulary in Use*. Cambridge: Cambridge University Press. Redstone, C. & Cunningham, G. (2019). *Face to Face – Intermediate*. Cambridge: Cambridge University Press. Swan, M. (2018). *Practical English Usage*. Oxford: Oxford University Press. Torres-Gouzerh, R. (2019). *Intermediate English grammar for ESL learners*. McGraw-Hill Education.			
Number of active classes	**Theoretical classes: 30**	**Practical classes: 0**	
Teaching methods Frontal and interactive teaching, pair work, group work, using audio and visual materials			
Grade (maximum number of points 100)			
Pre-exam obligations	points	**Final exam**	points
activity during lecture	**15**	written exam	**45**
practical classes	/	oral exam	**10**
tests	**20**		
essay	**10**		

Table 5.2 Course specifications Anatomy

Study programme: Physical education and sport			
Course title: Anatomy			
Teacher: Zdravko Vitošević, PhD			
Course Status: Obligatory			
Number of ECTS: 6			
Prerequisites: None			
Course objective Acquisition of basic knowledge about the structure of the human body, the functional and topographical anatomy of the human body at rest and during movement activities and sport-specific movements. Acquisition of basic knowledge of functional anatomy.			
Course outcome Upon successful completion of this course, students should know how to: program training in terms of the functional anatomy of the performance of specific sports movements and the engagement and development of certain segments of the body especially the musculoskeletal system.			
Course content *Lecture* Basic anatomical terms. The walls of the chest and thoracic cavity. The anatomy of the abdomen and pelvis. Anatomy of the head and neck. Neuroanatomy. The anatomy of the upper extremity. Anatomy of the lower extremities. Functional anatomy of the musculoskeletal system. Anatomy of Strength Training. *Practical teachig* The anatomic topography of selected sports movements. Evaluation of anatomical sites and points. Anatomical models and systems. Using anatomical software in the training purposes.			
Course reading list			
Number of classes per week	Lecture: **2**	Practical teaching: **2**	
Teachig methodes Lectures, exercises, individual work, seminars, multimedia and internet consultations.			
Course grading scheme (maximum of 100 points)			
Course activity	points	**Final exam**	points
In-class participation	15	Written exam	20
Practical lessons	15	Oral exam	31
Progress tests	19		

Table 5.2. Course specification Sociology

Study program: Physical Education and Sport			
Course title: Sociology			
Teacher: Violeta Zubanov			
Course Status: Obligatory			
Number of ECTS: 7			
Prerequisites: None			
Course objective Introducing students to the basic assumptions of social phenomena and relations, institutions and organizations, norms and values, recognizing changes in social reality and raising the level of rationality of their own activities.			
Course outcome Upon successfully mastering the course, students will be able to expand social knowledge about the conditions of their future activities, to create their own vision of life and their social engagement, as well as to critically reflect on reality and influence the conditions of their activities and improve the social environment.			
Course content *Lectures* The concept of sociology. Social interactions and everyday life. Culture and society. Globalization. Classes, stratifications and inequality. Rule and politics. Mass media and communications. Social changes and development. Social conditioning of opinion. Cities and urban areas. Labor and economic life. Lifestyles. Poverty. *Practical lessons* Defense of seminar papers and discussions on selected topics (homework, audio-video material) in the field of social relations in the field of sports. The analysis of media and internet content, and group debates will develop the ability of students to apply the acquired knowledge to the analysis of social phenomena in Serbia.			
Course reading list			
Number of classes per week	Lectures: **3**	Practical lessons: **2**	
Teaching methods Interactive dialogue method, argumentative discussions on social issues, as well as on defended seminar papers.			
Course grading scheme (maximum of 100 points)			
Course activity		**Final exam**	
In-class participation	20	Written exam	30
Practical lessons	10	Oral exam	21
Seminar papers	19	.....	

Table 5.2. Course specification Individual Sports in the Processes of Upbringing and Education 1

Study program: Physical Education and Sport			
Course title: Individual sports 1			
Teachers: Bertić Igor PhD			
Course Status: Obligatory			
Number of ECTS: 6			
Prerequisites: None			
Course objective Acquiring knowledge of swimming, dancing and folklore, and acquiring of motor skills of elementary forms of movement. Familiarize students with the characteristics of the typical structure of motion of swimming, dancing and folklore contained in physical education in educational institutions, in order to understand the value of these activities in everyday life of today's cultural man.			
Course outcome At the end of the course, student should be able to: application of basic training techniques for typical movement structures of swimming, dancing and folklore; design a training program for non-swimmers and swimming lessons all four techniques (freestyle, backstroke, breaststroke, butterfly); design a training program of modern dance and traditional dances (folklore).			
Course content *Lecture* The social significance of motor competence in the area of swimming, dancing and folklore. Methods of learning and error correction: motor patterns of swimming all four techniques (free, backstroke, breaststroke and butterfly), modern dance, and traditional games (folklore). Anthropological sensibilities of different target groups in relation to learning process of swimming, dancing and folklore. *Practical teaching* Direct practical learning activities listed through presentation and direct application of specific models of teaching content, methodical-didactic and organizational learning methods and error correction. Preparation of the final promotional of folklore and dancing games, practical exam of swimming.			
Course reading list			
Number of classes per week	**Lecture: 2**	**Practical teaching: 2**	
Teaching methods Lecture, practical teaching, individual work, seminars, multimedia and internet, consultations.			
Course grading scheme (maximum of 100 points)			
Course activity	**points**	**Final exam**	**points**
In-class participation	**10**	Written exam	**20**
Practical lessons	**30**	Oral exam	**31**
Progress tests	**10**		

Table 5.2. Course specification Individual Sports in the Processes of Upbringing and Education 2

Study program: Physical Education and Sports			
Course title: Individual Sports in the Processes of Upbringing and Education 2			
Teacher / teachers: Dusan Stupar PhD			
Course status: Obligatory			
Number of ECTS credits: 6			
Prerequisite: Finished course Individual Sports in the Processes of Upbringing and Education 1			
Course objective The analysis of the importance of athletics in achieving the goals of upbringing and education in educational institutions. Introduction to legal and other documents that may be relevant in understanding the value of athletics. These documents represent a methodological content important for achieving the goals of education with different age groups. Introduction to the learning methods of athletics in the educational process. The analysis of the importance of school gymnastics in achieving the goals of upbringing and education in educational institutions. Introduction to legal and other documents that may be relevant in understanding the value of school gymnastics. These documents represent a methodological content important for achieving the goals of education with different age groups. Introduction to the learning methods of gymnastics in the educational process.			
Outcome of the course Upon successful completion of this course, students should understand the importance of athletics and school gymnastics in achieving the goals of upbringing and education. They will know how to apply appropriate methodological procedures in the process of motor learning and to adapt them to specific conditions. They will be able to demonstrate some elements of motor skills, explain the potential benefits of such activities and valorize the achieved goals.			
Course content *Theoretical teaching* Characteristics of athletics and its importance in the processes of upbringing and education; Benefits and characteristics of athletic disciplines such as walking and running in the context of proper growth and development of students; Development of the student's motor and functional abilities using throwing athletic disciplines; The application of jumping athletic disciplines for the purpose of integral development (cognitive, affective, motor) of the child - student's personality; Significance and characteristics of group athletic disciplines (relay) in order to develop team spirit and socialization of children. Significance and role of the exercise on the ground and in the system of teaching Physical and health education in primary and secondary school; Safety measures and assistance in the exercise with the equipment and on the ground; Terminology and rules of school gymnastics; Execution technique; Training methodology; Detection of errors and their correction in exercises on the ground, on circles and on the beam. *Practical classes* The emphasis of practical classes is on athletic disciplines that can be practiced in school conditions. Methodology of learning the technique of athletic disciplines: long jump, triple jump, high jump, throwing a ball, discus throw, javelin throw. Practical classes in school gymnastics include elements that can be practiced in school conditions. In that sense, the exercises deal with topics that accompany theoretical lectures. In practical classes, students practice and acquire kinesthetic experiences of specific locomotion and acquire practical knowledge of relevant methodological procedures of training and assistance.			
Literature			
Number of hours of active teaching	**Theoretical classes: 2**	**Practical classes: 3**	
Teaching methods Frontal method (lectures). Demonstration method. Content visualization using video presentations. Exercise of motor elements. Independent student work. Consultative classes.			

Knowledge assessment (maximum number of points 100)			
Pre-exam obligations	**points**	**Final exam**	**points**
Activity during the lecture	**15**	written exam	**25**
Practical teaching	**15**	oral exam	**30**
Tests	**15**	.....	

Table 5.2. Course specification English Language 2

<table>
<tr><td colspan="4">Study program: Physical Education and Sport</td></tr>
<tr><td colspan="4">Course name: English Language 2</td></tr>
<tr><td colspan="4">Teacher: MA Valentina Đorić</td></tr>
<tr><td colspan="4">Subject status: optional</td></tr>
<tr><td colspan="4">ESPB: 3</td></tr>
<tr><td colspan="4">Condition: passed exam of English Language 1</td></tr>
<tr><td colspan="4">Course aim

The main aim of the course is to familiarize the students with the basics of English Language on the level B1.2 as well as the vocabulary of this level. This subject will be focused on General English, additionally expand vocabulary necessary for oral and written communication on the level B1.2 and give basic grammatical knowledge.</td></tr>
<tr><td colspan="4">Course outcomes

After successfully finished course the students should:
* Know passive constructions, reported speech, modal and phrasal verbs;
* Write essays in English Language;
* Express their desires in speech and writing, as well as to talk about food, traveling, jobs, health and feelings;
* Express their opinions on different topics in a simple and grammatically correct way.</td></tr>
<tr><td colspan="4">Content of the course

Theoretical classes

Passive voice; Work (business terminology); Relative clauses; Football (terminology and topics related to football); Reported speech; Money; using prepositions in phrases; Weather conditions; modal verbs; Education; active and stative verbs; Basketball (terminology and topics related to basketball); construction used to; Fitness (terminology and topics related to fitness); future tenses.</td></tr>
<tr><td colspan="4">Literature</td></tr>
<tr><td>Number of active classes</td><td colspan="2">Theoretical classes: 30</td><td>Practical classes: 0</td></tr>
<tr><td colspan="4">Teaching methods
Frontal and interactive teaching, pair work, group work, using audio and visual materials</td></tr>
<tr><td colspan="4">Grade (maximum number of points 100)</td></tr>
<tr><td>Pre-exam obligations</td><td>points</td><td>Final exam</td><td>points</td></tr>
<tr><td>activity during lecture</td><td>15</td><td>written exam</td><td>45</td></tr>
<tr><td>practical classes</td><td>/</td><td>oral exam</td><td>10</td></tr>
<tr><td>tests</td><td>20</td><td></td><td></td></tr>
<tr><td>essay</td><td>10</td><td></td><td></td></tr>
</table>

Table 5.2. Course specification Theory of Physical Education

Study program: Physical Education and Sport			
Course name: Theory of Physical Education			
Teacher: Ksenija Bubnjevic PhD			
Subject status: Obligatory			
ESPB: 5			
Condition:			
Course aim The aim of the course is to familiarize the students with the position of physical education in the plans of upbringing and education in educational institutions. Introduction to the goals and specific tasks of physical education in the context of educational goals. Introduction to the measure of integration of physical education with other aspects of teaching programs in educational institutions.			
Course outcomes After successfully mastering the materials, the student should develop the ability and knowledge: To understand and apply in practice the connection between physical education and other types of intellectual, moral, aesthetic and work education; to understand and apply in practice the didactic aspects of physical education in order to develop abilities, as well as to influence the formation of personality; to independently discover the laws of functioning and development of physical education; to independently use the general and special methodology of scientific research; to create preconditions for improving practice; to understand the role and significance of the theory of physical education with the realization of the multiple goal of physical education of students; to understand the connection between physical education with other scientific disciplines (biology, physiology, psychology, sociology, mathematics).			
Content of the course *Theoretical classes* Historical development of physical education; Tasks of the theory of physical education; Physical education in modern society; Physical education in the educational system; Requirements for physical education; Modern concept of physical education; The connection between physical education and lifelong learning. *Practical classes* Workshop on physical education through history; Workshop on the importance of physical education to preserve human health; Workshop on the influence of physical education on the formation of personality, Workshop on the importance of monitoring and recording the effects of student activities in class, Workshop on organizational forms of work in class, Workshop on the connection of physical education with other scientific disciplines.			
Literature			
Number of active classes	**Theoretical classes: 30**	**Practical classes: 30**	
Teaching methods Frontal form of work (plenary lectures); practical exercises (application of theoretical knowledge on practical examples), independent work of students, use of multimedia and the Internet.			
Grade (maximum number of points 100)			
Pre-exam obligations	**points**	**Final exam**	**points**
activity during lecture	**24**	written exam	
practical classes	**25**	oral exam	
tests			
essay			

