

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 2 (continued)				
<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: Theory and Technology of Strength & Conditioning 1				
<b>Course objectives:</b> The aim of the course is that students acquire the necessary knowledge in the field of methodology of conditioning preparation, organization of fitness training and stress theory in the function of anti-stress program of exercises in order to influence the improvement of the health and fitness capacities of (non) athletes.				
<b>Course outcome:</b> 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.				
<b>Contents description:</b> Theory teaching Methods for the development and maintenance of different forms of manifestation of fitness abilities. Methodology of learning the technique of performing various fitness exercises. The methodology of learning the use of a monitoring system using a pulse meter. Individual training. Training fitness in the use of different contents, for different ages, poles and levels of training. Anti-stress programs. Practical teaching: Presentation of methodical procedures for development and maintenance of different forms of expressing fitness capacities; application of various contents, methods, loads, methodical and organizational forms of work, sites, devices and equipment in fitness preparation; Methods of learning the technique of performing various conditioning exercises; methods of learning the use of a monitoring system using a pulse meter;				
<b>References:</b> 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.				
<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	10	Practical examination		
Preliminary exam / Colloquium		Oral examination	35	
Seminar papers / Practicum	25			
Praxis	5			