

Study program: Physical Education and Sport				
Type and level of studies: Master academic studies				
<b>Course title:</b> Theory and technology of recreation 3				
<b>Lecturer or lecturers</b> (for lectures): Mitić R. Dušan, Stojiljković R. Stanimir, Macura M. Marija, Nikić Marina				
<b>Lecturer / Associate</b> (for practice): Mitić R. Dušan, Stojiljković R. Stanimir, Macura M. Marija, Nikić Marina				
Course status: Elective				
<b>ECTS:</b> 6				
Condition: completed academic studies, compulsory elective field of recreation				
<b>Course objectives:</b> The objective of this course is to introduce students to the systematization of complex recreational issues and to monitor the trends of research in the field of Sport for All, recreation of employees, students, valorization of fitness programs and animation programs for recreational activities in tourism.				
<b>Course outcome:</b> To enable the student to follow scientific and professional literature and start the process of systematization and monitoring the trend of research into the planning and programming of recreational activities and contents in the fitness and animation program of recreational activities in tourism. To begin the process of defining a research problem, the student uses the appropriate methodology and be able to define the relevant sample and select the appropriate pattern of variables to begin the process of valorization of the effects of the application of the program of activities				
<b>Contents description:</b> <i><b>Theoretical instruction:</b> Consider nutrition as an important segment for health and an inseparable part of all physical activities within the framework of recreation. Evaluation of nutrition status; Examining forms of obesity; Classification and division of obesity; Causes of obesity; complications caused by obesity. Examining methods for reducing obesity. Planning and programming of fitness programs and their valorization. Planning, programming and valorization of animation programs for recreational activities in tourism.</i> <i><b>Practical classes:</b> Through the debate analyze the scope of application of individual recreational models. Preparation for a transparent research work in the selected field. Teaching practice in the chosen field.</i>				
<b>References:</b> 1. Mitić D: REKREACIJA, udžbenik na Fakultetu sporta i fizičkog vaspitanja u Beogradu, Beograd 2001 2. Proceedings from the World and European Conferences of TAFISE, ECSS, the Olympic Congress of Sport for All, the European Congress of Sports Science and the like 3. Stojiljković, Stanimir, Mitić Dušan., Mandarć, Sanja, Nešić, Dejan. PERSONALNI FITNES, Fakultet sporta i fizičkog vaspitanja Univerziteta u Beogradu, 2012. CIP 796.015132(075.8), ISBN 978-86-80255-91-0(FSFV), COBISS.SR-ID 194672652 4. 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. 5. 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. Grupa autora, 6. Electronic databases Medline, Sport discus ...				
<b>No. of active classes</b>				Other classes:
Lectures: 2	Exercises/ Practical classes:3	Other forms of teaching: 5	Study research work:	
<b>Teaching method :</b> Active participation of students in teaching, who are pre-prepared for theoretical parts and active modeling in practical lectures				
<b>Knowledge assessment (maximum score 100)</b>				
<b>Exam prerequisites</b>	<b>points</b>	<b>Final examination</b>	<b>points</b>	
Class Activities	10	Written examination		
Practical instruction	10	Practical examination		
Preliminary exam / Colloquium	10	Oral examination	<b>30</b>	
Seminar papers	40	.....		