Table 5.2. Subject specification Hygiene and environmental health

<table>
<tr><td colspan="4">Study programme: Physical Education and Sport</td></tr>
<tr><td colspan="4">Subject: Hygiene and environmental health</td></tr>
<tr><td colspan="4">Lecturer: asst. prof. Tomislav Stantić</td></tr>
<tr><td colspan="4">Subject status: Obligatory</td></tr>
<tr><td colspan="4">ESPB points: 4</td></tr>
<tr><td colspan="4">Condition: No condition</td></tr>
<tr><td colspan="4">Subject objectives:
The aim of this subject is to teach students about mental hygiene, nutrition hygiene and environmental factors that have effects on physical and mental health, aiming at prevention and improvement of human health.</td></tr>
<tr><td colspan="4">Subject outcome:
After lectures, practical activity and seminars, students should be able to:
- define the role of mental hygiene and importance of prevention of mental disorders
- recognise basic environmental pollutants and preventive activities in ecology and municipal hygiene protection.
- explain the importance of healthy nutrition, define nutrition disorders and implementation of HASSP system.
- understand the measures of sanitary hygiene, to define the disinfection, disinsection and rodent control implementation measures.
- analyse the importance of noise pollution for human health and preventive measures</td></tr>
<tr><td colspan="4">Subject content:
Theoretical classes:
1. Municipal hygiene and ecology
2. Mental hygiene
3. Nutrition hygiene
4. Nutrition planning
5. Improper nutrition diseases
6. Food pollutants
7. Overnutrition and undernutrition analysis
8. Supplements in nutrition
9. Sanitary hygiene
10. Sport hygiene
11. Housing hygiene
12. Mental hygiene – behavior disorders
13. Addiction diseases
Practical classes:
Interactive computer simulation of experiments and lecture subjects, student investigation activities.</td></tr>
<tr><td colspan="4">Literature:</td></tr>
<tr><td>Number of lectures:</td><td>Theoretical: 30</td><td colspan="2">Practical: 15</td></tr>
<tr><td colspan="4">Teaching methods
Lectures, seminary, public paper presentations, consultations.</td></tr>
<tr><td colspan="4">Grade (maximum 100 points)</td></tr>
<tr><td>Pre-exam activities</td><td>points</td><td>Final exam</td><td>points</td></tr>
<tr><td>Activity during lessons</td><td>10</td><td>Written exam</td><td>20</td></tr>
<tr><td>Practical activity</td><td>10</td><td>Oral exam</td><td>30</td></tr>
<tr><td>Tests</td><td>20</td><td></td><td></td></tr>
<tr><td>Seminar papers</td><td>10</td><td></td><td></td></tr>
</table>

Table 5.2. Subject specification Applied Informatics

<table>
<tr><td colspan="4">Study programme: Physical Education and Sport</td></tr>
<tr><td colspan="4">Course: Applied Informatics</td></tr>
<tr><td colspan="4">Teacher: Maja Dimitrijevic PhD</td></tr>
<tr><td colspan="4">Course status: Obligatory</td></tr>
<tr><td colspan="4">ESPB: 7</td></tr>
<tr><td colspan="4">Prerequisite: none</td></tr>
<tr><td colspan="4">Course aim
Familiarize the students with the possibilities of modern computer and communication technologies and their application in sport as well as in the working practice.</td></tr>
<tr><td colspan="4">Course outcomes
After successfully finishing the course, the students will be able to:

✓ Understand the basic functions of the computer system, both hardware and software;
✓ Describe and apply the possibilities of computer technologies in sport, as well as other fields during studies or in working practice;
✓ Independently use software applications for text, data or for making the presentations;
✓ Recognize the threats to the safety of the computer system as well as to choose and use adequate measures to prevent and protect the computer system they are using.</td></tr>
<tr><td colspan="4">Course content
Theoretical classes
Basic principles of working on the computer systems and their use; Hardware of the computer; Periphery appliances and their characteristics; The division of software systems; Functioning principles of operating systems; Text formatting; Using the software for tables; Advanced functions in working with tables; Business database; Using the software for making presentations; Principles of work of computer networks; Principles of using the Internet; Safety of the computer systems; Protection of the computer systems; Cloud computing.
Practical classes
Work in the computer classroom on Google Apps platform (text formatting, making presentations, calculating with the elements of statistics, working in an Internet environment, electronic mail, calendars), long distance studying (Moodle).
Seminar paper
They have to write about one topic with special focus on its use in the field of sport.</td></tr>
<tr><td colspan="4">Literature</td></tr>
<tr><td>Number of lectures:</td><td colspan="2">Theoretical: 2</td><td>Practical: 2</td></tr>
<tr><td colspan="4">Teaching methods
Lectures, individual homeworks, seminar paper, consulations, case studies.</td></tr>
<tr><td colspan="4">Grade (maximum 100 points)</td></tr>
<tr><td>Pre-exam obligations</td><td>points</td><td>Final exam</td><td>points</td></tr>
<tr><td>Activity during lessons</td><td>10</td><td>Written exam</td><td>30</td></tr>
<tr><td>Practical activity</td><td>30</td><td>Oral exam</td><td>10</td></tr>
<tr><td>Seminar papers</td><td>20</td><td></td><td></td></tr>
</table>

Table 5.2 Course specifications Pedagogy

Study programme: Physical Education and Sport; Psychology			
Course title: Pedagogy			
Teacher:			
Course Status: Obligatory			
Number of ECTS: 7			
Prerequisites: None			
Course objective *To familiarize students with*: basic educational concepts and educational events; pluralism of conceptions of education as a subject of pedagogy; the study of the origin and development of pedagogical science and the importance of a multidisciplinary study of education; possibilities and limits of education. *Enabling students to*: transfer knowledge in a practical pedagogical methods and basic pedagogical directions.			
Course outcome Upon completion of this course, students will list five pedagogical concepts that are needed to solve problems in education, students will summarize their views on the critical theory of education, students will explain their views on pedagogy in the system of science and the relationship to other sciences, students will design components education by using educational methods and principles.			
Course content *Lectures* The origins, roots and sources of education. Education as a social and human activity. The system of pedagogy. Education as a science of education (critical theory of education). Relationship of educational theory and educational practice. Possibilities and limits of education. Aims and objectives of education in identifying and studying the target. Educational methods. The main pedagogical principles. Components Education: intellectual, moral, physical, aesthetic and work education. *Practical teaching* Developing competence for students (inter) active educational process. Presentation, teamwork, workshop work, panel discussions, small group work, partner work.			
Course reading list			
Number of classes per week	Lectures: **3**	Practical lessons: **2**	
Teaching methods Interactive lectures with the use of modern means of video presentations, small group work and presentation of the results, komparatine discussion.			
Course grading scheme (maximum of 100 points)			
Course activity	points	**Final exam**	points
In-class participation	10	Written exam	30
Practical lessons	15	Oral exam	10
Progress tests	20		
Seminar	15		

Table 5.2 Course specifications Anthropomotorics

Study programme: Physical education and sport			
Course title: Anthropomotorics			
Teacher: Zoran Djokic			
Course Status: obligatory			
Number of ECTS: 7			
Prerequisites: No			
Course objective Introducing students with contemporary understanding of the role and importance of motor abilities in physical activity as a part of integral human development, and a form of self-affirmation and recognition in society. The attainment of classes involves defining the basic concepts of motor characteristics and modalities of their manifestation in relation to the ontogenetic development and the implementation of operational regularities, methodology, requirements for design changes of motor abilities in the process of organized influence on growth and development, and modeling of appropriate work skills according to individual abilities of children and adults.			
Course outcome Understanding the regularity of motor skills in the period of growth and development, as well as in periods of annual and multi-year active influence on the expected changes in motor skills within the program of physical education, ie sports and recreational training (exercise); Understanding the regularity of complementary development of motor skills, morphological and psycho-social characteristics; Competence of monitoring in the processes of application of exercise programs (training); Competences for creative application of exercises aimed at the development of motor skills in designing the operational elements of exercise (training)			
Course content *Lectures* Movement and exercise. Muscle function and motor abilities. Theories of motor abilities. The structure of motor abilities. Development of motor and functional abilities and sensitive periods. Specifics of motor abilities of children. Strength and power. Methodological procedures for the development and maintenance of various types of strength. Speed and methodology of training speed. Endurance and endurance training methodology. Flexibility and methodology of training. Agility and methodology of training. Balance and methodology of its magnification. Precision and methodology of its improvement. Sensitive periods in motor development. Motor abilities development in childhood. Assessment of motor abilities (EUROFIT test battery) *Practical lessons* Materials, methods and organizational forms of work that are applied to improve motor abilities (speed, strength, endurance, coordination, balance, precision, agility, flexibility) as well as familiarization with the protocols for their assessment.			
Course reading list Bompa, T. & Carrera M (2015). *Conditioning Young Athletes*. Human Kinetics Payne, G. & Isaacs, L. (2020). *Human Motor Development: A Lifespan Approach* 10th Ed. Routledge			
Number of classes per week	Lectures: **3**	Practical lessons: **2**	
Teaching methods Lectures and practical lessons (led by the lecturers in realization)			
Course grading scheme (maximum of 100 points)			
Course activity		**Final exam**	
In-class participation	15	Writtten exam	20
Practical lessons	15	Oral exam	31
Progress tests	19	.....	

Table 5.2 Course specifications Team Sports in Educational Process 1

Study programme: Physical Education and Sport			
Course title: Team Sports in Educational Process 1			
Teacher:			
Course Status: Elective			
Number of ECTS: 5			
Prerequisites: None			
Course objective Gaining knowledge about the history and current official rules of basketball and volleyball; develop knowledge, skills , habits, and skills necessary for the successful implementation of methodological procedures for training, and - the activities of basketball and volleyball in school.			
Course outcome Upon successful completion of the course students should : know the history and the official rules of basketball and volleyball; know to explain and successful implemente training methodology - and the activities of basketball and volleyball ; to detect and effectively eliminate interference (errors) in - training and the activities; to know the basis of individual , group and collective tactics of basketball and volleyball.			
Course content *Lectures* History of basketball and volleyball; The official rules of the game of basketball and volleyball; Performance technique , methods of training , possible errors and their correction , technical - tactical activities (elements and action elements whole basketball and volleyball) on individual, group and collective tactics of basketball and volleyball. *Practical lessons* Basketball: methodology of the training of technical - tactical activities that are necessary for the game 1:1 in the attack (basic stance, shots, dribbling, running, feinting) and defense (basic stance, movement in position, the defense of the players in the position of "triple threat" when dribbling and dribbling the ball), and - the activities necessary for the cooperation of players in attack (pass and catch the ball, demarking, blockage) and defence 5-5. Volleyball: methodology of the training of technical - tactical activities: passing a ball with fingers, forearm passing the ball ("hammer"), serving, spiking, blocking, the game 6-6 .			
Course reading list			
Number of classes per week	Lectures: **2**	Practical lessons: **2**	
Teaching methods Oral presentation , demonstration , drawing , talking.			
Course grading scheme (maximum of 100 points)			
Course activity	points	**Final exam**	points
In-class participation	10	Written exam	
Practical lessons	20	Oral exam	51
Progress tests	19		

Table 5.2 Course specifications Basic of Management

Study program: Physical Education and Sport			
Course name: BASICS OF MANAGEMENT			
Teacher: Milan Nešić			
Subject status: Mandatory			
ESPB: 5			
Condition: no conditions			
Course aim Representing management as a science, practical skills and professional activities. *Basics of Management* should give basic information that enable students to realize and to know practically what is expected from the manager from the standpoint of process, function and knowledge that the managers should have in the 21st century. The subject represents the basics for general theoretical and practical knowledge of management. The purpose of this subject is to understand the elementary functions of management (planning, organising, leading and control) on the example of practice in sport.			
Course outcomes After finishing the course the students should know how to define, describe, name and show ability to apply managing functions in organisations. Furthermore, they will be able to recognise the importance of managing functions and skills in other areas that are corresponding to management, especially sport.			
Content of the course *Theoretical classes* Lessons: Theoretical basis of management; Evolution of management; Schools of management (classical; behaviour; quantitative; sistemic; situational); Contemporary management concepts (strategic, operative and MBO management); Functions of management (planning, organising, control); Changes as a determinant of management; Styles of management techniques; The significance of managing obligations, power and influence; Contemporary tendencies in management (corporate culture; benchmarking; reengineering; virtual organisation; kaizen); Specificities of management in sport; Stress as a part of managing process. *Practical classes* Practical classes are done as tutorials that are corresponding to the theoretical thematic classes. Topics for tutorials: Historical context of management development (analysis of the examples from practice); Personal and corporate management; Examples' analysis of the most frequent types of management in small and middle-size companies in Serbia; Process of planning in the organisations; Organisational model in small and middle-size companies; Process of planning and choosing staff in the organisations; Analysis of managing process (leading the meeting of the club regulatory bodies); Types of managers in the service sector; Adizes' theoretical model of managing changes; Analysis of different management styles; Relationship of duties, power and influence in sports organisations (analysis of the examples from practice); Benchmark analysis of the example of specific sports organisations; Anticipation as a specific function of the sports management; Methods of anticipation (qualitative and quantitative).			
Literature			
Number of active classes	**Theoretical classes:** 2	**Practical classes:** 2	
Teaching methods Lectures, tutorials in the forms of the workshop with the elements of *brainstorminga*; individual homework tasks, individual presentation of the topic, case study.			
Grade (maximum number of points 100)			

