

Study program: Physical Education and Sport			
Type and level of studies: Basic academic studies			
<b>Course title:</b> ANTHROPOMOTORICS (has a continuation)			
<b>Lecturer or lecturers</b> (for lectures): Nedeljković Č. Aleksandar, Suzović Đ. Dejan, Pajić B. Zoran			
<b>Lecturer / Associate</b> (for practice): Nedeljković Č. Aleksandar, Suzović Đ. Dejan, Pajić B. Zoran			
Course status: Obligatory			
<b>ECTS:</b> 4			
Condition: None			
<b>Course objectives:</b> Introducing students with modern understanding of the role and significance of motor skills in physical activities as a means of integral development of man as a form of self-affirmation and affirmation in society. The realization of the course objective implies the definition of basic concepts of motor properties and modality of their manifestations in relation to ontogenetic development as well as the legality of application of operational, methodological and methodological conditions for designing changes in motor skills in the processes of organized influence on proper growth and development, abilities in accordance with individual abilities of children and adults.			
<b>Course outcome:</b> Understanding the legitimacy of expressing motor skills during the period of growth and development, as well as in the periods of annual and perennial active influence on the expected changes in motor skills in the framework of physical education program, ie sports-recreational training (exercise). Understanding the legitimacy of complementary development of motor skills, morphological and psycho-social characteristics. Ability to creatively apply the legitimacy of the development of motor skills in designing operational elements of training (training) and monitoring in the processes of application of official and individual programs of training (training).			
<b>Contents description:</b> <i>Theoretical lectures:</i> Movement, shape and functions of the body. Movement and exercise. Muscular functions and motor abilities. Theories of motor skills. Structure of motor skills. Factors that affect modalities expressing strength, strength, speed, endurance, agility and agility. Estimation of strength, strength, speed, durability, flexibility and agility. Characteristics of changes in strength, strength, speed, endurance, flexibility and agility in ontogenetic development. <i>Practical teaching:</i> Means, methods and organizational forms of work that are used to improve motor skills (strength, coordination and flexibility) as well as familiarization with protocols for their assessment.			
<b>References:</b> Kukulj, M. (2006): Antropomotorika (Anthropomotorics). Faculty of Sport and Physical Education. Belgrade. Suzović, D., Nedeljković A. (2010): Antropomotorika – praktikum (Anthropomotorics – practicum). Faculty of Sport and Physical Education. Belgrade. Željaskov, C. (2004): Fitness training of athletes. Sports academy. Belgrade.			
<b>No. of active classes</b>			Other classes:
Lectures: 2	Exercises/ Practical classes: 2	Other forms of teaching:	Study research work:
<b>Teaching method</b> Lectures, practical lectures and exercises, with participation of students in realization of theoretical and practical teaching.			
<b>Knowledge assessment (maximum score 100)</b>			
<b>Exam prerequisites</b>	<b>points</b>	<b>Final examination</b>	<b>points</b>
Class Activities	3	Written examination	
Practical instruction	7	Practical examination	
Preliminary exam / Colloquium	20	Oral examination	
Seminar papers		.....	

