

Study program / study programs: Physical education and sports				
Type and level of studies: Basic academic studies				
Course title: THEORY AND TECHNOLOGY OF STRENGTH & CONDITIONING 1 (first part)				
Lecturer or lecturers (for lectures): Stefanović D. Đordje, Ćirković M. Zoran, Jankovic N. Nenad, Mandarić D. Sanja				
Lecturer / Associate (for practice): Ranisavljev M. Igor, Janković N. Nenad, Matić L. Milan				
Course status: Elective				
ECTS: 5				
Condition: no				
Course objectives: The aim of the course is to introduce students to the principles and legitimacy of the process of development of fitness, as well as the application of various contents related to the development and maintenance of the fitness capabilities of athletes and non-athletes, who are indispensable for successful performance of training competitions or improvement of health. The objective of the course is to provide the students with the necessary knowledge in the field of: physical training structures, modern methods and means of training, load components in the function of health promotion and sports form.				
Course outcome: The expected outcome of the course is that the student achieves the whole of the knowledge related to the condition of fitness preparation, modern methods and means of training, the load component, in the function of health promotion and sporting form, and to enable them to realize these processes. Also, a student needs to acquire and develop the ability to understand and be able to analyze the phenomenon.				
Contents description: Theory teaching: The subject is divided into six units: Introductory part; Structure of conditioning preparation; Modern methods and directions in training fitness; Preparations for conditioning; Load components; Condition and health Practical classes: The content of practical lessons follows the content of theoretical lessons				
References: Stefanović, Đ., Jakovljević, S. and Jankovic, N. (2010). Tehnologija pripreme sportista (Technology of athletes' preparation). Belgrade: Faculty of Sport and Physical Education. Stefanović, Đ. (2006). Teorija i praksa sportskog treninga (Theory and practice of sports training). Belgrade: Faculty of Sport and Physical Education. Zeljaskov, C. (2004). Fitness training of top athletes. Belgrade: Sports Academy. Fratric, F. (2006). Teorija i metodika asportskog treninga (Theory and methodology of sports training). Novi Sad: Provincial Institute of Sport. Malacko, J. and Rađo, I. (2004). Tehnologija sporta i sportskog treninga (Technology of sports and sports training). Sarajevo: Faculty of Sport and Physical Education.				
No. of active classes				Other classes:
Lectures: 2	Practical classes: 2	Other forms of teaching:	Study research work:	8
Teaching method Theoretical lectures; practical lectures				
Knowledge assessment (maximum score 100)				
Exam prerequisites	points	Final examination	points	
Class Activities	5	Written examination		
Practical instruction	10	Practical examination		
Preliminary exam / Colloquium		Oral examination		
Seminar papers				
Praxis	5			

