

Study program / study programs: Recreation			
Type and level of studies: basic professional studies			
Course title: ROWING			
Lecturer or lecturers (for lectures): Mitrovic N. Darko			
Lecturer / Associate (for practice): Rajkovic M. Zeljko			
Course status: Elective			
ECTS: 4			
Condition: The course has no specific prerequisites			
Course objectives: The course is designed in order to enable students to gain knowledge in the field of rowing/paddling sports based upon which the students acquire abilities to conduct additional trainings in their basic sports as well to organize recreational activities by using the water resources in their working environment and suitable vessel types.			
Course outcome: The expected outcome of the program is to have students who can apply knowledge in the field of rowing/paddling sports in the form of additional activities of training in their basic sport through the usage of rowing ergometers in diagnostics and training dosage, in using rowing as a toll in organizing recreational activities for participants in all ages by using rowing as a tool, and in working with beginners in sport rowing/paddling clubs.			
Course content <i>Theoretical part</i> Historical development of rowing, rules and guidelines of competitive rowing, rowing techniques, methods of teaching rowing techniques, factors of success in rowing, characteristics of water resources, rules of conduct in water. <i>Practical part</i> Techniques and methods of rowing/paddling in rowing/paddling sports, ergometers in rowing and how to use them, rules of conduct in water, organization of a teaching class.			
References: Mitrovic D. (2003): Rowing, scripts, European Center for Peace and Development of the United Nations, International Faculty of Sport, University of Banja Luka, Belgrade. Group of authors (2009): Rulebook on holding Serbian championships in kayaking and canoeing in peaceful waters, Kayak Association of Serbia, Belgrade. Group of authors (2002): Rowing rules, Rowing Federation of Serbia, Belgrade. Group of authors (2010): Rulebook on rafting. Rafting Federation of Serbia rafting competition, Rafting Association of Serbia, Belgrade. Graeme A. (2002): Rafting, Znanje d.d., Zagreb.			
No. of active classes			Other classes:
Lectures: 1	Exercises/ Practical classes: 2	Other forms of teaching:	Study research work:
Methods of execution			
Knowledge assessment (maximum score 100)			
Exam prerequisites	points	Final exam	points
Attending Practice Hours	10	Written exam	40
Preparing for practice	20	Oral Exam	/
Activity during practice	30	
Final examination			