Pre-exam obligations	points	**Final exam**	points
activity during lecture	**10**	written exam	**51**
practical classes	**10**	oral exam	
tests	**10**	.....	
seminar paper	**19**		

Table 5.2 Course specifications Swimming 1

Study programme: Physical education and sport			
Course title: Swimming 1			
Teacher: Beretić Igor PhD			
Course Status: Election			
Number of ECTS: 8			
Prerequisites: None			
Course objective Acquiring knowledge of swimming motor skills i.e. elementary forms of movement. Familiarize students with the characteristics of the typical structure of motion of four swimming techniques (freestyle, backstroke, breastroke, buterfly), in order to understand the methodology of teaching, coaching and techincal mistakes correction and improvement.			
Course outcome At the end of the course, student should be able to: classify, analyze and evaluate the contents of swimming techniques learning program; apply motor and theoretical information in the field of swimming techniques teaching programs with swimmers of different ages, anthropological status and previous experience related to swimming activity.			
Course content *Lecture* Structural analysis of the movement implemented within the swimming techniques, teaching and swimming technique mistakes corrections and improvement. Relations between technical characteristics of swimming program users and efficiency of movement structures in the learning process and the stabilization of swimming technique skills. Synthetic, analytical and combined methodological procedures for the adoption of swimming skills in the field of competitive and recreational programs. *Practical teaching* Methods for assessing teaching four swimming techniques (show methodical procedures for swimming technique teaching, technique mistakes identification and corrections). Showing different metodical approach of swimming technique workouts. Display work in the swimmingpool compared to the current level of technique ability.			
Course reading list			
Number of classes per week	Lecture: **2**	Practical teaching: **3**	
Teaching methods Lecture, practical teaching, individual work, seminars, multy media and internet, consultation, projects, fieldwork.			
Course grading scheme (maximum of 100 points)			
Course activity	points	**Final exam**	points
In-class participation	15	Written exam	20
Practical lessons	15	Oral exam	31
Progress tests	19		

Table 5.2 Course Description Fitness 1

Study programme: Physical education and sport			
Course title: Fitness 1			
Teacher: Bojan Međedović			
Course Status: Election			
Number of ECTS: 8			
Prerequisites: None			
Course objective Introduction to fitness and wellness contents for people of different ages, gender, anthropological status and previous experience related to physical activity. Introduce students to the origin, development and main characteristics of fitness in contemporary society. Define the fitness and wellness content and its relationship to health and quality of life.			
Course outcome At the end of the course, student should be able to: ✓ Classify, analyze and evaluate the contents of a fitness program; ✓ Demonstrate proper exercise technique and terminology; ✓ Apply practical and theoretical information in the field of body-building, aerobic and cardio-fitness programs with people of different ages, gender, anthropological status and previous experience related to physical activity; ✓ Define the goals of fitness and wellness training for each subject; ✓ Select and apply content, modalities and volume load during pre-defined goals achieving.			
Course content *Lecture* Fitness center activity classification. Structural analysis of the movement implemented within the body-building, cardio-fitness and aerobic programs. Anatomical, functional, biomechanical and energetic analysis of basic exercises, cycling movements in cardio machines, strength exercises, as well as the typical movement of certain types of aerobic. Relations between functional, motor and morphological characteristics of fitness program users and efficiency of movement structures in the learning process and the stabilization of motor skills. *Practical teaching* Methods for assessing transformational effects of fitness (show test procedures for evaluation of functional and motor capabilities). Different cardio workouts programs presentation. Presentation workouts in the gym, according to current level of ability. Body fat reduction training presentation.			
Course reading list American College of Sports Medicine (2010). *ACSM's Gidelines for Exercise Testing and Prescription*, *8th ed*. Philadelphia: Lippincott Williams & Wilkins. American College of Sports Medicine (2012). *ACSM's Resources for the Group Exercise Instructor*. Philadelphia: Lippincott Williams & Wilkins.			
Number of classes per week	Lecture: **2**	Practical teaching: **3**	
Teaching methods Lecture, practical teaching, individual work, seminars, multy media and internet, consultation, projects, fieldwork.			
Course grading scheme (maximum of 100 points)			
Course activity	points	**Final exam**	points
In-class participation	15	Written exam	20
Practical lessons	15	Oral exam	31
Progress tests	19		

Table 5.2. Course specification Athletics 1

Study program: Physical education and sports			
Course title: Athletics 1			
Teacher: Doc. Dr. Dusan Stupar			
Course status: Elective			
Number of ECTS credits: 8			
Condition: None			
Course objective Introducing students to the theoretical and methodological foundations of athletics as a complex sport based on natural forms of movement, and describing and explaining the basic biomechanical characteristics of athletic disciplines. Introduction to hypothetical predispositions relevant for success in this branch of sport, ie for success in various disciplines of this sport, and in that sense, introduction to the concept of selection in athletics.			
Outcome of the case Upon successful completion of this course, students should: know basic information about the origin and development of athletic disciplines; They master the technique of performing most running, jumping and throwing athletic disciplines; master the methods of training: athletic running, athletic jumping, athletic throwing and fast walking; learn athletic rules and gain knowledge of athletic judging; acquire technical and methodological skills for organizing school athletic competitions.			
Course content Theoretical classes Definition of athletics and classification of athletic disciplines; Review of the historical development of athletics; Biomechanical analysis of athletic sprint; Biomechanical analysis of medium and long distance running; ,hurdle running; Biomechanical analysis of athletic throws - general (common) principles; Technical specifics of throwing disciplines (shot-put, javelin throw, disc, hammer); Biomechanical analysis of jumping disciplines - general (common) principles; Technical specifics of jumping disciplines (high jump, long jump, triple jump, pole vault); Biomechanical analysis of fast walking; Biomechanical analysis of marathons; Specifics of multicolor; Specifics of relay races; International rules of athletic competitions			
Literature			
Number of hours of active teaching	**Theoretical classes: 2**	**Practical classes: 3**	
Teaching methods **Frontal method (lectures). Demonstration method. Content visualization using video presentations. Exercise of motor elements. Independent student work. Consultative classes.**			
Knowledge assessment (maximum number of points 100)			
Pre-exam obligations	**points**	**Final exam**	points
Activity during the lecture	**10**	written exam	**21**
Practical teaching	**14**	oral exam	**30**
Colloquium-i	**10**	.....	
Seminary work	**15**		

Table 5.2 Course specifications Table tennis 1

Study programme: Physical education and sport			
Course title: Table tennis 1			
Teacher: Zoran Djokic			
Course Status: elective			
Number of ECTS: 7			
Prerequisites: No			
Course objective The acquisition of knowledge that allows implementation of the training process in the chosen sport at the lower and beginners levels. Gaining knowledge about the results of the structural and biomechanical characteristics of sport, anthropological characteristics essential for the success of the training process.			
Course outcome Students will get basic theoretical and practical knowledge about table tennis that will qualify them for professional activities. The acquisition of basic skills for the implementation of technical and tactical program, and fitness in table tennis. Gaining competence in conducting work in sports schools and the table tennis club.			
Course content *Lectures* Introduction to history of table tennis - genesis of technical and tactical changes in the game. Analysis of table tennis games. Description and modern approach to defining certain types of players, understanding the tasks of certain types of players, anthropological characteristics of younger age groups. Anthropological profile of different types of players. Model of the top table tennis players. Motor learning and training in table tennis. The impact of technical and tactical program and fitness in the development and maintenance of anthropological characteristics. Organization of professional work in sports schools and clubs. Characteristics of table tennis (rules, facilities and equipment). Settling children into table tennis, assessing potential. *Practical lessons* Practical realization of table tennis elements, showing the proper techniques. Introduction to the hierarchical structure characteristics in table tennis - group work with presentations and discussions. Comparative analysis of model characteristics of top table tennis players. Analysis of the top athletes in the past 10 years - a trend change, competitive structure-activity video analysis. Overview of the development of techniques and tactics with the trends of development in table tennis - Analysis of characteristic examples of the best international and domestic players.			
Course reading list Hudetz, R. (2000). Table tennis 2000. Technique with Vladimir Samsonov. Croatia: Huno Sport. Hodges, L. (1993). *Table tennis. Steps to success*. Canada. Tepper, G. (2003). *ITTF Level 1 Coaching Manual*. Shanghai: International Table Tennis Federation.			
Number of classes	Theory: **30**	Practical: **45**	
Teaching methods Lectures and practical lessons (demonstrations, practicing (group work), interactive teaching)			
Course grading scheme (maximum of 100 points)			
Course activity		**Final exam**	
In-class participation	10	Writtten exam	
Practical lessons	29	Oral exam	51
Progress tests	10	.....	

Table 5.2 Course specifications Team Sports in Educational Process 2

Study programme: Physical education and sport			
Course title: Team Sports in Educational Process 2			
Teacher:			
Course Status: Elective			
Number of ECTS: 5			
Prerequisites: None			
Course objective Acquiring knowledge about the history and current official rules of handball and football; develop knowledge, skills, habits, and skills necessary for the successful implementation of methodological procedures for the training of technical and tactical (TE-TA) activities handball and football in schools.			
Course outcame Upon successful completion of the course students should: know the history and the official rules of handball and soccer; you can not explain and successful implementation methodology and training-these activities handball and football; to detect and effectively eliminate interference (errors) in-training and the activities; to know the basis of individual, group and collective tactics of soccer and handball.			
Course content *Lectures* History of handball and soccer; The official rules of the game of handball and football; Performance technique, methods of training, possible errors and their correction, and-ta activities; Based on individual, group and collective tactics handball and soccer. *Practical teaching* Handball: methodology and a trainer-the activities that are necessary for the game 1:1 in the attack (basic stance, kicks, running, feinting) and defense (basic stance, movement in position, the defense of players with and without the ball), and-ta activities necessary for the cooperation of players in attack (pass and catch the ball, demarkiraranje) and defending the game 7-7. Soccer: Teaching Methods and training-the elements necessary for individual and group rally and attack (adding and receiving the ball, kicking, dribbling, feinting) and defending the game at two goals.			
Course reading list			
Number of classes per week	Lectures: **2**	Practical lessons: **2**	
Teaching methods Oral presentation, demonstration, drawing, talking.			
Course grading scheme (maximum of 100 points)			
Course activity	points	**Final exam**	points
In-class participation	10	Written exam	
Practical lessons	20	Oral exam	51
Progress tests	19		

Table 5.2. Course specification Biological Anthropology

<table>
<tr><td colspan="4">Study program: Physical Education and Sports, Psychology</td></tr>
<tr><td colspan="4">Course title: Biological Anthropology</td></tr>
<tr><td colspan="4">Teacher/Teachers: Romana Romanov</td></tr>
<tr><td colspan="4">Course status: Compulsory in the study program Physical Education and Sports, elective in the study program Psychology (in elective block 1)</td></tr>
<tr><td colspan="4">Number of ECTS credits: 7</td></tr>
<tr><td colspan="4">Condition: None</td></tr>
<tr><td colspan="4">Course objective
The aim of the course is for students to acquire the necessary knowledge about the development, causes and sources of variability of quantitative, continuous biological properties of man, and to acquire knowledge about the process of growth and maturation necessary for work in the process of education.</td></tr>
<tr><td colspan="4">Outcome of the case
Students will be able to:
✓ understand the variability of biological characteristics in relation to age, sex and application of exercise,
✓ apply anthropometric procedures and procedures necessary for identification and monitoring of certain biological characteristics of children, youth and adults.</td></tr>
<tr><td colspan="4">Course content
Theoretical classes include areas related to: Introduction to Biological Anthropology; Growth maturation and development; Factors affecting growth and development; Body composition and changes during growth and maturation; Body composition and changes caused by the influence of physical/physical activities (physical activity and biological properties); Morphological anthropometry; Constitution; Genesis of classification of constitutional types; Determination of somatotype; Human somatotype variability; Sexual dimorphism, Period of old age; Practical applicability of anthropometry.
Practical classes will be realized through practical application that is related to the application of anthropometric procedures and procedures on the basis of which biological characteristics are identified, in terms of measuring certain dimensions of the human body..</td></tr>
<tr><td colspan="4">Literature</td></tr>
<tr><td>Number of hours of active teaching</td><td colspan="2">Theoretical classes: 3</td><td>Practical classes: 2</td></tr>
<tr><td colspan="4">Teaching methods: practical, visual, verbal.</td></tr>
<tr><td colspan="4">Knowledge assessment (maximum number of points 100)</td></tr>
<tr><td>Pre-exam obligations</td><td>points</td><td>Final exam</td><td>points</td></tr>
<tr><td>activity during the lecture</td><td>14</td><td>written exam</td><td>20</td></tr>
<tr><td>practical teaching</td><td>15</td><td>oral exam</td><td>31</td></tr>
<tr><td>practical proficiency check, anthropometry (condition for taking the exam)</td><td>10</td><td></td><td></td></tr>
<tr><td>seminar</td><td>10</td><td></td><td></td></tr>
</table>

