

Study program: Physical Education and Sport				
Type and level of studies: Basic academic studies				
Course title: THEORY AND TECHNOLOGY OF RECREATION 1 (continued)				
Lecturer or lecturers (for lectures): Mitić R. Dušan, Stojiljković R. Stanimir, Prebeg Ž, Goran				
Lecturer / Associate (for practice): Mitić R. Dušan, Stojiljković R. Stanimir, Prebeg Ž, Goran				
Course status: Obligatory				
ECTS: 6				
Condition: None				
Course objectives:				
The aim is to familiarize the student with the line principles and laws which govern the process of adaptation of the organism to a variety of recreational activities, the importance of regular physical activity for health, maintenance and increase of work ability and cultivating healthy lifestyle. The student will acquire general and specific knowledge and skills necessary for independent planning, programming and management of the programming exercise				
Course outcome:				
The student will master the technology training on simulators cardio respiratory for regulation of body composition, relaxation, increase in aerobic capacity; acquire general and specific abilities and skills necessary for independent planning, programming and management of the programming exercise; be qualified for practical work in the tourism industry, so that, as the tourist animator, be ready to realize sports facilities and activities during the day and evening programs on realize with the typical tourist destination.				
Contents description:				
<i>Theoretical instruction:</i>				
The formation of groups in the recreation. Technological development cardio respiratory Massager. Massager type and Division. Dosing options. Planning and programming of volume and intensity of activity. Active types of tourism. The need and options for applying animation programs and recreational activities in the tourist destination. Economic effects of tourism animation. Organize and models of animation and recreational activities in tourism.				
<i>Practical classes:</i>				
Views of the model of social and sporting activities and games in the function of forming a recreational group. Analysis, demonstration and realization of typical animation programs for recreational programs for different target groups. Through debates, process the school's programs in nature, the children's festival and the SPRET Model. Participation in realization of propaganda and promotional actions based on group fitness programs				
References:				
1. Mitić D: REKREACIJA (RECREATION), Textbook, Faculty of Sport and Physical Education in Belgrade, Beograd 2001				
2. Mitić, D. PROGRAMSKE OSNOVE SPORTA ZA SVE SRBIJE (PROGRAM BASE OF SPORT FOR ALL IN SERBIA) Counseling "Sport for All as a Basis of Democratic Changes to the Sports of Serbia and Montenegro ", tema, Novi Bečej 3-5. marta 2006				
3. RADISAVLJEVIĆ - JANIĆ, S., MILANOVIĆ, I., PANTELIĆ, S., MARKOVIĆ, S., STANKOVIĆ, R., STOJILJKOVIĆ, S., MITIĆ, D., MIKALAČKI, M., ČOKORILO, N., KOROVLJEV, N. Angažovanost u rekreaciji građana Republike Srbije (Engagement in recreation of citizens of the Republic of Serbia): research done for the needs of the Ministry of Youth and Sports of the Republic of Serbia. Beograd: Fakultet sporta i fizičkog vaspitanja: Ministarstvo omladine i sporta, 2010. 111.				
No. of active classes				Other classes:
Lectures: 2	Exercises/ Practical classes:2	Other forms of teaching: 4	Study research work:	
Teaching method : Active participation of students in teaching, who are pre-prepared for theoretical parts and active modeling in practical lectures				
Knowledge assessment (maximum score 100)				
Exam prerequisites	points	Final examination	points	
Class Activities	10	Written examination		
Practical instruction	10	Practical examination		
Preliminary exam / Colloquium	5	Oral examination		

Seminar papers	10	
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