

Study program: Physical Education and Sport				
Type and level of studies: Basic academic studies				
Course title: Theory and technology of recreation 1 (continuation)				
Lecturer or lecturers (for lectures): Mitić R. Dušan, Stojiljković R. Stanimir, Sanja Mandarić, Prebeg Ž, Goran				
Lecturer / Associate (for practice): Mitić R. Dušan, Stojiljković R. Stanimir, Sanja Mandarić, Prebeg Ž, Goran				
Course status: Obligatory				
ECTS: 6				
Condition:				
Course objectives: The aim of the course is to familiarize the student with the principles and rules that govern the process of adjusting the organism to various recreational activities, the importance of regular physical activity for health, maintenance and increasing of working ability and cultivating a healthy lifestyle. The student will acquire the general and specific knowledge and skills necessary for self-planning, programming and guiding the programmed exercise.				
Course outcome: The student is able to apply the general and specific knowledge and skills necessary for independent planning, programming and running of group fitness programs, for practical work in realization of different group fitness programs and with different target groups. It is expected that the student will be qualified for designing and implementing an active vacation during the working hours of employees, recreation of employees in daily free time, additional work breaks, worker sports				
Contents description: Acquisition of general and specific knowledge and skills necessary for independent planning, programming and running of group fitness programs. Training students for practical work in different styles of group fitness programs and with different target groups. Propaganda Sport for all and promotional exercises for health.				
Practical classes: Learning the methods of building choreography based on basic steps and movement in aerobics and other group fitness programs Through debates, analyze employee recreation models. During the semester, analyze the realization of the seven-day practice to which students are successively leaving. Participation in realization of propaganda and promotional actions based on group fitness programs				
References:				
1. Mitić D: REKREACIJA (Recreation), udžbenik na Fakultetu sporta i fizičkog vaspitanja u Beogradu, Beograd 2001				
2. Mitić, D. PROGRAMSKE OSNOVE SPORTA ZA SVE SRBIJE (PROGRAM BASE OF SPORT FOR ALL IN SERBIA) Savetovanje „Sport za sve kao osnova demokratskih promena u sport Srbije i Crne Gore“, tema, Novi Bečej 3-5. marta 2006				
3. RADISAVLJEVIĆ - JANIĆ, Snežana, MILANOVIĆ, Ivana, PANTELIĆ, Saša, MARKOVIĆ, Saša, STANKOVIĆ, Ratko, STOJILJKOVIĆ, Stanimir, MITIĆ, Dušan, MIKALAČKI, Milena, ČOKORILO, Nebojša, KOROVLJEV, Nebojša. Angažovanost u rekreaciji građana Republike Srbije (Engagement in recreation of citizens of the Republic of Serbia) : istraživanje obavljeno za potrebe Ministarstva omladine i sporta Republike Srbije. Beograd: Fakultet sporta i fizičkog vaspitanja: Ministarstvo omladine i sporta, 2010. 111,				
4. PROGRAMSKE OSNOVE SPORTA ZA SVE SRBIJE (PROGRAM BASE OF SPORT FOR ALL IN SERBIA) Savetovanje „Sport za sve kao osnova demokratskih promena u sport Srbije i Crne Gore“, tema, Novi Bečej 3-5. marta 2006				
5. Mandarić, S: Skripta Aerobik (Aerobick)				
6. Mitić D. Dopunski odmor radnika, Uputstvo za nastavnu praksu (Additional holiday for workers, Instructions for teaching practice), 1999, FFK, Beograd				
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	10	Oral examination	30
Seminar papers	5	