Table 5.2. Course specification Physiology

Study programme: Physical education and sport			
Subject: Physiology			
Lecturer: asst.prof. Tomislav Stantić			
Subject status: Compulsory			
ESPB points: 7			
Condition: No condition			
Subject objectives: Basic goals of programme: Understanding basic elements of sustaining of homeostasis constancy and factors that during physical exercising influence on it. Understanding of basic physiological mechanisms important for physical activity, especially cardiovascular and respiratory system, and mechanisms of adaptation during physical activity. Introduction of metabolic basics of cell processes during aerobic and anaerobic energy consumption.			
Subject outcome: After sucessful course completion students will be able to: 1. To establish the components of sustaining of homeostasis constancy 2. To describe spcificity od cell metabolism in steady state and physical activity 3. To enumerate changes in cardiovascular and respiratory system during physical activity 4. To describe functioning of neuromuslular junction 5. To enumerate basic elements of macrosopic and microscopic muscle structureelements 6. To make a measurement of maximal oxygen consumption and anaerobic treshold 7. To describe differences in functioning of autonomus and somatic nervous system			
Subject content: *Theoretical course:* 1. Introduction to physiology. 2. Homeostasis – dynamic equilibrium 3. Metabolic basics of exercising – aerobic and anaerobic capacity 4. Metabolic basics of exercising – matabolism level measurement 5. Exercising and cardiovascular system – heart frequency, stroke volume 6. Exercising and cardiovascular system – cardiorespiratory condition, maximal oxygen consumption 7. Respiratory system and physical activity 8. Muscle fiber – structure and contraction 9. Neuromuscular aspects of movement 10 . Principles of sport training and adaptation – exercise intensity and interval exercise 11. Principles of sport training and adaptation – tapering, neuromuscular adaptation, overload 12. Mechanisms of muscle fatigue 13. Physical inactivity and adaptation 14. Physical activity and climate factors 15. Body structure analysis in sport *Practical course:* Indirect and direct measurement of maximal oxygen consumption. Measuring of anaerobic treshold. Heart beat auscultation. Heart rate measurement. Electrocardiogram analysis. Spirometry. Measuring of global energy needs.			
Literature:			
Number of lectures:	**Theoretical: 2**	**Practical: 2**	
Methods of course: Lectures, seminary, public paper presentations. Consultations.			
Exam grade (maximal 100 points)			
Preexam activities	points	**Final exam**	points
Activity during lessons	10	Written exam	20
Practical activity	10	Oral exam	30
colloquium	20	.....	
seminary	10		

Table 5.2 Course specifications Didactics

Study programme: Physical Education and Sport,			
Course title: Didactics			
Teacher:			
Course Status: Obligatory			
Number of ECTS: 7			
Prerequisites: None			
Course objective To introduce students to the basic concepts of didactic (teaching, education, upbringing) and place of didactic pedagogy in the system; understanding of the educational process; the study of the origin and development of didactics as a science and methods, principles and forms of teaching. Enabling students to transfer knowledge in practical teaching methods.			
Course outcame Upon successful completion of this course the student will be able to: - explain the relationship between teaching, education, teaching systems, - summarize his views on teaching critical theory, - explain their views on the didactics of system science and relationship to other sciences, association with methodology; - instructional design process by using teaching methods, forms and principles.			
Course content *Lectures* Teaching as a didactic process. Didactic triangle of teacher, student, content. Objectives, content and learning outcomes. Stages of the teaching process. Methods, forms and principles of teaching. Differentiation and individualization of teaching. Planning and programming teaching. Basic concepts dokimološki. *Practical teaching* Cognition in teaching and science. Bloom's taxonomy of objectives and tasks. Strategy in the choice of teaching content. Organizational forms of school and extracurricular work. The intensity and extensity of knowledge. Teacher competence. Regulations on evaluation.			
Course reading list			
Number of classes per week	Lectures: **2**	Practical lessons: **2**	
Teaching methods Lectures, seminars, public presentation of works.			
Course grading scheme (maximum of 100 points)			
Course activity	points	**Final exam**	points
In-class participation	10	Written exam	30
Practical lessons	10	Oral exam	10
Progress tests	20		
Seminar	20		

Table 5.2. Course specificationfor Pedagogica Practice 1

<table>
<tr><td colspan="4">Study program: Physical Education and Sport</td></tr>
<tr><td colspan="4">Course name: Pedagogical Practice</td></tr>
<tr><td colspan="4">Teacher:</td></tr>
<tr><td colspan="4">Subject status: Mandatory</td></tr>
<tr><td colspan="4">ESPB: 3</td></tr>
<tr><td colspan="4">Condition: none</td></tr>
<tr><td colspan="4">Course aim: to integrate the pragmatic goals that are covered in courses of the first three semesters of studies. This course has an aim to identify and valorise the measures of respecting theoretical assumptions in the realisation of the pedagogical program of PE classes in primary schools. The criteria for such evaluation are: pedagogical, biological-anthropological and physiological implications that hypothetically determine the effects of teaching. Students prepare the classess and in groups with the teacher, valorise their quality in the context of the previous criteria and participate in their realisation.</td></tr>
<tr><td colspan="4">Course outcomes: achieving the set goals will enable the students to: prove that they understood the value of the acquired knowledge, ability to practically apply it and adjust it to the specificities of the space and the abilities of the participants and find the best solutions to achieve educational goals of teaching.</td></tr>
<tr><td colspan="4">Course content
Practical classes
The activity is performed discountinuous: every second week 4 classes which means 60 classes in the educational institution.</td></tr>
<tr><td colspan="4">Literature</td></tr>
<tr><td>Number of active classes</td><td>Theoretical classes:</td><td colspan="2">Practical classes: 6</td></tr>
<tr><td colspan="4">Teaching methods
Wrokshops, practical pedagogical work.</td></tr>
<tr><td colspan="4">Grade (maximum number of points 100)</td></tr>
<tr><td>Pre-exam obligations</td><td>points</td><td>Final exam</td><td>points</td></tr>
<tr><td>activity during lecture</td><td></td><td>written exam</td><td></td></tr>
<tr><td>practical classes</td><td></td><td>oral exam</td><td></td></tr>
<tr><td>tests</td><td></td><td>.....</td><td></td></tr>
<tr><td>seminars</td><td></td><td></td><td></td></tr>
</table>

Table 5.2 Course Description Biomechanics

Study programme: Physical education and sport			
Course title: Biomechanics			
Teacher: Bojan Međedović			
Course Status: Obligatory			
Number of ECTS: 5			
Prerequisites: None			
Course objective Observation and analyzing of human body, at rest and during activities and sport-specific movements. Acquiring basic knowledge of statics, kinetics and kinematics, relevant for the analysis of motion. Understanding and practical application of biomechanical principles of exercise in order to training load understanding and programming.			
Course outcome At the end of the course, student should be able to: ✓ analyze movements in sports and recreation; ✓ detect errors during the sports and fitness performance; ✓ applying knowledge of mechanics (static, dynamic, kinematic) in sports skills analysis; ✓ design a training program that should enable the most cost-effective and efficient sports performance, and reducing the risk of injury.			
Course content *Lecture* Basic methods of biomechanical research. Qualitative and quantitative movement analyze. Types of human movement. Statics, kinematic and dynamics of the human movement. Locomotion apparatus as a system of biomechanical lever. Force as a vector. The principles of biodynamic analysis. The principles of movements through fluids. *Practical teaching* Determining the size of the forces acting on the athlete at rest and movement. Torque and biomechanical lever in sports movements. Understand muscle actions, determination type of muscle contraction in movements Establishment of motion (force impulse, momentum, moment of inertia). Rotational motion. Analyzing Sport Skills in elite athletes. Identifying and Correcting Errors in Sport Skills.			
Course reading list			
Number of classes per week	Lecture: **3**	Practical teaching: **1**	
Teaching methods Lecture, practical teaching, individual work, seminars, multy media and internet, consultation.			
Course grading scheme (maximum of 100 points)			
Course activity	points	**Final exam**	points
In-class participation	15	Written exam	20
Practical lessons	15	Oral exam	31
Progress tests	19		

Table 5.2 Course specifications Methodology of management of training processes

Study programme: Physical education and sport			
Course title: Methodology of management of training processes			
Teacher: Zoran Djokic			
Course Status: obligatory			
Number of ECTS: 6			
Prerequisites: No			
Course objective Introducing students to the theoretical description of the training process as a specific educational technology for managing change in the space of anthropological characteristics of specific target groups. An explanation of the anthropological characteristics on whose levels the result in sports depends, as well as an explanation of training influences (methodological means, methods and load dynamics) which can be influenced by them.			
Course outcome Upon successful completion of the course, students should be able to: They manage training influences, training effects and sports results themselves; Identify rational training procedures in different periods of annual development plans and for different ontogenetic periods of development of specific target groups; Independently make training process plans for different age categories of athletes; They master the basic techniques and methods of work aimed at improving efficiency factors			
Course content *Lectures* Introduction to sports training theory; Factors influencing sports form; Types of athlete preparation; Basic characteristics of sports training; Physiological characteristics of sports training; Methods, means and loads in sports training; Classification of training methods; Training structure; Improving efficiency factors (physiological principles of training programming: strength, speed, agility, endurance, coordination, precision, balance, joint-muscle mobility); Planning and programming of the training process; Sports training process management; Methodological aspects and use of sites and aids in sports training; Specificity of the youth training process; Problems in training processes. *Practical lessons* Explanation and presentation of the specification equation; Demonstrations of training with different tasks of preparing athletes; Explanation of methods, means and loads in sports training; Demonstration of training methods; Methodology of training speed, strength, endurance, agility, coordination, precision, balance, joint-muscle mobility; Macro and mesocycle planning; Development of a microcycle and an individual training plan; Use of aids in the training process. As a condition for taking the exam, the student is obliged to make a general plan of the mesocycle and a detailed plan of one microcycle and ten individual trainings.			
Course reading list			
Number of classes	Theory: **45**	Practical: **30**	
Teaching methods Lectures and practical lessons (led by the lecturers in realization)			
Course grading scheme (maximum of 100 points)			
Course activity		**Final exam**	
In-class participation	15	Writtten exam	30
Practical lessons	15	Oral exam	25
Progress tests	15	.....	

Table 5.2. Course specification Methodology of preschool physical education

Study program: Physical education and sports			
Course title: Methodology of preschool physical education			
Teacher: Doc. Dr. Dusan Stupar			
Course status: Elective			
Number of ECTS credits: 8			
Condition: None			
Course objective Introduction to the anthropological characteristics of preschool children, relevant to understanding the methods and organizational forms that can be applied in working with that age of children. Introduction to various program concepts, introduction to the desirable pedagogical environment of teaching in working with children of this age.			
Outcome of the case After attending classes and passing the exam, students understand and comprehend the importance of physical activity for the overall growth and development of children at that age. They are able to independently prepare and realize planned situations from physical education (hold a class), design creative contents, distinguish forms of movement in preschool children, connect the contents of physical activities with the contents of other activities in the preschool institution.			
Course content Theoretical classes - Preschool education; Methodology of preschool physical education; Principles of teaching and methods of preschool physical education; Age characteristics of preschool children; Organization of physical education classes and organizational forms of work; Planning and evaluation of achievements in preschool physical education; Objects, devices and props in preschool physical education, Elementary games as a basic tool in working with preschool children. Application of elements of ball sports in the development of children's cognitive potentials; Ball, the best toy in the world. Practical classes - Practical classes follow the contents of theoretical classes. It is held in preschool institutions, where students have the opportunity to acquire the necessary knowledge and skills needed for independent teaching of physical education for preschool children.			
Literature			
Number of hours of active teaching	**Theoretical classes: 3**	**Practical classes: 3**	
Teaching methods: Theoretical lectures (presentation, description, explanation, conversation), exercises (demonstration method, training method, practical work of students), multimedia presentations, consultations.			
Knowledge assessment (maximum number of points 100)			
Pre-exam obligations	**points**	**Final exam**	points
Activity during the lecture	**15**	written exam	**25**
Practical teaching	**15**	oral exam	**30**
Colloquium-i	**15**	.....	

