

Study program: Physical Education and Sport				
Type and level of studies: Basic academic studies				
Course title: ANTHROPOMOTORICS (continuation)				
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: 6				
Condition: None				
Course objectives: Introducing students with modern understanding of the application of means and methods for development of motor skills. Selection of methods and principles of constructing means for objectification of physical activity programs with the aim of positive influence of growth and development, development of certain motor skills and development of appropriate working ability in accordance with the individual possibilities of children and adults.				
Course outcome: Students' ability to creatively select the methods and resources on which positive effects on the proper growth and development of children and adults depend on the harmonious development of motor skills and the change in motor skills in the periods of annual and perennial active influence on the expected work ability within the physical education program, -required training (exercises).				
Contents description: <i>Theoretical lectures:</i> Basic elements of the exercise process. Operating aspects of exercise with load. Means and methods for developing strength, strength, speed, durability, agility and agility. Basic Program Features for development of strength, strength, speed, durability, flexibility and agility. Application of trainers for the development of motor skills. Motor skills in individual exercise programs. <i>Practical teaching:</i> Means, methods and organizational forms of work that are applied to improve motor skills (development of power, speed, endurance), as well as familiarization with protocols for their assessment.				
References: Kukolj, M. (2006): Antropomotorika (Anthropomotrics). Faculty of Sport and Physical Education. Belgrade. Suzović, D., Nedeljković A. (2010): Antropomotorika – praktikum (Anthropomotrics – practicum). Faculty of Sport and Physical Education. Belgrade. Željaskov, C. (2004): Fitness training of athletes. Sports academy. Belgrade.				
No. of active classes				Other classes:
Lectures: 1	Exercises/ Practical classes: 3	Other forms of teaching:	Study research work:	
Teaching method Lectures, practical lectures and exercises, with participation of students in realization of theoretical and practical teaching.				
Knowledge assessment (maximum score 100) Points are transferred from the first semester				
Exam prerequisites	points	Final examination	points	
Class Activities	3	Written examination		
Practical instruction	7	Practical examination	15	
Preliminary exam / Colloquium	5	Oral examination	30	
Seminar papers	10		

