

Study program: Recreation				
Type and level of studies: Basic professional studies				
Course title: Athletics				
Lecturer or lecturers (for lectures): Juhas V. Irina, Janković N. Nenad				
Lecturer / Associate (for practice): Juhas V. Irina, Janković N. Nenad, Matic S. Milan				
Course status: Elective				
ECTS: 4				
Condition: No				
Course objectives: The course aim is to explain the basic elements of all aspects of the complex athletic process, to enable students to acquire knowledge in athletics in order to grasp and understand the legality of its evolution.				
Course outcome: <i>The expected outcome</i> of the course is that the student <i>understands</i> and <i>knows</i> how to analyze a problem, make a decision and implement in track and field theory and practice. Student <i>should be able</i> to demonstrate a technique of athletic disciplines. <i>The desired outcome</i> of this course is to enable students to know how independent innovate (create) in the area of athletics. In this way, students gain knowledge in the whole field of physical education and sport.				
Contents description: <i>Theoretical instruction</i> Concept, object and purpose of athletics. Theoretical basis of athletic competitions (evolution and systematization of athletic competition, athletic rules). Theoretical basis of athletic training. Sprint. Relay. Hurdles. Middle and long distances. Marathon and ultramarathon. Steeplechase. Cross country. Long jump. Triple jump. High jump. Pole Vault. Shot Put. Discus Throw. Hammer Throw. Javelin Throw. Combined events. <i>Practical classes:</i> Methodology of learning the techniques of athletic disciplines: Sprint. Relay. Hurdles. Triple jump, Shot put, Javelin throw. Methodological basis of athletic training in running the middle distance and cross country.				
References: Stefanović, Đ., Juhas, I., Janković, N. (2008). Theory and methodology of athletics. Belgrade: FSFV. Stefanović, Đ., Juhas, I., Janković, N. (2007). Practicum of athletics. Belgrade: FSFV. Stefanović, Đ., Juhas, I., Janković, N. Matic, M. (2011). Athletics - workbook. Belgrade: FSFV				
No. of active classes				Other classes:
Lectures: 1	Exercises/ Practical classes: 2	Other forms of teaching:	Study research work:	
Teaching method Lectures (Theoretical and practical), discussion, practical work - individually or in groups, video analysis, the demonstration				
Knowledge assessment (maximum score 100)				
Exam prerequisites	points	Final examination	points	
Class Activities	5	Written examination – Competition Rules	10	
Practicum	10	Oral examination	40	
Preliminary exam / Colloquium	35			

