

Study program / study programs: Recreation				
Type and level of studies: Basic professional studies				
<b>Course title:</b> Human development biology and sports medicine basics				
<b>Lecturer or lecturers</b> (for lectures): Ugarković D. Dušan, Macura M. Marija				
<b>Lecturer / Associate</b> (for practice): Macura M. Marija, Marković B. Branka				
Course status: Obligatory				
<b>ECTS:</b> 4				
Condition: passed the exam from the subject Functional anatomy				
<b>Course objectives:</b> The course objective is for the students to get to know the processes of growth and development of organic systems and also the influences of sport and recreational activities and to get to know the basic sports injuries and damage and ways to apply first aid, prevention and treatment				
<b>Course outcome:</b> the student is trained to follow the effects of practising on biological development, to take precaution for preventing injuries during physical activity				
<b>Contents description:</b>				
<i>Theoretical instruction</i>				
1. The Systematic place of humans in nature, biological principles of growth and development				
2. Development of organic systems 3. The physical maturity of children, acceleration 4. Women and sport				
5. Physical training an health (positive effects) 6. Sports pathology				
<i>Practical classes:</i>				
1. Body composition 2. Sports ergometry 3. First aid				
<b>References:</b>				
Ugarković, D. (2004): Biomedicinske osnove sportske medicine, SIA, Novi Sad				
Macura, M. (2005): Biologija razvoja čoveka sa osnovama sportske medicine-praktikum, FSFV, Beograd				
<b>No. of active classes</b>				Other classes:
Lectures: 3	Exercises/ Practical classes: 1	Other forms of teaching:	Study research work:	
<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	5	Practical examination		
Preliminary exam / Colloquium	30	Oral examination	50	
Seminar papers	10	.....		