Table 5.2. Course specification Methodology of physical education of special groups

<table>
<tr><td colspan="4">Study program: Physical Education and Sports</td></tr>
<tr><td colspan="4">Course title: Methodology of physical education of special groups</td></tr>
<tr><td colspan="4">Teacher/Teachers: Romana Romanov</td></tr>
<tr><td colspan="4">Course status: elective</td></tr>
<tr><td colspan="4">Number of ECTS credits: 8</td></tr>
<tr><td colspan="4">Condition: None</td></tr>
<tr><td colspan="4">Course objective Getting to know and mastering general and specific methods for the realization of physical education education for children with disabilities (in preschool institutions) and students with disabilities.</td></tr>
<tr><td colspan="4">Outcome of the case
After successfully completing the study program of the subject Methodology of Physical Education of special groups of students they should know:
✓ to adopt theoretical and apply practical knowledge in order to independently teach physical education educations for children and students with disabilities;
✓ to apply methods aimed at learning and acquiring motor skills and habits;
✓ to apply methods that are aimed at the development of motor skills and to understand in what context and for what purpose the methods of psychomotor reeducation are applied.</td></tr>
<tr><td colspan="4">Course content
Theoretical classes will cover the following areas: Introductory lecture (distinction of conceptual determinants that are related to basic concepts of children / students with developmental disabilities, disability, handicap, inclusion, method of work ...); Adults characteristics during growth and development; Basic information, type and degree of damage; Organization of physical education classes education (preschool, primary and secondary school); Methods of physical education; Principles of training; More individualization and educational plan; Adapted physical exercise (APhE) and security measures; Methods of motor development abilities and impairment of bodily integrity; Methods of developing motor skills and intellectual impairment integrity; Methods of developing motor skills and impaired sensory integrity. Teaching planning; Checking recording and grading; Applications of sports content in the methodology of teaching physical education; Sports for person with disabilities - SPD;
Practical classes will be realized through workshops on the topic of children / students with developmental disabilities, within which they will students through various tasks prepare a schematic representation of the motor pattern and sensitive phases of growth and development; present a deviation from the typical motor pattern (for a particular type and degree of damage). He will prepare written examples Preparation for a teaching unit (which are harmonized with the curriculum of physical education) in relying on the acquired knowledge about training methods (live word, demonstration, practical exercise); principles of training and measures of individualization (example of IEP), planning of work in space formations: type, column, circle). A number of topics from theoretical classes will be elaborated through practical exercises (adaptations exercises and security measures, etc.) and observation of activities in the field, observation and identification of activities in continue physical education where the participants are students with disabilities.</td></tr>
<tr><td colspan="4">Literature</td></tr>
<tr><td>Number of hours of active teaching</td><td colspan="2">Theoretical classes: 3</td><td>Practical classes: 3</td></tr>
<tr><td colspan="4">Teaching methods: practical, visual, verbal.</td></tr>
<tr><td colspan="4">Knowledge assessment (maximum number of points 100)</td></tr>
<tr><td>Pre-exam obligations</td><td>points</td><td>Final exam</td><td>points</td></tr>
<tr><td>activity during the lecture</td><td>14</td><td>written exam</td><td>20</td></tr>
<tr><td>practical teaching</td><td>15</td><td>oral exam</td><td>31</td></tr>
<tr><td>colloquium</td><td>10</td><td></td><td></td></tr>
<tr><td>seminar</td><td>10</td><td></td><td></td></tr>
<tr><td colspan="4">The method of knowledge assessment can be different, listed in the table are just some of the options: (written exams, oral exam, project presentation, seminars, etc .....</td></tr>
</table>

Table 5.2. Course specification Swimming 2

Study programme: Physical education and sport			
Course title: Swimming 2			
Teacher: Beretić Igor PhD			
Course Status: Election			
Number of ECTS: 8			
Prerequisites: Swimming 1			
Course objective Acquiring knowledge of the application of the planning, periodizing and optimizing swimming training programs with swimmers of different ages, gender aand previous experience in training exercise (different swimming results level).			
Course outcome At the end of the course, student should be able to: swimming programs planning and programming; application of methodological principles in swimming training, loads planning and programming in a wide range of swimming training programs, and other programs related to improvement of physical condition profile.			
Course content *Lecture* Planning and programming, loads programming principles. Loads control during swimming activity, the determination of the initial conditions, and selection of test procedures. The basic principles of swim training. Basic principles of testing. Aerobic swimming endurance - the selection and application of diagnostic procedures and programming on various training content. Anaerobic endurance - the selection and application of various programs diagnostic and programming procedures. The use of modern technology to monitor the content of the swimming programs. Diagnostics procedures for determining physical profile of each athlete (swimmer). *Practical teaching* Exercise, other forms of lectures, research work, analysis of materials with theoretical lectures synthesis of information with interactive communication. Showing the basic principles of programming to specific examples. Validated methodology determining the objectives of the program through workshops (public hearings). Display parameters for intensity exercise monitoring. Display diagnostics procedures for aerobic and anaerobic endurance. Showing the importance of the diagnostic procedure of determining physical profile of each athlete (swimmer).			
Course reading list			
Number of classes per week	Lecture: **2**	Practical teaching: **3**	
Teaching methods Lecture, practical teaching, individual work, seminars, multy media and internet, consultation, projects, fieldwork.			
Course grading scheme (maximum of 100 points)			
Course activity	points	**Final exam**	points
In-class participation	15	Written exam	20
Practical lessons	15	Oral exam	31
Progress tests	19		

Table 5.2 Course specifications Table tennis 2

Study programme: Physical education and sport			
Course title: Table tennis 2			
Teacher: Zoran Djokic			
Course Status: elective			
Number of ECTS: 7			
Prerequisites: Passed exam in Table tennis 1			
Course objective Gaining knowledge to implement the most complex tasks in the chosen sport at all levels. Gaining knowledge about the planning and programming of the training process.			
Course outcome Gaining knowledge about the methodological procedures for the development of specific fitness capacities and learning and training of technical and tactical skills. Training students for planning and programming of training process of different ages and qualitative level groups, and learning the basic methods for control of the effects of training and competitive performance.			
Course content *Lectures* Methodical design training in table tennis - Methods of learning of technical and tactical knowledge. Basic principles of learning and practicing, organizational forms of work. Methodological aspects of individual training and classification of the content of the training work for certain types of players. Organization of training in club. Methodological principles of training. Stages of learning and practicing in a multi- cycle. Methods of technical- tactical and conditioning training in perennial and annual cycle. Methods of adoption and development of basic and advanced elements of technique and tactics. Periodization of technical and tactical, conditioning training in perennial and annual cycle. Relationships between different types of technical and tactical preparation, scope and intensity of the load in the annual cycle. Develop a plan and training program (long term, medium term and short-term plan and program). Current planning and programming in table tennis. Operational planning and programming in table tennis: microcycle, training days and individual training. Science in table tennis. *Practical lessons* Testing table tennis players in various categories and use the findings to program training process. Analysis of specific periods of training in table tennis. Making microcycle training. Making plans and training programs work in different cycles of sport preparation (exercise).			
Course reading list			
Number of classes	Theory: **30**	Practical: **45**	
Teaching methods Lectures and seminars			
Course grading scheme (maximum of 100 points)			

Course activity		**Final exam**	
In-class participation	10	Writtten exam	
Practical lessons	29	Oral exam	51
Progress tests	10	.....	

Table 5.2 Course Description Fitness 2

Study programme: Physical education and sport			
Course title: Fitness 2			
Teacher: Bojan Međedović			
Course Status: Election			
Number of ECTS: 8			
Prerequisites: Fitness 1			
Course objective Introduction to fitness and wellness contents for people of different ages, gender, anthropological status and previous experience related to physical activity. Introduction to origin, development and main characteristics of group fitness programs in contemporary society. Introduction to various group fitness programs. Introduction to nutrition.			
Course outcome At the end of the course, student should be able to: ✓ Group fitness program planning and programming; ✓ Specific group fitness training demonstration, with proper movement technique and appropriate intensity; ✓ Application of proper methodological principles in fitness training, loads planning and programming, in a wide range of fitness programs, and other programs related to the preservation and improvement of health status; ✓ Nutrition planning according to individual requirements.			
Course content *Lecture* Planning and programming group fitness activities, loads controlling principles. Cardiorespiratory endurance - the selection and application of diagnostic procedures and programming on various training content. Muscular strength and endurance - the selection and application of various programs diagnostic and programming procedures. Selection and application of diagnostic procedures and programming for flexibility. Using modern technology to monitor the content of the fitness programs. Diagnostics procedures for determining body composition. Programming of complex facilities of fitness - importance of selecting complementary content. *Practical teaching* Exercise, other forms of lectures, research work, analysis of materials with theoretical lectures synthesis of information with interactive communication. Presentation of basic principles of programming to specific examples. Presentation of intensity exercise monitoring parameters. Cardiorespiratory endurance diagnostics procedures presentation. Muscular strength and endurance diagnostics procedures presentation. Flexibility diagnostics procedures presentation. Complex leisure activities contents presentation. Presentatation the importance of the diagnostic procedure of determining body composition - a case study.			
Course reading list			
Number of classes per week	Lecture: **2**	Practical teaching: **3**	
Teaching methods Lecture, practical teaching, individual work, seminars, multy media and internet, consultation, projects, fieldwork.			
Course grading scheme (maximum of 100 points)			

Course activity	points	**Final exam**	points
In-class participation	15	Written exam	20
Practical lessons	15	Oral exam	31
Progress tests	19		

Table 5.2. Course specification Athletics 2

Study program: Physical education and sports			
Course title: **Athletics 2**			
Teacher: Doc. Dr. Dusan Stupar			
Course status: Elective			
Number of ECTS credits: 8			
Condition: Passed the Athletics 1 exam			
Course objective - Presentation of the principles of modeling the training process in athletics. Evaluation of different examples of planning, programming and keeping records of the body's response to training stimuli in different disciplines and at different ages of athletes. Reviews of diagnostic protocols for valorization of transformational changes under the influence of the training process. Injury risk factors in athletics.			
Course outcome Upon successful completion of this course, students should be able to: model the training process applicable in sprint and hurdle running; Model the training process applicable in working with middle and long distance runners; Model the training process applicable in jumping disciplines; Model the training process applicable in throwing disciplines; They detect errors in the performance of the technique and model methods for their correction; They plan annual work and periodic activities of the athletic club.			
Course content Theoretical classes - Biomechanical principles of analysis of athletic disciplines; Energy of athletic disciplines; Methodological principles of modeling the training process .; Macro, meso and microcycles of athletic training .; Tools and periodization of training in athletic sprint and hurdle running; Tools and periodization of training in middle and long distance running; Tools and periodization of training in brisk walking; Tools and periodization of training in athletic jumping; Tools and periodization of training in athletic throws; Motor control in the function of detecting, correcting and correcting errors in the technique of athletic disciplines; Specifics of working with children-athletic schools; Organization of cross competitions; Specifics of road racing; Marathon - preparation, training and recovery; Diagnostic protocols in the valorization of training effects. Risk factors in athletics. Success factors in athletics. Multicolors - periodization of training Practical classes - Presentation of training models in athletic sprint; Demonstration of training models in hurdles; Demonstration of training models in medium and long distance running; Demonstration of training models in fast walking; Demonstration of training models in high jump; Demonstration of training models in long jump; Demonstration of training models in triple jump; Demonstration of training models in throwing the ball; Demonstration of training models in discus throw; Demonstration of training models in javelin throwing; Demonstration of training models in hammer throw; Demonstration of exercises for correcting and correcting mistakes in the technique of athletic disciplines; Participation of students in the realization of selected activities of the athletic club; Student participation in school athletic competition; Participation of students in the athletic competition organized by the Serbian Athletics Federation.			
Literature			
Number of hours of active teaching	**Theoretical classes: 2**	**Practical classes: 3**	
Teaching methods Frontal method (lectures). Demonstration method. Content visualization using video presentations. Exercise of motor elements. Independent student work. Consultative classes.			
Knowledge assessment (maximum number of points 100)			
Pre-exam obligations	**points**	**Final exam**	points
Activity during the lecture	**10**	written exam	**21**
Practical teaching	**14**	oral exam	**30**
Colloquium-i	**10**	.....	
Seminary work	**15**		

