

Study program / study programs: Recreation				
Type and level of studies: Basic professional studies				
Course title: Theory and Practice of Recreation 1 (Continued)				
Lecturer or lecturers (for lectures): Mitić R. Dušan, Stojiljković R. Stanimir, Prebeg Ž, Goran				
Lecturer / Associate (for practice): Mitić R. Dušan, Stojiljković R. Stanimir, Prebeg Ž, Goran				
Course status: Obligatory				
ECTS: 5				
Condition: No				
Course objectives: Introducing students with modern living and working conditions from the aspect of insufficient movement, in connection with the experiences of organizing "Sport for All" in the country and abroad. Through practical lessons, modifications of activities for the purpose of recreation are considered, especially during the winter period.				
Course outcome The student is able to recognize the problems of modern lifestyle and work from the aspect of hyperkinesias; to know the basic modalities of the recreational program for employees; to carry out propaganda-promotional exercise of health training; through practical training, to adapt activity to the abilities of the group; to learn the basic elements of alpine and Nordic skiing, skating, games and snow activities, field games, indoor games, typical evening programs on the mountain in winter.				
Theoretical instruction: <i>Defining the notion of recreation, recreation in the phys. culture, modern lifestyle, leisure and recreation, effects of regular physical activity, WHO recommendations - hyperkinesias, state and recreation, trim movement, healthy and capable, winter recreational activities, advantages and dangers of winter on the mountain, preparation and equipment for wintering, organization wintering.</i>				
Practical classes: <i>Impressions of the use of sports, sports games and recreational facilities. Training of basic elements of alpine and Nordic skiing, skating, games and snow activities, field games, indoor games, typical evening programs on mountain in winter Seminar: Effects of regular physical activity Colloquium: Successfully mastered program of Winter activity.</i>				
References:				
1. Mitić D: REKREACIJA, udžbenik na Fakultetu sporta i fizičkog vaspitanja u Beogradu, Beograd 2001				
2. Mitić D.: Priručnik za animatore zimskih rekreativnih aktivnosti, Udruženje stručnjaka za rekreaciju, Beograd, 2000.				
3. RADISAVLJEVIĆ - JANIĆ, Snežana, MILANOVIĆ, Ivana, PANTELIĆ, Saša, MARKOVIĆ, Saša, STANKOVIĆ, Ratko, STOJILJKOVIĆ, Stanimir, MITIĆ, Dušan, MIKALAČKI, Milena, ČOKORILO, Nebojša, KOROVLJEV, Nebojša. Angažovanost u rekreaciji građana Republike Srbije : istraživanje obavljeno za potrebe Ministarstva omladine i sporta Republike Srbije. Beograd: Fakultet sporta i fizičkog vaspitanja: Ministarstvo omladine i sporta, 2010. 111, [6] tabli sa prilogima, graf. prikazi, tabele. [COBISS.SR-ID 512865708]				
4. IVANOVSKI, Aleksandar, MITIĆ, Dušan. Student's camp of healthy life style in Serbia : oral presentation. Proceeding, Conference: The role of University sports in education and society - a platform for change : proceedings. Beograd: Faculty of Sport and Physical Education, 2009, str. 129. [COBISS.SR-ID 512599724]				
No. of active classes				Other classes:
Lectures: 2	Exercises/ Practical classes:2	Other forms of teaching: 4	Study research work:	
Teaching method Active participation of students in teaching, who are pre-prepared for theoretical parts and active modeling in practical lectures.				
Knowledge assessment (maximum score 100)				
Exam prerequisites	points	Final examination	points	
Class Activities	7	Written examination		
Practical instruction	8	Practical examination		
Preliminary exam / Colloquium	10	Oral examination		
Seminar papers	10		

