

Study program: Recreation				
Type and level of studies: Basic professional studies				
Course title: Women and Sport				
Lecturer or lecturers (for lectures): Irina Juhas				
Course status: Elective				
ECTS: 4				
Condition: No				
Course objectives: The aim of this course is to introduce to students the necessary knowledge about the phenomenon of women in sport as perceived multidisciplinary with historical and scientific facts.				
Course outcome: <i>The expected outcome</i> of this course is to enable students to perceive and recognize the differences and similarities between women and men perceived historically, morpho-functional, antropomotoric, psychological and sociological aspects, to connect and apply acquired knowledge in sports. <i>The desired outcome</i> is to qualify the student to transfer the acquired knowledge in the research area.				
Contents description: <i>Theoretical instruction</i> History of Women sport, Specifics of morphological and functional characteristics of women, Menstruation and sports training, Pregnancy and sports training, Contraception and sports training, Specifics of motor abilities, Specifics of sports training in conditions of elevated and reduced external temperature and air pressure, Nutritional needs athlete, Sports triad, Woman of the third age and sport, Osteoporosis and physical exercise, Sport for psychological well-being of women, Sociological aspects, Ethics and women in sports, Role of women in sport organizations, Sport women with disabilities.				
References: Drinkwater, BL (2000). Women in Sport. Volume VIII of the Encyclopedia of Sports Medicine. Blackwell Science Women and Sport - Proceedings of the International Conference and II national seminar, Belgrade, 2006 Physical Culture (2011), 65 (Supple. 1)				
No. of active classes				Other classes:
Lectures: 1	Exercises/ Practical classes: 2	Other forms of teaching:	Study research work:	
Teaching method Lectures, video presentations, discussion, search research area				
Knowledge assessment (maximum score 100)				
Exam prerequisites	points	Final examination	points	
Class Activities	10	Written examination	50	
Practical instruction		Practical examination		
Preliminary exam / Colloquium	40	Oral examination		
Seminar papers			