Table 5.2 Course specifications Teaching Methods in Physical Education

Study programme: Physical education and sport			
Course title: Teaching Methods in Physical Education			
Teacher: Ksenija Bubnjević			
Course Status: Obligatory			
Number of ECTS:6			
Prerequisites: None			
Course objective Introduction to the plans and tasks of teaching at different levels of education. Training students for the processes of programming direct pedagogical work. Introduction to examples of successful application of methodological procedures in the implementation of physical education classes in primary and secondary schools. Introduction to good organizational forms of work and the concept of evaluating the achieved success.			
Course outcome After successfully adopting the material, students should develop skills and knowledge: to independently implement the contents provided by the curriculum and program of physical education for the appropriate age; to plan the teaching of physical education to influence the achievement of educational goals of students; to make the most of the space and props for the realization of the class; to satisfy the needs of students for intellectual, emotional and functional load of the organism during the realization of an individual lesson; to be able to assist while respecting the diversity of students; to apply modern methods in teaching and connect teaching contents with other scientific fields; to understand the importance and role of physical education teachers; to monitor the effects of the teaching content on the student's body through testing;			
Course content *Lectures* The importance of the subject methodology of physical education on the versatile and harmonious development of students' personalities; Selection of methods of physical education with the aim of urgently ensuring the realization of teaching contents; Adherence to the principles when training new motor activity in class; Organizational forms of work, typology and intensification of classes; Types and scope of student workload in class; Characteristics of parts of physical education classes (introductory, preparatory, main and final); Teaching work planning; checking, recording and evaluating; Significance and role of physical education teachers in the educational process of acquiring sports habits of students *Practical lessons* Monitoring and recording the process of teaching physical education in primary and secondary schools; Independent preparation and realization of parts of classes as well as physical education classes provided by the curriculum of primary and secondary schools; Independent realization of physical education classes for children with disabilities; Stimulation of students for active participation in teaching; Hygienic and technical control of facilities, devices and prop			
Course reading list			
Number of classes per week	Lectures: **3**	Practical lessons: **3**	
Teaching methods Frontal form of work (plenary lectures); Practical exercises (application of theoretical knowledge on examples from practice), independent work of students and preparation of written preparations for practical work, use of the Internet			

Course grading scheme (maximum of 100 points)			
Course activity		**Final exam**	
In-class participation	9	Writtten exam	
Practical teaching	10		
Held class	15	Oral exam	51
Practice diary	15	.....	

Table 5.2. Specification of the subject Sport in schools

Study program: Physical education and sports			
Course title: Sport in schools			
Teacher: doc. Dr. Dusan Stupar			
Course status: Compulsory			
Number of ECTS credits: 6			
Condition: None			
Course objective The main goals of the course are to: introduce students to modern theoretical and professional-practical knowledge about school sports. Then, the analysis of the interactional conditionality of the levels of psychophysical development of children and their motor competence in the process of their preparation for participation in the competitive environment and the load that accompanies that environment (physiological, emotional, intellectual). Review of specific practice of competitive activities, systems, content, propositions.			
Outcome of the case After attending classes and passing the exam, students are able to: independently implement the contents of school sports provided by the curriculum in primary and secondary schools, implement the contents of school sports and conditions when they do not have adequate resources, participate in the selection and preparation of students for sports competitions. or the team at the competition, prove the importance of the competitive environment in accomplishing tasks in physical education classes, analyze the state of sports in schools based on comparisons with good examples of current practice, independently create training processes appropriate to the concept of school competitions.			
Course content Theoretical classes - Sports in the school curriculum; Sport in school as an opportunity for development, cognitive, affective and locomotor aspects in children; Sport and its importance for the development of motor and functional abilities of children; Educational significance of school sports competitions (Small Olympic Games and Sports Olympics of school youth of Vojvodina). Ways and procedures of valorization of sports in schools; Practical classes - Practical classes include preparing students for active participation in the organization and implementation of school sports competitions. For that purpose, students will have the opportunity to be involved in school sports competitions from different disciplines (football, basketball, volleyball, swimming, ...) and at different levels (municipal, provincial, republic**)**			
Literature			
Number of hours of active teaching	**Theoretical classes: 2**	**Practical classes: 2**	
Teaching methods Lectures, exercises, independent work of students, use of multimedia and internet			
Knowledge assessment (maximum number of points 100)			
Pre-exam obligations	**points**	**Final exam**	points
Activity during the lecture	**15**	written exam	**25**
Practical teaching	**15**	oral exam	**30**
Colloquium-i	**15**	.....	
Seminary work			

Table 5.2. Course specification Exercise and Health

Study program: Physical Education and Sports			
Course title: Exercise and Health			
Teacher/Teachers: Romana Romanov			
Course status: Compulsory			
Number of ECTS credits: 7			
Condition: None			
Course objective is introducing students to the importance of physical activities, their application in everyday life of modern man, the effects on health, quality and length of human life. Introduction of terms related to the theory and practice of leisure and content that are related to physical activities. Acquiring knowledge about the application of information in the field of leisure with people of different ages, genders, anthropological status and previous experience related to physical activity.			
Outcome of the case Upon successful completion of the Exercise and Health study program, students should: ✓ understand the development of human activities during historical epochs up to the modern age and the emergence of free time, ✓ systematize the knowledge that is brought in connection with modernly conceived forms and contents of leisure activities, ✓ create a clear idea of the bio-psycho-social impact of physical activity on the human body, ✓ to be trained to design physical activity programs intended for different populations (persons 65+, women, able-bodied population, etc.).			
Course content *Theoretical teaching* in relation to the areas covers: Basic determinants, concepts and terms; Practicing through historical epochs; Physical activity is a part of everyday human life activities, programmed and planned physical activity; Human health and quality of life (from the point of view of exercise); Significance and effects of physical activity for human health; Physical exercise and health (children and young people, adults, 65+); Exercises and development of functional abilities; Influence of exercise and cognitive function; Occurrence of "morphogenic Triassic" and accompanying phenomena; Cardiorespiratory endurance (basic physiological parameters, benefits, assessment of current condition, programs for maintenance and improvement of health); Obesity - developmental factors, implications for health status and remediation strategies; Stress - the concept, sources and some concepts of stress management; Promotion of exercise as a contribution to an active lifestyle. *Practical classes* will be realized through practical exercises and analysis of exercise models. Exercise models will include exercises for the development of aerobic potentials, development of muscle ability, development of flexibility, development of coordination. Exercise models for children and young people will also be considered; exercise models for adults (with emphasis on Cervical, Lumbar syndrome) and models of specific exercise programs intended for the elderly (65+), special programs intended for women and pregnant women, etc.			
Literature			
Number of hours of active teaching	**Theoretical classes: 2**	**Practical classes: 3**	
Teaching methods: practical, visual, verbal.			
Knowledge assessment (maximum number of points 100)			
Pre-exam obligations	**points**	**Final exam**	**points**
activity during the lecture	**14**	written exam	**20**
practical teaching	**15**	oral exam	**31**
colloquium	**10**		
seminar	**10**		

Table: 5.2. Course specification Sport events

Study program: Physical Education and Sport			
Course name: Sport events			
Teacher: Milan Nešić			
Subject status: Mandatory			
ESPB: 7			
Condition: no conditions			
Course aim The aim of this course is to: learn the basic concepts and realise the main goals of managing sports events; to realise and recognise the distinction between the concepts of sport event and sport competition; to understand and recognise the basic management activities in sport events; to become familiarized with the process of organization and managing sport events; to understand the significance and the existence of the functions of management in the context of sport events.			
Course outcomes After successfully completing the course, the students should: (a) know all the information about the character and major elements of the sport competition; (b) know how to make practical differentiation about the significance of the right approach to managing activities of the sport competition; (c) be equipped to follow contemporary tendencies in the organisation and realisation of sports competitions which have different significance and level; (d) know how to independently identify and apply adequate managing functions that are implemented in the system of sports events; (f) be equipped for the active work in creation of different level of sport events in all forms of sport.			
Content of the course *Theoretical classes* Lessons: Sports objects as necessary resources in sport; Management of sports objects; Sport events (notions); Characteristics and participants of the sport events; Sport competitions (types and characteristics); Managing sport event/competition; Planning of the sport event; Conceptual phase of planning the sport competition; Competitive systems; Operative phase of planning the sport event; Tasks of different managing services during the sport competition; Financial aspects of the sport competition; Marketing of the sport competition; Safety aspects of the sport event; Medical security of the sport competitions. *Practical classes* Practical classes are done as tutorials that are corresponding to the theoretical thematic classes. Topics for tutorials: Categorization of the sport institutions in Serbia; Work planning in sport institutions; Sport events and sport competition - approaches from practice; Big sport events - specificity and significance; Branching the sport competitions; Creating managing structure of sport competition; Conceptualization elements of sport competition (an elaborate about justification); Work and activities of different boards of sport competition organizers; Draw in the competitions; Minimal standards for sport competitions; Planning the activity content of the Board for protocol; Earnings from the competition; Planning the marketing of the sport event; Sport law as the basis of managing activity in preparation and realization of the sport event; Medical standards for specific sport branches.			
Literature			
Number of active classes	**Theoretical classes:** 30	**Practical classes:** 45	
Teaching methods Lectures, tutorials in the forms of the workshop with the elements of *brainstorming*; individual homework tasks, individual presentation of the topic, case study.			
Grade (maximum number of points 100)			

Pre-exam obligations	points	**Final exam**	points
activity during lecture	**10**	written exam	**51**
practical classes	**10**	oral exam	
tests	**10**	.....	
seminar paper	**19**		

Table 5.2. Course specification Sports overview

Study program: Physical education and sports			
Course title: Sports overview			
Teacher: Doc. Dr. Dusan Stupar			
Course status: Elective			
Number of ECTS credits: 8			
Condition: None			
Course objective The aim of the course is for students to get acquainted with certain sports that are not in the curriculum in educational institutions. This implies the adoption of information about different sports, which can be used for fun and entertainment, in the context of the idea of quality use of free time. The aim is also to evaluate the evidence of the positive impact of these sports on the proper growth and development of children, their cognitive, affective and locomotor potentials.			
Course outcome - After attending classes and passing the exam, students are able to: ✓ actively participate in organizing various sports in the programs of educational institutions, ✓ organize and apply various sports in work with children, youth and adults, ✓ application of the basic laws of the training process in each of these sports, ✓ help to develop and spread awareness of the existence of different sports, their importance and impact on anthropological status, especially of young people.			
Course content Theoretical classes - Sport in the context of the development of the overall potential of students; Martial arts in order to develop discipline, self-confidence, self-control and coordination of movements, Benefits of winter sports to strengthen and steel the body and the overall health of children (students); Sports in which the development of precision, composure and calmness is predominantly influenced. Characteristics and benefits of water sports**.** **Practical teaching-** Practical classes follow the contents of theoretical classes. Exercises are held in different sports clubs depending on the type of sport. In this way, students have the opportunity to actively participate in their implementation (direct participants and / or observers) and thus gain the necessary experience, knowledge and skills.			
Literature			
Number of hours of active teaching	**Theoretical classes: 2**	**Practical classes: 3**	
Teaching methods - Interactive theoretical and practical lectures (using multimedia equipment and videos), discussions.			
Knowledge assessment (maximum number of points 100)			
Pre-exam obligations	**points**	**Final exam**	points
Activity during the lecture	**15**	written exam	**25**
Practical teaching	**15**	oral exam	**30**
Colloquium-i	**15**	.....	

