Study program: Physical Education and Sport

Type and level of studies: Master academic studies

# Course title: RESEARCHES IN ANTHROPOMOTORICS

Lecturer or lecturers (for lectures): Nedeljković Č. Aleksandar, Suzović Đ. Dejan, Pajić B. Zoran Lecturer / Associate (for practice): Nedeljković Č. Aleksandar, Suzović Đ. Dejan, Pajić B. Zoran

Course status: Obligatory

**ECTS**: 5

Condition: None

## **Course objectives:**

To introduce students to modern methods and protocols for assessment of motor skills, interpretation of results obtained and their implementation in the context of monitoring in development processes and procedures of organized physical activity and training.

### **Course outcome:**

As a result of the successful fulfillment of all the obligations envisaged by the course program, students are expected to be trained for:

- a comprehensive overview of the problem of motor skills assessment and
- Interpretation of the obtained results and implementation in everyday practice.

# **Contents description:**

Theory teaching

Theoretical basis of motor skills. Relation of motor skills with other motor skills and morphological characteristics. Methodological-methodical conditions for researching the structure and development of motor skills. Methodological and methodical research conditions motor skills in the processes of organized physical activity in sport, recreation and physical education. Characteristics of motor tests. Testing models. *Practical teaching* 

Analysis of motor skills based on published works. Relation of motor skills with other motor skills and morphological characteristics. Research on the structure and development of motor skills. Research on motor skills in sport, recreation and physical education. Display of motor tests. Testing models.

### **References:**

Baechle RT, Earle RW. (2004). Essentials of Strength Training and Conditioning, Champaign, IL: Human Kinetics

No. of active cl	Other classes:			
Lectures:	Exercises/	Other forms of teaching:	Study research	8
3	Practical classes:		work:	

## **Teaching method**

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

Knowledge assessment (maximum score 100)

into weage assessment (maximum secre 100)				
Exam prerequisites	points	Final examination	points	
Class Activities	20	Written examination	45	
Practical instruction		Practical examination		
Preliminary exam / Colloquium	15	Oral examination		
Seminar papers	20			