

Study program: Physical education and sports			
Type and level of studies: Basic academic studies			
Course title: THEORY AND TECHNOLOGY OF RECREATION 2 (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 the student with the principles and rules governing the process adjusting the body to a variety of recreational activities, the character 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: The expected outcome is that student will be able to evaluate body composition; to identify the indicators on the basis of which conceives a program of activities to improve physical fitness; that he can realize himself independently battery of tests for the assessment of physical fitness and to make a personal fitness program for improvement of basic psychomotor ability; that the student can independently organize and realize a program of daily and evening activities for certain categories of guests during the summer tourist season.			
Contents description			
Theoretical instruction - Methods for determining body composition; Indications and contraindications for exercise program; Physical activity for people who have it chronic non-communicable diseases; Methods and programs to improve endurance, mobility and power of certain muscle groups. Field tests to assess endurance. Diagnostics and recommendations for activities for citizens. Summer recreational activities and contents.			
Practical classes - Measurement and calculation of body composition. Field tests for assessment aerobic endurance. Assessment of physical fitness. Modeling a program for improving the body compositions, the development of individual muscle groups, and the improvement of aerobic ability and mobility. Organization of work of recreational counseling centers. Demonstration of summer sports and recreation activities.			
References:			
1. Mitić D. Rekreacija (Recreation), textbook at the Faculty of Sport and Physical Education, University of Belgrade, Belgrade 2001;			
2. Stojiljković S, Mitić D, Mandarić S, Nešić D. Personalni fitnes (Personal Fitness), Faculty of Sport and Physical Education, University of Beograd, 2012;			
3. Macura, M. Basics of recreational medicine, script, Belgrade, 2007;			
4. Ćurčić V, Banićević M, Zdravković D, Mitić D. Medical Regulations. Zlatibor: Special hospital for thyroid diseases and diseases of metabolism, 2008			
No. of active classes			Other classes:
Lectures: 2	Practical classes: 2	Other forms of teaching: Study research work:	
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 exam	points
Class Activities	10	Written examination	65
Practical instruction	10	Practical examination	
Preliminary exam / Colloquium	10	Oral examination	
Seminar papers	5	