

Study program / study programs: Physical education and sports				
Type and level of studies: Basic academic studies				
<b>Course title:</b> THEORY AND TECHNOLOGY OF STRENGTH & CONDITIONING 1 (continuation)				
<b>Lecturer or lecturers</b> (for lectures): Stefanović D. Đordje, Ćirković M. Zoran, Jankovic N. Nenad, Mandarić D. Sanja				
<b>Lecturer / Associate</b> (for practice): Ranisavljev M. Igor, Janković N. Nenad, Matić L. Milan				
Course status: Elective				
<b>ECTS:</b> 5				
Condition: no				
<b>Course objectives:</b> The objective of the course is to provide the students with the necessary knowledge in the field of modern fitness programs that have an impact on health improvement.				
<b>Course outcome:</b> The expected outcome of the course is that the student achieves the whole knowledge related to the use of modern fitness programs that have an impact on improving the health / fitness of athletes and non-athletes. The student should acquire and develop the ability to understand and know how to analyze the phenomenon/problem critically discusses and finds a solution that will apply in theory and technology of fitness. The desired outcome of the course is to enable the student to demonstrate moving skills, to independently innovate in the space related to the use of modern programs that have an impact on improving the health / fitness of athletes and non-athletes				
<b>Contents description:</b> Theory teaching: Training program: with a jump rope, with a medicine ball, with dumbbells, with Olympic weights, on a stepper, with elastic bands, on a Bosu ball, with elastic sling (flexi-bar), with a pilates ball, on a roving-ergometer, training of abdominal and back muscles. Practical classes: The content of practical lessons follows the content of theoretical lessons				
<b>References:</b> Stefanović, Đ., Jakovljević, S. and Jankovic, N. (2010). Tehnologija pripreme sportista (Technology of athletes' preparation). Belgrade: Faculty of Sport and Physical Education. Stefanović, Đ. (2011). Filisofija, nauka, teorija i praksa sporta. (Philosophy, Science, Theory and Practice of Sport). Belgrade: Faculty of Sport and Physical Education. Zatsiorsky, V.M. & Kraemer, W. J. (2009). Science and Practice of Strength Training. Belgrade: Data Status				
<b>No. of active classes</b>				Other classes:
Lectures: 2	Practical classes: 2	Other forms of teaching:	Study research work:	8
<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	5	Written examination		
Practical instruction	5	Practical examination		
Preliminary exam / Colloquium		Oral examination	40	
Seminar papers / Practicum	30			
Praxis				