

Study program / study programs: Recreation			
Type and level of studies: Basic professional studies			
<b>Course title: Psychosocial Foundations of Recreation</b>			
<b>Lecturer or lecturers</b> (for lectures): prof. Dušanka Lazarević, Ph.D			
<b>Lecturer / Associate</b> (for practice): /			
Course status: Obligatory			
<b>ECTS:</b> 3			
Condition:			
<b>Course objectives:</b> To enable students to acquire knowledge about psychosocial foundations of recreational activities, and to apply these knowledge in practice with individuals and groups; to acquire knowledge about effects of recreational programs to psychological status of individuals (psychological well-being, mood states, physical self-efficacy etc.).			
<b>Course outcome:</b> 1. Students will know and understand psychosocial foundations of recreational activities. 2. Students will know to apply knowledge about psychosocial foundations of recreational activities in work with individuals and groups. 3. Students will know how to use knowledge about effects of recreational programs to psychological status in recreational programs development.			
<b>Contents description:</b> <i>Theoretical instruction:</i> <b>I Psychosocial aspects of recreation:</b> Age and individual differences and organization of recreational activities; leisure time, lifestyle and recreation; importance of monitoring the effects of recreational activities on psychological status of persons involved in recreational activities. <b>II Motivation for recreation:</b> participation motivation, reasons for drop-out, incentives for improving motivation for recreation, exercise and psychological well-being. <b>III Exercise and mental health:</b> theoretical explanations ; psychological benefits of regular exercise in general, and in particular groups (children, elderly, persons with disabilities, persons with depression and anxiety); the role of exercising in prevention of risk factors related to life in contemporary society (hypokinesia, overweight and obesity, stress); specific psychological problems and exercise: social phobic anxiety, eating disorders, exercise addiction, drugs and other harmful substances abuse. <b>IV Recreational group:</b> social interaction in recreational group, communication and principles of communication in recreational group, conflicts in communication and conflict resolution; group cohesion; leadership in recreational group. <i>Practical classes:/</i>			
<b>References:</b> 1. Cox, R. H. (2005). <i>Psihologija sporta – Koncepti i primjene (Sport Psychology – Concepts and Application)</i> . Jastrebarsko: Naklada Slap. (pp. 290 – 312; 326 - 332). 2. Lazarević, L.J. ( 2001). <i>Psihološke osnove fizičke kulture (Psychological Foundations of Physical Culture)</i> . Beograd: Viša škola za sportske trenere (pp. 7-25; pp. 154-164). 3. Pajević, D. (2003). <i>Psihologija sporta i rekreacije (Sport and Exercise Psychology)</i> . Beograd: Laktaši: Grafomark (pp. 217- 263). 4. Tubić. T. (2010). <i>Psihologija i sport (Psychology and Sport)</i> . Bački Petrovac: Kultura (pp. 180-216).			
<b>Literature for seminar papers:</b> 1. Abernethy, B., Hanrahan, S.J., Kippers, V., Mackinnon, L.T., Pandy, M.G. (2012). <i>Biofizičke osnove ljudskog pokreta (Biophysical Foundations of Human Movement)</i> . Beograd: Data Status. 2. Sharkey, B., J., Gaskin, S. E. (2008). <i>Vežbanje i zdravlje (Exercise and Health)</i> . Beograd: Data Status .			
<b>No. of active classes</b>			Other classes:
Lectures: 3 per week	Exercises/ Practical classes: /	Other forms of teaching:	
<b>Teaching method</b> Theoretical lectures with video presentations; interactive instruction, workshops.			
<b>Knowledge assessment (maximum score 100)</b>			
<b>Exam prerequisites</b>	<b>points</b>	<b>Final examination</b>	<b>points</b>
Class Activities	10	Written examination	
Practical instruction	/	Practical examination	
Preliminary exam / Colloquium	30	Oral examination	40

Seminar papers	20	.....	
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