

Study program / study programs: Recreation			
Type and level of studies: Basic professional studies			
<b>Course title:</b> Theory and Practice of Recreation 2 (continuation)			
<b>Lecturer or lecturers (for lectures):</b> Mitić R. Dušan, Stojiljković R. Stanimir, Prebeg Ž, Goran			
<b>Lecturer / Associate (for practice):</b> Mitić R. Dušan, Stojiljković R. Stanimir, Prebeg Ž, Goran			
Course status: Obligatory			
<b>ECTS:</b> 6			
Condition: The subject of the theory and practice of recreation 1			
<b>Course objectives:</b> The objective of the course is to introduce students to testing and self-testing, planning and establishing documentation, as well as studying software programming solutions. Special attention is paid to the program and realization of the ferry camp, as well as the models of the implementation of animation programs for recreation programs in the tourist economy, with special emphasis on stimulating participation. Examining the wellness philosophies in the function of healthy lifestyles.			
<b>Course outcome</b> the student is able to test physical abilities in laboratory and field conditions, and on that basis make a program for bringing in fitness or maintaining fitness; to be trained to conduct propaganda-promotional exercise of health training; through practical training, to adapt activity to the abilities of the group; that a student can independently organize and implement the program of daily and evening activities for individual categories of guests in the field of tourism.			
<b>Theoretical instruction:</b> <i>Bicycle - swimming - running as recreation, field tests for endurance assessment, testing and self-testing in recreation, planning and documentation of recreation, software programs in the function of exercise, recreation festivals, models of stimulation to participate.</i>			
<b>Practical classes:</b> <i>Testing and self-testing in laboratory and field conditions Analysis through the debate of the recreational festival program. Teaching practice: Summer Camp for recreational activities for children, Tourist animation. Seminar paper: A model exercise program for the selected group of trainers.</i>			
<b>References:</b> 1. Mitić D: REKREACIJA, udžbenik na Fakultetu sporta i fizičkog vaspitanja u Beogradu, Beograd 2001 2. Stojiljković, Stanimir, Mitić Dušan., Mandarć, Sanja, Nešić, Dejan. PERSONALNI FITNES, Fakultet sporta i fizičkog vaspitanja Univerziteta u Beogradu, 2012. CIP 796.015132(075.8), ISBN 978-86-80255-91-0(FSFV), COBISS.SR-ID 194672652 3. ĆURČIĆ, Vojislav, BANIĆEVIĆ, Miloš, ZDRAVKOVIĆ, Dragan, MITIĆ, Dušan. Медицински правилник. Златибор: Специјална болница за болести штитасте жлезде и болести метаболизма, 2008. 83 стр., илустр. ISBN 978-86-7558-598-5. [COBISS.SR-ID 150225164] 4. ŠEVKUŠIĆ, Jelena, MITIĆ, Dušan. Uticaj letnjeg programa "Čigotica" na decu uzrasta 12 godina. У: STOJILJKOVIĆ, Stanimir (ur.). Зборник радова. Београд: Факултет спорта и физичког васпитања, 2011, str. 340-344. [COBISS.SR-ID 513118636]			
<b>No. of active classes</b>			Other classes:
Lectures: 2	Exercises/ Practical classes:3	Other forms of teaching: 5	
<b>Teaching method</b> Active participation of students in teaching, who are pre-prepared for theoretical parts and active modeling in 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	8	Written examination	
Practical instruction	7	Practical examination	
Preliminary exam / Colloquium	10	Oral examination	<b>30</b>
Seminar papers	10	.....	

