

Study program / study programs: Sport				
Type and level of studies: Basic professional studies				
Course title: Sport for All				
Lecturer or lecturers (for lectures): Mitić R. Dušan, Stojiljković R. Stanimir, Prebeg Ž, Goran				
Lecturer / Associate (for practice): Mitić R. Dušan, Stojiljković R. Stanimir, Prebeg Ž, Goran				
Course status: Elective				
ECTS: 4				
Condition:				
Course objectives: The objective of the course is to provide students with information on recreation that should satisfy the general bio-psycho-social needs of citizens for movement, play and socializing in order to refresh, strengthen and nurture a healthy lifestyle, in order to be able to contribute to the realization of the program in later professional work the Sport movement for everyone based on the laws governing the fitness world in a way that is suitable for animation of recreational activities.				
Course outcome: it is expected that each student knows how to spot and analyze the bio-psycho-social needs of citizens for movement, play and socializing in order to refresh, strengthen and nurture a healthy lifestyle; they should be able to join the system of organizing and organizing and realizing the activities and contents of the Sport for All movement; to know the ways and models of organizing the system of social and professional organization and financing in the field of recreation; to know the causal and consequential connection of biological age, psychological development, social environment and type of burden to the interconnection of interests and the needs of recreation of certain categories of citizens; knowledge of the importance, legality and possibilities of propaganda of recreational activities; that the best know the conditions and the way of realization of testing physical fitness in recreation.				
Contents description: <i>Theoretical instruction: The importance and possibilities of applying dosed physical activity in the function of improving physical working ability and forming healthy lifestyles. Experience of organizing Sport for everyone in the world and with us for certain categories of citizens. Models of realization of recreational programs for pupils, employees, citizens, disabled people, pensioners, women, etc.</i> <i>Practical classes: Impressions of the use of sports, sports games and recreational facilities. Mini tennis school as recreational activities. Implementation and analysis of the survey "Engagement in recreation"</i>				
References: 1. Mitić D: REKREACIJA (RECREATION), udžbenik na Fakultetu sporta i fizičkog vaspitanja u Beogradu, Beograd 2001. 2. Mitić, D. PROGRAMSKE OSNOVE SPORTA ZA SVE SRBIJE (PROGRAM BASIC OF SPORTS FOR ALL IN SERBIA) Savetovanje „Sport za sve kao osnova demokratskih promena u sport Srbije i Crne Gore“, tema, Novi Bečej 3-5. marta 2006 3. Stojiljković, Stanimir, Mitić Dušan., Mandarć, Sanja, Nešić, Dejan. PERSONALNI FITNES (Personal fitness), Fakultet sporta i fizičkog vaspitanja Univerziteta u Beogradu, 2012.				
No. of active classes				Other classes:
Lectures: 2	Exercises/ Practical classes:1	Other forms of teaching: 3	Study research work:	
Teaching method On the theory of frontal work with the setting of thematic units discussed in the course of teaching. The exercises analyze the range of content through content impressions and point to the possibilities of further elaboration and application in practice.				
Knowledge assessment (maximum score 100)				
Exam prerequisites	points	Final examination	points	
Class Activities	15	Written examination		
Practical instruction	15	Practical examination		
Preliminary exam / Colloquium	10	Oral examination	50	
Seminar papers	10		

