Course title: APPLIED RESEARCH IN RECREATION

Lecturer or lecturers (last name, middle name)**:** Mitić R. Dušan, Stojiljković R. Stanimir

Course status: elective

ECTS: 10

Condition: No

Course objectives: To familiarize students with basic areas and current problems in the field of recreation, to develop a critical view of current research with students, to familiarize students with and learn different methods used in analyzing and interpreting the results obtained in research in recreation and to prepare them for research work in recreation.

Course outcome: The outcome of the subject

As a result of the successful fulfillment of all the obligations envisaged by the course program, students are expected to: recognize the current research problems in recreation, learn to analyze the works that were dealt with and know how to independently select the problem of research and implement all the necessary steps in its solution, including writing research work

Course description

Theory teaching: *Introduction to Literature - Basic Areas and Research Problems in Recreation. Critical literature analysis.*

Practical teaching: *Creating a research project.*

References:

1. American College of Sports Medicine (2011). Position Stand: Quantity and quality of exercise for developing and maintaining cardiorespiratory, musculoskeletal and neuromotor fitness in apparently healthy adults: Guidance for prescribing exercise. Med. Sci. Sports Exerc., vol. 43, no. 7, pp. 1334-1359.
2. American College of Sports Medicine (1998). Position Stand: The recommended quantity and quality of exercise for developing and maintaining cardiorespiratory and muscular fitness, and flexibility in healthy adults. Med. Sci. Sports Exerc., vol. 30, no. 6, pp. 975-991.
3. American College of Sports Medicine (2009). Position Stand: Progression models in resistance training for healthy adults. Med. Sci. Sports Exerc., vol. 41, no. 3, pp. 687-708.
4. Haskell, W. L., Lee, I.-M., Pate, R. R., Powell, K. E., Blair, S. N., Franklin, B. A., Macera, C. A., Heath, G. W., Thompson, P. D., Bauman, A. (2007). Physical activity and public health: Updated recommendation for adults from the American College of Sports Medicine and the American Heart Association. Med. Sci. Sports Exerc., vol. 39, no. 8, pp. 1423-1434.
5. Mitić, D., Radisavljević-Janić, S., Milanović, I., Pantelić, S., Marković, S., Stanković, R., Stojiljković, S., Mikalački, M., Čokorilo N., Korovljev, D. (2010). Angažovanost u rekreaciji građana Republike Srbije. Fakultet sporta i fizičkog vaspitanja Univerziteta u Beogradu i Ministarstvo omladine i sporta Republike Srbije, Beograd.
6. Oja, P. and Tuxworth, B. (editors) (1995). Eurofit for adults - Assessment of health-related fitness. Council of Europe, Committee for the development of sport and UKK Institute for health promotion research, Tampere, Finland.
7. Stojiljković, S., Mitić, D., Mandarić, S., Nešić, D. (2012). Personalni fitnes. Fakultet sporta i fizičkog vaspitanja, Univerzitet u Beogradu, Beograd.
8. Зборници радова са Светских и Европских конференција TAFISE, ECSS, Олимпијских конгреса Спорта за све, Европских конгреса спортских наука и сл.

9. Use of electronic databases Medline, Sport discus ...

10. Using the KOBSON interactive browser

No. of active classes 2	Lectures: 2	Study research work: 4

Teaching method:

Lectures, work in smaller groups, seminar papers, homework assignments.

Knowledge assessment (maximum score 100)

Class Activites – 30	Colloquium - 20
Seminar – 20	Oral exam – 30