

Study program: Physical Education and Sport			
Type and level of studies: Basic academic studies			
<b>Course title:</b> OUTDOOR ACTIVITIES			
<b>Lecturer or lecturers</b> (for lectures): Suzović, Dj. Dejan			
<b>Lecturer / Associate</b> (for practice): Suzović, Dj. Dejan, Miletić, K. Vladimir			
Course status: Obligatory			
<b>ECTS:</b> 5			
Condition: None			
<p><b>Course objectives:</b> The purposes of Outdoor activities are to provide students of a physical education program to acquire knowledge through theoretical lectures and practical field exercises. The idea of the study program is a safe stay and activities in nature, recognizing the danger and avoiding and preventing them. Students need to understand the true value of nature, the importance of its preservation in the light of modern ecological aspirations. They should also be acquainted with the possibilities for the realization of a part of the physical education program, general life skills, and ultimately the creation of habits for constant thematic visits to nature through the different forms and aspects of physical culture.</p>			
<p><b>Course outcome:</b> The course outcome is that students can apply the knowledge about the outdoor activities in practice with school students. Also it is very important to be constantly studied and checked, and to take part in new contents and knowledge in order to create a true picture of nature in every aspect and its beneficial impact on each individual in the process of education.</p>			
<p><b>Contents description:</b>  <i>Theoretical instruction</i> Basic definitions and importance and types of Outdoor activities; Historical review of the most important contents of Outdoor activities and education; Division of Outdoor activities by content; The place and role of Outdoor activities in Physical education programs; Types of stay in nature; Excursions and tours; Summer camping; Winter camping; Specific locations suitable for carrying out Outdoor activities; Planning, organization and realization of Outdoor activities in nature; Dangers in nature; Meteorology basics; Flora and fauna; Geographical basis; Getting in nature - standard and improvised means; Movement along the marked terrain; Facilities in the function of safe stay in nature; The Outdoor activities skills; National and nature parks in the world and in Serbia; Significance and protection of the environment - applied ecology; Survival in nature, Water activities - applied swimming, water games, sport fishing, rowing; nautics, water skiing, windsurfing; Field activities - mountaineering, orienting; Outdoor sports games, recreation and animation; Air activities - paragliding, jumping in water, banging jumps; The phenomenon of adventure and extreme Outdoor activities; Realization of summer camping.</p> <p><i>Practical classes:</i> Half-day excursion (6 hours); Summer camping -10 days</p>			
<p><b>References:</b>  1. Savić, Z., Miletić, K.(2012.) Aktivnosti u prirodi (Outdoor activities), FSFV, Niš  2. Stojanović, T., Savić, Z., Miletić, V. (2013.) Planinarenje i logorovanje (Mountaineering and camping), FSFV, Banja Luka</p>			
<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> Theoretical lectures; 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	40
Practical instruction	40	Practical examination	
Preliminary exam / Colloquium	10	Oral examination	
Seminar papers		.....	

