

Study program / study programs: Recreation				
Type and level of studies: Basic professional studies				
Course title: Orienteering				
Lecturer or lecturers (for lectures): Irina Juhas				
Lecturer / Associate (for practice): Irina Juhas				
Course status: Elective				
ECTS: 4				
Condition: No				
Course objectives: The aim of the course is to present students a professional, theoretical and practical knowledge of orienteering.				
Course outcome: The expected outcome of the course is that the future experts in physical education and sports enable in: use the knowledge acquired in the classroom and extracurricular activities in physical education, organizing and managing the school orienteering section, organizing school competitions and participation in orienteering competitions in the system of school sports, as well as perform initial training in orienteering at the club.				
Contents description: <i>Theoretical instruction</i> Definition of orienteering, History of orienteering, Basic terms – map and map symbols, Compass, Orienteering technique, Orienteering competitions, Competition rules and organization of competitions, Training methodology, Psychological aspects of orienteering, Trail orienteering. <i>Practical classes.</i> Basic concepts - Map and map symbols, Compass, Map setting, Stand point, Thumb on map, Turning around the map, Using linear features as handrails, Line orientation, “Star” orienteering, Classic routes, Orienting the map using the compass. Compass Bearings, Obvious features, Route choice, Features beyond the control to "bounce back" off, Assessing and measuring distances, Attack point, The aiming off, Relocation, What when you really lose, Contour lines; The presence at local competition. Participation in the school competition. Orienteering games.				
References: Juhas, I., Radosavljević, B. (2013). Orienteering - authorized lectures. Bačanac, Lj. (2003). Psychological aspects of orienteering. Belgrade: Belgrade Orienteering Federation Orienteering Federation of Serbia (2013). Competition Rules				
No. of active classes				Other classes:
Lectures: 1	Exercises/ Practical classes: 2	Other forms of teaching:	Study research work:	
Teaching method Lectures, video presentations, practical lectures, demonstrations, observation				
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			