Table 5.2. Course specificationfor Pedagogica Practice 2

Study program: Physical Education and Sport			
Course name: Pedagogical Practice 2			
Teacher:			
Subject status: Mandatory			
ESPB: 3			
Condition: Realized Pedagogical Practice 1			
Course aim: contains the three interrelated and connected goals: following the pedagogical process, the evaluation of the pedagogical process and the preparation with the realisation of the pedagogical process. The special emphasis is placed on the realization of the pedagogical process in institutions that are dedicated to the following groups: preschoolers and the sensitive groups, considering the fact that they are optional courses in the curriculum for the third year.			
Course outcome The course outcomes are the following: the student should use and demonstrate his theoretical knowledge in choosing and applying pedagogical protocols that are adjusted to the spatial conditions and specificities of the individuals in the group.			
Course content *Practical classes*: observing a certain number of classes (20 classes), their evaluation and based on it, in accordance with the curriculum, realise a certain number of classes (30 classes in total).			
Literature			
Number of active classes	**Theoretical classes:**	**Practical classes: 6**	
Teaching methods Wrokshops, practical pedagogical work.			
Grade (maximum number of points 100)			
Pre-exam obligations	points	**Final exam**	points
activity during lecture		written exam	
practical classes		oral exam	
tests		.....	
seminars			

Table 5.2 Course Description Diagnostics in physical education and sport

Study programme: Physical education and sport			
Course title: Diagnostics in physical education and sport			
Teacher: Bojan Međedović			
Course Status: Obligatory			
Number of ECTS: 6			
Prerequisites: None			
Course objective Introduction to diagnostics procedures in the field of physical education, sport and exercise. Introduction to analytic methodology and management of specific protocols for testing students, population involved in recreational exercise and elite athletes according to their sporting events.			
Course outcome At the end of the course, student should be able to: ✓ Presenting laboratory and field functional diagnostic protocols, ✓ Application of measurement and testing procedures in certain areas of physiological diagnostics (aerobic and anaerobic capacity, muscular strength and power, morphological characteristics), ✓ Implementation of functional diagnostics procedures for special groups (children, patients, obese people), ✓ Interpretation and management of diagnostics procedures results.			
Course content *Lecture* Quality assurance and standardization in functional diagnosis, assessment methods for aerobic power and capacity, advanced methods of assessment of peak anaerobic power and capacity, oximetry, transitive changes in biochemical variables and the actuality of the anaerobic threshold control, anthropometry and morphological analysis, management of diagnostics protocol for power and force assessment in kinesiology, the importance of flexibility monitoring and managing of training technology, the problems of diagnostics for specific groups, diagnostics criteria according to gender, age and sports discipline. Eurofit and Fitnessgram test battery. Trunk muscle evaluation (McGill test protocol). *Practical teaching* Application and management of the test protocols, protocols for functional testing in team sports, protocols for functional testing in individual sports, protocols for functional testing for specific groups, interpretation of maximal oxygen uptake, interpretation of the anaerobic and ventilatory threshold, interpretation of anaerobic power and capacity, interpretation of trunk muscle performance.			
Course reading list			
Number of classes per week	Lecture: **3**	Practical teaching: **2**	
Teaching methods Lecture, practical teaching, individual work, seminars, multy media and internet, consultation, projects, fieldwork.			
Course grading scheme (maximum of 100 points)			

Course activity	points	**Final exam**	points
In-class participation	15	Written exam	20
Practical lessons	18	Oral exam	31
Progress tests	16		

Table 5.2. Course specification Activities in nature

Study program: Basic studies of physical education and sports			
Course title: Activities in nature			
Teacher: Doc. Dr. Dusan Stupar			
Course status: Elective			
Number of ECTS credits: 8			
Condition: None			
Course objective Introduction to the planning and program documents of educational institutions in the context of conditions for the organization of activities in nature. Introduction to the values of the influence of activities in nature on the acquisition of healthy living habits. Introduction to the hypothetical contents of activities in nature, risks and their suitability for different age categories of participants.			
Outcome of the case Upon successful completion of this course, students should be able to: plan, program and implement recreational and sports content based on the capabilities of participants, their physical, physiological and emotional capacities, in relation to natural resources; plan and program contents in accordance with the conditions and possibilities of the natural destination.			
Course content Theoretical classes Positive influences of nature on human health; principles of planning activities in nature; Possible risks by engaging in various activities in nature, activities in the mountains, activities on and in the water (rivers, lakes, sea), props and personal equipment adapted to different activities, documentation of activities, evaluations of various characteristic examples of activities. Practical teaching Students will have the opportunity to actively participate in the organization, planning and design of various activities in nature, and with the application of theoretical knowledge to master practical skills. In that sense, the exercises are designed to follow theoretical lectures and are held in different localities in nature, depending on the choice and type of activity.			
Literature			
Number of hours of active teaching	**Theoretical classes: 2**	**Practical classes: 3**	
Teaching methods Theoretical lectures, videos, workshops, practical exercises (demonstration).			
Knowledge assessment (maximum number of points 100)			
Pre-exam obligations	points	**Final exam**	points
Activity during the lecture	15	written exam	25
Practical teaching	15	oral exam	30
Colloquium-i	15	.....	

Table 5.2 Course Description Water activity

Study programme: Physical education and sport			
Course title: Water activity			
Teacher: Bojan Međedović			
Course Status: Elective			
Number of ECTS: 8			
Prerequisites: None			
Course objective Water based recreational activities representation. Introduction to planning and programming process in water activities, and methodological procedures of learning and practicing technique elements in rowing, kayaking, canoeing, water skiing, sailing and windsurfing.			
Course outcome At the end of the course, student should be able to: ✓ applicate theoretical-motor skills and knowledge necessary for the implementation of programs of rowing, kayaking, canoeing, water skiing, and windsurfing, in education process; ✓ planning, programming and implement recreational and sport facilities in respect to the capabilities of the participants, their physical, physiological and emotional capacities, ✓ planning and programming content according to the conditions and possibilities of natural environments.			
Course content *Lecture* The structural and biomechanical analysis of basic movements in rowing, kayaking, canoeing, water skiing, sailing and windsurfing. Aero and Hydrodynamics. Propulsion. Methodological procedures of training, learning and practicing technique elements in rowing, kayaking, canoeing, water skiing, sailing and windsurfing. Methods, resources and their application in the teaching process. Legality of the transformation processes in water sports with regard to age and gender. The extent and distribution of the load of training in water sports. *Practical teaching* Practical work. Present boating, kayaking and canoeing, water skiing and windsurfing, techniques. Methodological procedures of training. Video analysis, identifying biomechanical legality of the process of adopting the right techniques.			
Course reading list Redgrave, S. (1995). Complete book of rowing. Pennsylvania: Partridge Press. Милош, Д. (2001). *Под једрима крсташа*. Опатија: Прелук Савић, З., Милетић, К.Ј. (2012). *Активности у природи*. Ниш: Факултет спорта и физичког васпитања. Ореб, Г. (1986). *Научимо једрити на дасци*. Загреб: Комисија за уџбенике и скрипте Факултета за физичку културу			
Number of classes per week	Lecture: **3**	Practical teaching: **3**	
Teaching methods Lecture, practical teaching, individual work, seminars, multy media and internet, consultation.			
Course grading scheme (maximum of 100 points)			
Course activity	points	**Final exam**	points
In-class participation	15	Written exam	20
Participation lessons	34	Oral exam	31

Table 5.2. Course specification Sports medicine

Study programme: Physical education and sport			
Subject: Sports medicine			
Lecturer: asst.prof. Tomislav Stantić			
Subject status: Compulsory			
ESPB points: 6			
Condition: No condition			
Subject objectives: Basic goals of programme: Introduction to sport-medical examinations basics and testings. Understanding medical aspects of physical activity. Understanding importance of sport injuries prevention, and the most frequent diseases in athletes. Introduction to bacic mechanisms of sport injuries medical treatmant and rehabilitation. Sport injuries first aid.			
Subject outcome: After sucessful course completion students will be able to: 1. Describe sport testing elements 2. Establish activities in sport injury prevention 3. Estimate, in cooperation with sport medicine specialist, the right time for inclusion/exclusion athletes in/out training process 4. Indicate specific injuries by the regions of the body and by sport disciplines 5. Implement basic technics of first aid and emergency			
Subject content: *Theoretical course:* 1. Introduction to sport medicine. Sport injuries. 2. Treatment of sport injuries – basic priciples 3. Physiotherapy and rehabilitation in sport 4. Upper extremities injuries 5. Lower extremities injuries 6. Athlete's diseases 7. Drug abuse in sport - doping 8. Importance of gender and age differences in sport 9. Nutrition of athletes 10 . Food suplementation in sport 11. Sport activities in extreme climate conditions 12. Specificity of fighting sport injuries 13. Specificity of ball games injuries 14. Physical activities of disabled people 15. Radiological examinations in sport *Practical course:* Access to injured athlete. Injury treatment by regions (shoulder, elbow, wrist, pelvis, knee, spine, head). Doping list (prohibited substances and methods – internet site of WADA (World anti-doping association).			
Literature:			
Number of lectures:	**Theoretical: 30**	**Practical: 30**	
Methods of course Lectures, seminary, public paper presentations. Consultations.			
Exam grade (maximal 100 points)			

Preexam activities	points	**Final exam**	points
Activity during lessons	10	Written exam	20
Practical activity	10	Oral exam	30
Colloquium	20	.....	
Seminary	10		

Table 5.2. Course specification Applied Statistics

Study program: Physical education and sports			
Course title: Applied Statistics			
Teacher: Prof. Dr. Dušan Perić			
Course status: Obligatory			
Number of ECTS: 6			
Prerequisites: No			
Course objective Introducing students to the possibilities of applying statistics as a tool for organizing and analysing data, testing scientific hypotheses and drawing conclusions by the principles of probability.			
Course outcome Upon successful completion of the course, students should be able to: Understand the logic of statistics as an auxiliary research tool, based on probability theory; Independently form a statistical database in the SPSS program and import data from any compatible Office program into it; Recognize the statistical problem, choose an adequate procedure for data processing and apply it on a specific basis; They read the statistical report independently, in order to select the most important statistical information; They correctly interpret statistical parameters and apply them when solving a research problem.			
Course content *Lectures* Introduction to statistics (meaning, significance and historical development of statistics); Probability and pattern in statistical research; Statistical series and measurement levels; Introduction to SPSS; Frequency distribution; Chi-square test; Descriptive statistics (central and dispersive parameters of statistical sets); Evaluation of descriptive parameters; T-test; Analysis of variance (ANOVA); Combined models of variance analysis; Non-parametric statistics; Correlation analysis; Regression analysis; Factor analysis. *Practical lessons* Elaboration of basic statistical concepts; Types of statistical sampling and sampling; Selection of measurement levels; Basic operations in SPSS; Determining, interpreting and displaying frequency distribution in SPSS; Application of tests based on the distribution of empirical data; Illustrations for the application of the Chi-square test; The notion of standard error and estimation of the arithmetic mean of a basic set; Application of T-test in SPSS; Application of different models of analysis of variance in SPSS; Illustrations for the application of discriminatory procedures; Application of nonparametric tests in SPSS; Application of correlation analysis in SPSS; Application of regression analysis in SPSS; Application of factor analysis in SPSS.			
Course reading list			
Number of classes per week	**Lecturers: 2**	**Practical lessons: 3**	
Teaching methods Frontal form of work (plenary lectures); Practical exercises (application of theoretical knowledge on practical examples); Use of the SPSS application program.			
Course grading scheme (maximum of 100 points)			
Course activity	Points	**Final exam**	Points
In-class participation	**15**	Written exam	**15**
Practical lessons	**5**	Oral exam	**35**
Progress tests	**30**		

Table 5.2. Item specification Kinesitherapy

Study program: Physical Education and Sports			
Course title: Kinesitherapy			
Teacher/Teachers: Romana Romanov			
Course status: compulsory			
Number of ECTS credits: 6			
Condition: Passed exam in Anatomy			
Course objective Introduction to basic concepts (kinesitherapy, preventive, corrective and therapeutic exercise, postural status, body deformity). Adoption of information that can be related to normal upright posture of man. Application of elementary knowledge of functional anatomy in motion analysis. Adoption of information on postural status, ie, good posture as well as deviation from it.			
Outcome of the case Upon successful completion of the Kinesitherapy study program, students should know: ✓ to determine the current postural condition, ✓ to determine (using diagnostic procedures and instruments) postural status and deviation from the same (poor posture, body deformities), ✓ plan and program exercises for prevention and correction of bad posture or physical deformity.			
Course content *Theoretical classes* include the following areas: Introduction to basic concepts and terms; The historical aspect of the development of kinesitherapy; Means and methods of kinesitherapy; Principles of work; Functional analysis of locomotor apparatus; Dynamics of development of the spinal column; Postural status - posture bodies; Deviation from proper posture and body deformities; Methods of diagnosing postural status; Kyphotic poor posture, kyphosis; Lordotic bad posture, lordosis. Scoliotic bad posture, scoliosis. Chest deformities. Deformities of the lower extremities and feet. *Practical classes* will be realized through practical exercises, where students will be in a group, in pairs or individually apply measures and procedures in which postural status is identified (normal, deviation) of the same). He will realize written preparations on the basis of which he will apply the program of corrective exercise for certain deviations from the good postural status of the pupil, such as lordotic, kyphotic or scoliotic posture.			
Literature			
Number of hours of active teaching	**Theoretical classes: 3**	**Practical classes: 2**	
Teaching methods: practical, visual, verbal.			
Knowledge assessment (maximum number of points 100)			
Pre-exam obligations	**points**	**Final exam**	**points**
activity during the lecture	**14**	written exam	**20**
practical teaching	**15**	oral exam	**31**
checking practical skills (application of corrective program) condition for taking the exam	**10**		
seminar	**10**		

