

<i>Course title:</i> SEMINARS FROM APPLIED RESEARCH IN RECREATION		
<b>Lecturer or lecturers</b> (last name, middle name): Mitić R. Dušan, Stojiljković R. Stanimir		
<b>Course status:</b> elective		
<b>ECTS:</b> 10		
<b>Condition:</b> No		
<b>Course objectives:</b> To prepare students for the choice of research problems, for project design and for conducting research.		
<b>Course outcome:</b> As a result of the successful fulfillment of all the obligations envisaged by the course program, students are expected to: recognize current research problems in the field of recreation, know how to independently select the problem of research and implement all the necessary steps in its solving, including the writing of research work.		
<b>Course description</b> Theory teaching: Critical literature analysis. Setting up research problems .. Practical teaching: Creating a research project.		
<b>References:</b>		
<ol style="list-style-type: none"> <li>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. <i>Med. Sci. Sports Exerc.</i>, vol. 43, no. 7, pp. 1334-1359.</li> <li>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. <i>Med. Sci. Sports Exerc.</i>, vol. 30, no. 6, pp. 975-991.</li> <li>3. American College of Sports Medicine (2009). Position Stand: Progression models in resistance training for healthy adults. <i>Med. Sci. Sports Exerc.</i>, vol. 41, no. 3, pp. 687-708.</li> <li>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. <i>Med. Sci. Sports Exerc.</i>, vol. 39, no. 8, pp. 1423-1434.</li> <li>5. Mitić, D., Radisavljević-Janić, S., Milanović, I., Pantelić, S., Marković, S., Stanković, R., Stojiljković, S., Mikalački, M., Čokorilo N., Korovljev, D. (2010). <i>Angažovanost u rekreaciji građana Republike Srbije. Fakultet sporta i fizičkog vaspitanja Univerziteta u Beogradu i Ministarstvo omladine i sporta Republike Srbije, Beograd.</i></li> <li>6. Oja, P. and Tuxworth, B. (editors) (1995). <i>Eurofit for adults - Assessment of health-related fitness.</i> Council of Europe, Committee for the development of sport and UKK Institute for health promotion research, Tampere, Finland.</li> <li>7. Stojiljković, S., Mitić, D., Mandarić, S., Nešić, D. (2012). <i>Personalni fitnes.</i> Fakultet sporta i fizičkog vaspitanja, Univerzitet u Beogradu, Beograd.</li> <li>8. <i>Зборници радова са Светских и Европских конференција TAFISE, ECSS, Олимпијских конгреса Спорта за све, Европских конгреса спортских наука и сл.</i></li> <li>9. Use of electronic databases Medline, Sport discus ...</li> <li>10. Using the KOBSON interactive browser</li> </ol>		
No. of active classes 2	Lectures: 2	Study research work: 4
<b>Teaching method:</b> Lectures, work in smaller groups, seminar papers, homework assignments.		
<b>Knowledge assessment (maximum score 100)</b>		
Class Activities – 30		Colloquium -
Seminar – 40		Oral exam – 30