

Study program: Recreation				
Type and level of studies: Basic professional studies				
Course title: THEORY AND PRACTICE OF RECREATION 3 (part one)				
Lecturer or lecturers (for lectures): Mitić R. Dušan, Stojiljković R. Stanimir				
Lecturer / Associate (for practice): Prebeg Ž. Goran				
Course status: Obligatory				
ECTS: 5				
Condition: The student must first attend classes of Theory and Practice of Recreation 2				
Course objectives: The objective of the course is getting to know the student with the possibility of organization and financing of the recreation club; preparation and realization of aerobic hepening as a promotional actions and detailed study of the propositions of the sport aerobics and fitness competitions.				
Course outcome: The student is able to form a club of recreation; to organize competitions in sports aerobics and fitness; to conduct promotional action of practiceing for health.				
Contents description:				
Theoretical instruction: Formation of a group, institution and organization of recreation, organized and financing recreation, fitness club management, aerobic festivals-conventions, sports aerobics, miss fitness.				
Practical classes: Analysis of the rules of competition in sports aerobics and the Miss fitness competition. Analysis, preparation and realization of Aerobic hepening. Developing formation models and financing the fitness club. Teaching practice: Aerobic hepening management and Group fitness programs at the club. Seminar paper: Establishment of a recreation club.				
References:				
1. Mitić D: Recreation, textbook at the Faculty of Sport and Physical Education University of Belgrade, Belgrade, 2001.				
2. Stojiljkovic, Stanimir, Mitic Dusan, Mandaric, Sanja, Nesic, Dejan. Personal fitness, Faculty of Sport and Physical Education, University of Belgrade, 2012.				
3. Ćurčić, Vojislav, Banićević, Miloš, Zdravković, Dragan, Mitic, Du dream. Medical rule book. Zlatibor: Special hospital for diseases of the thyroid gland and diseases of metabolism, 2008.				
No. of active classes				Other classes:
Lectures: 2	Practical classes: 2	Other forms of teaching:	Study research work:	
Teaching method				
Active participation of students in the classroom, who are preparing in advance for theoretical parts and active modeling in practical lectures.				
Knowledge assessment (maximum score 100)				
Exam prerequisites	points	Final examination	points	
Class Activities	8	Written examination	65	
Practical instruction	7	Practical examination		
Preliminary exam / Colloquium	10	Oral examination		
Seminar papers	10		