Table 5.2. Course specification Educational psychology

Study program: Physical education and sports			
Course title: Educational psychology			
Teacher / teachers: Prof. dr Stanislava Popov and Doc. Dr. Vesna Barzut			
Course status: Compulsory			
ECTS:7			
Requirement:-			
Course objective Introducing students to the subject, tasks, development, and research methods and techniques in educational psychology; with the pedagogical implications of developmental-psychological knowledge, the principles of the psychology of learning and personality in education; with the possibilities and limitations of psychological interventions in educational settings. Training students for the application of psychological knowledge in achieving developmental changes.			
Course outcome At the end of the course, the student is expected to be able to: know and understand scientific knowledge from various psychological fields for effective pedagogical interventions; to explain the psychological mechanisms of action of educational procedures; to participate in the development of a plan of psychological intervention in educational situations.			
Course content Theoretical classes Subject, tasks, goal and characteristics of modern pedagogical psychology; Research methods and techniques in pedagogical psychology; Psychological service in schools, its program and tasks; Implications of developmental-psychological knowledge in education; Pedagogical implications of the laws and principles of learning psychology; Education and personality, models of education; Successful learning methods; Teaching psychology; Personality of the educator/teacher; Students with special needs, individual educational plan Exercises Review of video material on special and inclusive education; Examples of an individual education plan for gifted students and for students with disabilities; Making a mind map; Debate on current topics in the field of educational psychology; Examples from the practice of psychologists in education; Preparation and public presentation of seminar papers			
Literature			
Active classes	**Theory:** 2	**Excercises:** 3	
Teaching methods Lectures, seminar paper, public presentation of papers			
Knowledge assessment (maximum number of points 100)			
Pre-exam obligations	points	**Завршни испит**	points
activity during the classes	10	written exam	20
practical classes	10	oral exam	10
colloquium	20		
seminar	30		

Table 5.2 Course specifications Communicology

Study programme: Physical education and sport			
Course title: Communicology			
Teacher: Violeta Zubanov			
Course Status: Obligatory			
Number of ECTS:7			
Prerequisites: None			
Course objective Gaining basic knowledge of elementary notions of communication as an independent *par excellence* multi-disciplinary phenomenon (practical and theoretical orientations). Introduction to the development paths of communication and acquiring basic communication skills (active listening, non-violent communication, empathy, assertiveness). Introduction the principles of business protocols, communication in international business relationships, professional conduct and etiquette on the basis of improving communication capacities, abilities and skills and it's use in function of individual and group goals with an emphasis on teamwork and professional communication.			
Course outcome After successfully covered formal courses, students should be able to competently apply the acquired knowledge in the field of communications, to better express themselves (through verbal, written, electronic and verbal communication), to have higher levels of specific and non-specific communicational competences, to master the skills of negotiation, lead and participate in team work and communication, and to communicationaly adapt to different professional, team and personal contexts of communication.To enable students to recognize the importance of teamwork and communication within the team for the success of team projects and the functioning of the company.			
Course content *Lectures* Concept, importance and types of communication. The process of communication. Verbal communication. Nonverbal communication. Communication skills and public performance. Clothing as a communication. Interviewing. Communication within the organization. Business negotiations. Cultural differences and international business communication. Possible ways of reacting in communication. Nonviolent communication strategies. Teamwork. Communication within the team. Personality tipology and team roles. *Practical lessons* Discussions and analysis, seminar papers analysis, individual work on the preparation and analysis of concrete situations of communication and business communication in the company – case studies. Work to get a higher competence in verbal, non-verbal, written and electronic communication.			
Literature			
Number of classes per week	Lectures: **2**	Practical lessons:**2**	
Teaching methods Interactive dialogue method during the lecturers and practical teaching, simulations, role-playing, the analysis of case studies, as well as audio and video pieces of work analysis.			
Course grading scheme (maximum of 100 points)			
Course activity		**Final exam**	
In-class participation	20	Writtten exam	30
Practical lessons	-	Oral exam	21
Seminar papers	29		

Table 5.2 Course specifications Ethics

<table>
<tr><td colspan="4">Study programme: Physical education and sport</td></tr>
<tr><td colspan="4">Course title: Ethics</td></tr>
<tr><td colspan="4">Teacher: Violeta Zubanov</td></tr>
<tr><td colspan="4">Course Status: Obligatory</td></tr>
<tr><td colspan="4">Number of ECTS:6</td></tr>
<tr><td colspan="4">Prerequisites: None</td></tr>
<tr><td colspan="4">Course objective
Introducing to students concepts of morality and ethics, business ethics and ethical responsibilities of entrepreneurs. Mastering the art of creating genuine ethical arguments and the development of an ethical culture and recognition of moral responsibility with the ability to create a moral vision.</td></tr>
<tr><td colspan="4">Course outcome
After successfully mastering the course, students should be:
✓ Familiar with the key categories of ethics;
✓ Understand the directions of successful business running within the set of legal and ethical boundaries and
✓ Able to apply ethical priniciples in private as well as in business segments.</td></tr>
<tr><td colspan="4">Course content
Lectures
Ethics and morality. Corporate Culture and Business Ethics. Ethical principles in business practices. Business conduct and Ethics in management. Ethical and unethical management. Corporate Social Responsibility. Code of Ethics. Ethics and Religion. Ethical Dilemmas.
Practical lessons
Preparation of seminar papers on given topics in the field of business ethics. Preparation of seminar papers on given topics in the field of everyday ethics in the context of multiculturalism and social diversity. Interpretation of seminar papers with discussion. Conducting a survey on the ethical attitudes of residents towards education, politics, sports, physical activity, culture and arts. Collected data analysis in comparasion withe the previous studies results.</td></tr>
<tr><td colspan="4">Course reading list</td></tr>
<tr><td colspan="2">Number of classes per week</td><td>Lectures: 2</td><td>Practical lessons: 2</td></tr>
<tr><td colspan="4">Teaching methods
Interactive dialogue method, analyzes and discussions, individual work on the preparation and analysis of specific ethical problems, the analysis of case studies. Seminar papers – case studies of ethical business of sports organizations selected by students.</td></tr>
<tr><td colspan="4">Course grading scheme (maximum of 100 points)</td></tr>
<tr><td>Course activity</td><td></td><td>Final exam</td><td></td></tr>
<tr><td>In-class participation</td><td>20</td><td>Writtten exam</td><td>31</td></tr>
<tr><td>Homeworks</td><td>10</td><td>Oral exam</td><td>20</td></tr>
<tr><td>Seminar paper</td><td>24</td><td>.....</td><td></td></tr>
</table>

Table 5.2. Course specification for Pedagogical Practice 3

<table>
<tr><td colspan="4">Study program: Physical Education and Sport</td></tr>
<tr><td colspan="4">Course name: Pedagogical Practice 3</td></tr>
<tr><td colspan="4">Teacher: Bogdan Tomić</td></tr>
<tr><td colspan="4">Subject status: Mandatory</td></tr>
<tr><td colspan="4">ESPB: 3</td></tr>
<tr><td colspan="4">Condition: Realized Pedagogical Practice 1 and 2</td></tr>
<tr><td colspan="4">Course aim: it is primarily focused on integrating all the theoretical knowledge in order to acquire specific pedagogical ability-skill. The goal is to motivate students to experience the real-life situation where they will have the opportunity to apply all theoretically learned knowledge. Furthermore, with this practice, students will understand the value of the learned knowledge, the importance of connecting knowledge from different courses and understand the importance of practical work and experience in building their own competence. At the same time, the goal is for a student to feel the joy of pedagogical work not only cognitively, but also in an affective way.</td></tr>
<tr><td colspan="4">Course outcome is an integrative training of the students to realize tasks by using the best methodological solutions, creating a good psychosocial climate that will have as a consequence motivated gorup, good motivation for the next class and positive self-esteem and personal contribution. An important indicator of the outcomes of all three pedagogical practices is the developed ability of group communication, empathy in a sense that we understand the nature of conditions in whith a person can be in and finally the ability to find good solutions for the possible problems.</td></tr>
<tr><td colspan="4">Course content
Practical classes: it is considered that the student is able to sum the outcomes of the Pedagogical Practices 1 and 2 and independently, under the supervision of the ordained teacher, makes a preparation for 20 classes and realizes them. Special emphasis is put on the need to give a positive socio-psychological climate in the process of exercising. Furthermore, it is expected that the student identifies the indicators based on which he will more objectively change the planned physical load in class.</td></tr>
<tr><td colspan="4">Literature</td></tr>
<tr><td>Number of active classes</td><td colspan="2">Theoretical classes:</td><td>Practical classes: 6</td></tr>
<tr><td colspan="4">Teaching methods</td></tr>
<tr><td colspan="4">Grade (maximum number of points 100)</td></tr>
<tr><td>Pre-exam obligations</td><td>points</td><td>Final exam</td><td>points</td></tr>
<tr><td>activity during lecture</td><td></td><td>written exam</td><td></td></tr>
<tr><td>practical classes</td><td></td><td>oral exam</td><td></td></tr>
<tr><td>tests</td><td></td><td>.....</td><td></td></tr>
<tr><td>seminars</td><td></td><td></td><td></td></tr>
</table>

Table 5.2. Course specification Bachelor's thesis

Study program: Physical Education and Sport
Course name: Bachelor's thesis
Teacher: Mentor and members of the committee for writing and the defense of the thesis
Subject status: Mandatory
ESPB: 3
Condition: That all exams from the curriculum are passed and all the other obligations are fulfilled.
Course aim The purpose of the Bachelor's thesis is to do a final assessment of the student's abilities to recognize and interpret the most applicable knowledge important for their pedagogical practice. For the students who are planning to continue their postgraduate activities in the field of training technologies in sport, Bachelor's thesis verifies the use of applicative knowledge in a specific sport or the sport branch. Besides meeting the student with methodological principles of the research, the Bachelor's thesis, through conceptualization and operationalization of problems, has a goal to deepen the scientific knowledge in the specific field of physical education and sport. In this way, the field of student's interest is more clearly defined.
Course obligations It is expected that after defending the thesis, the student should: ✓ Express their capacity for analytical and critical thinking; ✓ To show ability of synthesizing information and generating competent argumentation about the chosen problem related to physical activity and sport; ✓ Communicate with scientific public about their ideas and concepts; ✓ To expand their knowledge related to methodological aspects of their scientific field.
Content of the course obligations *Choice and the application of the Bachelor's topic* With preparation and the defense of the Bachelor's thesis, the student formally finishes the undergraduate studies of Physical Education and Sport. The Bachelor's thesis is realized in the following way, the student, based on his abilities and interests, chooses the topic from the preferred course that is studied at the university. The students of Physical Education and Sport have the option to choose the topics that are covered by scientific-vocational and vocational-applicative courses. The teachers and assistants help him to make the choice about the topic. The student chooses the topic in agreement with his mentor and does it either as a review or an empirical study with the minimal and random sample. *The procedure of approving the topic* The student is required to explain his topic in the form of the research project that is approved by the faculty department. Besides the final defining the topic, the department names the three-member committee that follows the candidate and helps him in the realization of the thesis. After approving the topic of the research, the candidate gathers the materials, or starts to work on the research project that is approved. *Realization and defense of the Bachelor's thesis* After gathering the literature and empirical materials, the student prepares the Bachelor's thesis that has the following chapters: 1) Introduction; 2) Theoretical overview; 3) Contemporary research; 4) Topic, aim and the tasks of the research; 5) Applied methodology; 6) Results; 7) Discussion; 8) Conclusion; 9) Literature. After finishing the thesis, there is a defense of the thesis in front of the three-member committee. Defense consists of an oral presentation lasting from 15-20 minutes and answering the questions from the members of the committee. After this, the committee leaves in order to give the final grade. With the short explanation of the final grade of the thesis, the chairman of the committee closes the public defense.
Teaching methods Consultations with the mentor and the members of the committee. The independent work of the student on gathering the literature and the realization of the research tasks related to the defense of the thesis. Independent work of the student on preparation of the presentation for the thesis defense.

Table 5.2. Course specification Bachelor's thesis course

Study program: Physical Education and Sport	
Course name: Bachelor's thesis course	
Teacher: Professors of practical-vocational and scientific-vocational subjects	
Subject status: Mandatory	
ESPB: 2	
Condition: That all exams from the curriculum are passed.	
Course aim : It is to encourage students to the integrative approach to solving hypothetically kinesiological—methodical problems. The goal of this obligation is for the student to devote his time to gather, review and integrate the results he received and to design the solutions that are corresponding to the hypothetical climate, hypothetical range and anthropological characteristics. These obligations require the student, as a researcher, to focus on the topic that is based on the courses which have scientific, applicative and vocational character. The topics cover evaluation, design, adjusting the methodological concepts of motor learning and the development of anthropological characteristics. Mentors of these papers are the professors of the nominated courses.	
Course outcomes By doing the research paper on the specific topic, the students acquire the active competence of understanding the problem, ability to evaluate it and design possible solutions of the focused problems. Generally, a successfully realized task contributes to the understanding of purpose and significance of the goals of the curriculum.	
Content of the course *Theoretical classes* *Practical classes*	
Literature 1. Literature that is recommended in the literature for practical-vocational and scientific-vocational courses 2. Literature that is specifically correspondent to the topic of the research	
Number of active classes	**Research paper: 2**
Teaching methods Mentoring	