

Study program / study programs: Sport			
Type and level of studies: Basic professional studies			
Course title: DANCE			
Lecturer or lecturers (for lectures): Jocić, J. Dragan			
Lecturer / Associate (for practice): Mandarić, D. Sanja			
Course status: Elective			
ECTS: 4			
Condition: None			
Course objectives:			
To introduce students to programming contents and theoretical methodical elements of work in dance in sports working with all ages.			
Course outcome:			
At the end of the course, the student is expected to demonstrate and master theoretical and motor skills and knowledge (basic forms of movement and elements of dance technique, selected national, social and children's dance, basic dance choreography) necessary in the realization of program contents of dances in working with the population of different ages in sports and sports recreation. To use all the benefits of dance content in the process of training and relaxing athletes.			
Contents description			
<i>Theory teaching:</i>			
Theoretical teaching refers to different types of dances (folk, social, contemporary, sports, popular types of dances) and basic elements of dance techniques that can be used in the process of sports training. Theoretical content consists of basic concepts and definitions, terminology, laws of dance movement (space, time, dynamics), connection and touch points with other sports, cultural and artistic areas. Place and organization of dance contents in the function of sports training.			
<i>Practical teaching:</i>			
Practical knowledge is based on the introduction and learning of dance motoric (technique and basic legality and movement of certain types of dances and aerobic exercise systems), dance dynamics (space, time, energy, individual, pair, group), adoption of methodical and didactic processes at different levels learning and training, and especially on individual creative work of various types of dances. This course is characterized by study, learning and usage methods, basic elements of dance technique; connecting (spatial-weather) dance elements as a whole; expressing creativity and creativity through the composition of smaller movements and movements, dance compositions and blocks that make certain aerobic choreography, with the aim of achieving the necessary effects in sports training.			
References:			
Required:			
Jocić, D. (1995): Plesovi (Dances); Mandarić, S. (2008): Practicum;			
Additional:			
Barteck, O. (1998). All around Fitness,			
Kostić, P. (1999): Fitness			
No. of active classes			Other classes: 3
Lectures: 1	Practical classes: 3	Other forms of teaching:	
Teaching method			
Theoretical lectures; practical lectures			
Knowledge assessment (maximum score 100)			
Exam prerequisites	points	Final examination	points
Class Activities	10	Written examination	
Practical instruction	10	Practical examination	30
Preliminary exam / Colloquium	20	Oral examination	10
Seminar papers	20		