

Study program / study programs: Recreation			
Type and level of studies: Basic professional studies			
Course title: TECHNOLOGY OF SPORTS TRAINING			
Lecturer or lecturers (for lectures): Stefanović L.J. Đorđe, Jakovljević T. Saša, Jovanović M. Srećko, Janković N. Nenad			
Lecturer / Associate (for practice): Jakovljević T. Saša, Janković N. Nenad, Pajić B. Zoran			
Course status: Obligatory			
ECTS: 5			
Condition: No			
Course objectives: The aim of the course is to explain the basic elements of all aspects of the training process, that by studying the phenomenon of training to acquire knowledge about training, to grasp and understand the evolution of the legality of these phenomena. Student understands the basic characteristics of the training process of individual abilities and skills, recovery and sports forms.			
Course outcome: Each student has gained basic knowledge of: technology of bio-energetic and bio-dynamic training, technology of training of technical and tactical skills, fatigue and recovery in sports, and about the phenomenon of sports form. The student is expected to be able to independently organize, planning, programming and implement the basic (initial) levels of the training process of the above abilities and skills. It is also expected to be able to apply this knowledge in certain sports disciplines, in particular disciplines, in particular in it. In addition, the best student is able to work independently at higher levels of training, primarily in close-up sports and with professional athletes.			
Contents description: Theory teaching Knowledge and technology in sports; Scientific systems in sports; Planning and programming of sports training; Training load, Methods and means of sports preparation; Sports training technology; Technology of sport technique training; Technology of training of bio-energetic abilities; Power training technology; Coordination training technology; Mobility training technology; Technology of tactics training; Recovery in sports; Sport Practical classes: Sport preparation technology; Technology of sport technique training; Technology of training of bio-energetic abilities; Power training technology; Coordination training technology; Mobility training technology; Technology of tactics training			
References: Stefanović, Ć., Jakovljević, S., Jankovic, N. (2010): Technology for the preparation of athletes. Belgrade: FSFV. Stefanović, Ć., Jakovljević, S. (2006): Practicum of sports training technology. Belgrade: FSFV.			
No. of active classes			Other classes:
Lectures: 2	Practical classes: 1	Other forms of teaching:	Study research work: 4
Teaching method Theoretical lectures; practical lectures, practical work			
Knowledge assessment (maximum score 100)			
Exam prerequisites	points	Final examination	points
Class Activities	15	Written examination	
Practical instruction	20	Practical examination	
Preliminary exam / Colloquium	10	Oral examination	45
Seminar papers	10		