

Study program: Physical Education and Sport				
Type and level of studies: Master academic studies				
Course title: Theory and technology of strength and condition 3				
Lecturer or lecturers (for lectures): dr Zoran Pajic				
Lecturer / Associate (for practice): dr Zoran Pajic				
Course status: Elective				
ECTS: 6				
Condition: attending Theory and fitness technology II				
Course objectives: The aim of the course is to provide the students with the necessary knowledge in the area of fitness training that relate to the major part of the fitness training technology as a function of sports success and training technology in the fitness.				
Course outcome: The expected outcome of the course is to enable students to acquire a whole set of knowledge related to the use of fitness training technology as a function of sports success and fitness training technology in fitness. The student should know that he independently plans, programs and conducts fitness training. The desired outcome of the subject is to enable the student to independently innovate (create) the space related to the use in the practice of contemporary fitness fitness training models that have an effect on improving condition (s) of athletes.				
Contents description: Theoretical instruction Training Logbook; Periodization of fitness training; Planning and programming of fitness training within the system management of preparation of athletes; Analysis of the structure of competitive activities in the function of fitness preparation; Integral approach in modeling technical, tactical and fitness preparations; Practical classes: Examination of fitness training in practice; Practical presentation of the fitness trainer plan and fitness instructor program; Observation of sporting competitions in terms of fitness and writing reports; Testing from fitness space; Practical course of fitness training for children, students, recreation.				
References: Stefanović, Đ., Jakovljević, S. and Janković, N. (2010). Technology of preparing athletes. Belgrade: Faculty of Sport and Physical Education. Stefanović, Đ. (2006). Theory and practice of sports training. Belgrade: Faculty of Sport and Physical Education. Željaskov, C. (2004). Condition training of top athletes. Belgrade: Sports academy.				
No. of active classes				Other classes:
Lectures: 3	Exercises/ Practical classes: 2	Other forms of teaching:	Study research work:	8
Teaching method Theoretical lectures; practical lectures				
Knowledge assessment (maximum score 100)				
Exam prerequisites	points	Final examination	points	
Class Activities	5	Written examination		
Practical instruction	15	Practical examination		
Preliminary exam / Colloquium	30	Oral examination	45	
Seminar papers	5		

