

Study program: Recreation			
Type and level of studies: Basic professional studies			
Course title: ANTHROPOMOTORICS			
Lecturer or lecturers (for lectures): Nedeljković Č. Aleksandar, Suzović Đ. Dejan, Pajić B. Zoran			
Lecturer / Associate (for practice): Nedeljković Č. Aleksandar, Suzović Đ. Dejan, Pajić B. Zoran			
Course status: Obligatory			
ECTS: 8			
Condition: None			
Course objectives: Introducing students with modern scientific starting points and expert knowledge of the motor skills of a man. Motor skills are elaborated from the aspect of defining basic concepts and modalities of their manifestation in ontogenetic development, and especially from the aspect the legitimacy of the application of methodological and operational and metrological conditions in processes of organized influence on proper growth and development, as well as on the expected working abilities within individual possibilities.			
Course outcome: Understanding the legitimacy of expressing motor skills during the period of growth and development and students' ability for creative professional activity in the periods of annual and perennial active influence on the expected changes in motor skills as a basis for the proper application of appropriate means and methods within the framework of the program of sports and recreational training (exercises).			
Contents description: <i>Theoretical lectures:</i> Movement, shape and functions of the body. Movement and exercise. Muscular functions and motor abilities. Theories of motor skills. Structure of motor skills. Factors that affect modalities expressing strength, strength, speed, endurance, agility and agility. Estimation of strength, strength, speed, durability, flexibility and agility. Characteristics of changes in strength, strength, speed, endurance, flexibility and agility in ontogenetic development. Basic elements of the exercise process. Operating aspects of exercise with load. Means and methods for developing strength, strength, speed, durability, agility and agility. Basic characteristics programs for developing strength, strength, speed, durability, agility and agility. Application of trainers for the development of motor skills. Motor skills in individual exercise programs. <i>Practical teaching:</i> Means, methods and organizational forms of work that are used to improve motor skills (strength, coordination and flexibility) as well as familiarization with protocols for their assessment.			
References: Kukolj, M. (2006): Antropomotorika (Anthropomotorics). Faculty of Sport and Physical Education. Belgrade. Suzović, D., Nedeljković A. (2010): Antropomotorika – praktikum (Anthropomotorics – practicum). Faculty of Sport and Physical Education. Belgrade. Željaskov, C. (2004): Fitness training of athletes. Sports academy. Belgrade.			
No. of active classes			Other classes:
Lectures: 2	Exercises/ Practical classes: 4	Other forms of teaching:	
		Study research work:	
Teaching method Lectures, practical lectures and exercises, with participation of students in realization of theoretical and practical teaching.			
Knowledge assessment (maximum score 100)			
Exam prerequisites	points	Final examination	points
Class Activities	6	Written examination	
Practical instruction	14	Practical examination	15
Preliminary exam / Colloquium	25	Oral examination	30
Seminar papers	10	

