

Study program / study programs: Physical education and sports				
Type and level of studies: Basic academic studies				
Course title: THEORY AND TECHNOLOGY OF STRENGTH & CONDITIONING 2 (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: Theory and Technology of Strength & Conditioning 1				
Course objectives: The aim of the course is that students acquire the necessary knowledge from the basic field of fitness preparation: training fitness according to bio-energetic and biodynamic space that will later use as fitness trainers.				
Course outcome: The expected outcome of the course is that the student achieves the whole knowledge related to the use of practice in methodology and organization of fitness training, as well as the anti-stress program of the exercise program, in order to influence the health promotion and fitness capacities of (non) athletes. The desired outcome of the course is to enable the student to demonstrate moving skills, to independently innovate (create) in the space of training time and anti-stress program				
Contents description: Theory teaching Aerobic Capacity and Power, Glicolytic Capacity and Power, Alactate Capacity and Power, Muscle Force, Coordination, Flexibility Practical teaching Trainings aimed at improving: aerobic capacity and power, glicolytic capacity and power, alactate capacity and power, muscle strength, coordination and flexibility.				
References: Stefanović, DJ., Jakovljević, S., Jankovic, N. (2010): Tehnologija pripreme sportista (Technology for the preparation of athletes). Belgrade: FSFV. Stefanović, Đ. (2006). Teorija i praksa sportskog treninga (Theory and practice of sports training). Belgrade: Faculty of Sport and Physical Education. Dikić, N. and Zivanic, S. (2003). Osnove monitoringa srčane frekvencije u sportu i rekreaciji (Fundamentals of heart rate monitoring in sports and recreation). Beograd: SIA.				
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			