

Study program: Recreation			
Type and level of studies: Basic professional studies			
<b>Course title:</b> THEORY AND PRACTICE OF RECREATION 3 (part two)			
<b>Lecturer or lecturers</b> (for lectures): Mitić R. Dušan, Stojiljković R. Stanimir			
<b>Lecturer / Associate</b> (for practice): Stojiljković R. Stanimir, Prebeg Ž. Goran			
Course status: Obligatory			
<b>ECTS:</b> 6			
<b>Condition:</b> The student must first attend classes of Theory and Practice of Recreation 2			
<b>Course objectives:</b> The aim of the course is getting to know the student with: determining body composition; indications and contraindications for exercise; assessing skills in field conditions and work recreational counseling with citizens and people who have chronic non-communicable diseases and by studying the method and form of permanent education, monitoring development and presentation of his work.			
<b>Course outcome:</b> The student is able to test physical skills in field conditions, and that at the basis of that made program for bringing in or maintaining fitness within a counseling center; for forming a training program for people with chronic non-communicable diseases; for permanent training in the profession and for conducting propaganda - promotional exercises for health.			
<b>Contents description:</b>			
<b>Theoretical instruction:</b> Recreational medicine, body composition, indication and contraindications for exercise, professional staff in recreation, recreational counseling, obesity-diabetes-hypertension and physical activity.			
<b>Practical classes:</b> Determination of body composition, indication and contraindication for exercise. Testing the work of counseling in field conditions. Analysis of education of professional staff in recreation. Teaching practice: Recreational counseling and practice at the fitness club.			
<b>References:</b>			
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, Nestic, 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.			
<b>No. of active classes</b>			Other classes:
Lectures: 2	Practical classes: 2	Other forms of teaching:	
<b>Teaching method</b>			
Active participation of students in the classroom, who are preparing in advance for theoretical parts and active modeling in practical lectures.			
<b>Knowledge assessment (maximum score 100)</b>			
<b>Exam prerequisites</b>	<b>points</b>	<b>Final examination</b>	<b>points</b>
Class Activities	8	Written examination	35
Practical instruction	7	Practical examination	
Preliminary exam / Colloquium	10	Oral examination	30
Seminar papers	10	.....	

