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| Study program: Physical education and sports | | | |
| Type and level of studies: Basic academic studies | | | |
| Course title: THEORY AND TECHNOLOGY OF RECREATION 2 (has a continuation) | | | |
| Lecturer or lecturers (for lectures): Mitić R. Dušan, Stojiljković R. Stanimir, Jovanović S. Aleksandar Lecturer / Associate (for practice): Prebeg Ž, Goran, Rajković M. Željko, Marković M. Miloš | | | |
| Course status: Elective | | | |
| ECTS: 6 | | | |
| Condition: Theory and Methods of Recreation | | | |
| Course objectives: The objective of the course is to familiarize students with the principles of the process of adjusting the body to a variety of recreational activities, the significance of regular physical activity for health, maintenance and enhancement of working ability and fostering a healthy lifestyle. The student will acquire general and specific knowledge and skills necessary for self-planning, programming and guidance programmed exercise. | | | |
| Course outcome: Students are expected to be able to recognize common psychosocial groups and models overcoming potential problems in the group, as well as to contribute to the building of improved social interactions; to get acquainted with the basic rules and regulations of the sport aerobics and fitness competition. It is expected that students independently make complete media preparation, promotion and organization of Aerobic hepening action. To teach students the basic technique of skating, nordic skiing, snow and snow games, ice games, field games, social games in the home and the implementation of standard evening programs during the winter. | | | |
| Contents description | | | |
| Theoretical instruction - Psychosocial basics and effects of the program of recreational activities. Rules and propositions, preparation and competition in Sports aerobics and the competition for Mis fitness. Management of promotional manifestation Aerobic hepening. Winter recreation activities and facilities. | | | |
| Practical classes - Developing a model for improving analysis of psychosocial interaction in a group recreational players. Analysis of the structure of the exercise and methodology of training elementary elements and choreographic units in Sport aerobics and competition Mis fitness. Complete organization and realization propaganda-promotional campaigns based on group fitness programs. Demonstration of winter sports and recreational activities. | | | |
| References : | | | |
| Mitic D.: Rekreacija (Recreation), a textbook at the Faculty of Sport and Physical Education, University of Belgrade, Belgrade 2001 | | | |
| Mitic D.: Handbook for Winter Recreational Activities, Association of Experts for recreation, Belgrade, 2000 | | | |
| Ćurčić V, Banićević M, Zdravković D, Mitić D. Medical Regulations. Zlatibor: Special hospital for thyroid gland diseases and metabolic diseases, 2008 | | | |
| No. of active classes | | | Other classes: |
| Lectures: 2 | Practical classes: 2 | Other forms of teaching: | |
| Teaching method: Active participation of students in the classroom, who prepare themselves for theoretical parts and actively modeling the participation in practical classes. | | | |
| Knowledge assessment (maximum score 100) | | | |
| Exam prerequisites | points | Final examination | points |
| Class Activities | 10 | Written examination | 65 |
| Practical instruction | 10 | Practical examination | |
| Preliminary exam / Colloquium | 10 | Oral examination | |
| Seminar papers | 5 | | |