

Study program: Sport			
Type and level of studies: Basic professional studies			
Course title: TRACK AND FIELDS			
Lecturer or lecturers (for lectures): Juhas V. Irina, Janković N. Nenad			
Lecturer / Associate (for practice): Juhas V. Irina, Janković N. Nenad, Matic S. Milan			
Course status: Elective			
ECTS: 4			
Condition: No			
Course objectives: The course aim is to explain the basic elements of all aspects of the complex athletic process, to enable students to acquire knowledge in athletics in order to grasp and understand the legality of its evolution.			
Course outcome: <i>The expected outcome</i> of the course is that the student <i>understands</i> and <i>knows</i> how to analyze a problem, make a decision and implement in track and field theory and practice. Student <i>should be able</i> to demonstrate a technique of athletic disciplines. <i>The desired outcome</i> of this course is to enable students to know how independent innovate (create) in the area of athletics. In this way, students gain knowledge in the whole field of physical education and sport.			
Contents description: <i>Theoretical instruction</i> Concept, object and purpose of athletics. Theoretical basis of athletic competitions (evolution and systematization of athletic competition, athletic rules). Theoretical basis of athletic training. Sprint. Relay. Hurdles. Middle and long distances. Marathon and ultramarathon. Steeplechase. Cross country. Long jump. Triple jump. High jump. Pole Vault. Shot Put. Discus Throw. Hammer Throw. Javelin Throw. Combined events. <i>Practical classes:</i> Methods of learning the techniques of athletic disciplines: Sprint. Relay. Hurdles. Triple jump, Shot put, Javelin throw. Methodological basis of athletic training in running the middle distance and cross country.			
References: Stefanović, Đ., Juhas, I., Janković, N. (2008). Teorija i metodika atletike (Theory and methodology of athletics). Belgrade: FSFV. Stefanović, Đ., Juhas, I. Janković, N. (2007). Praktikum atletike (Practicum of athletics). Belgrade: FSFV. Stefanović, Đ., Juhas, I. Janković, N. Matic, M. (2011). Atletika – radna sveska (Athletics – workbook). Belgrade: FSFV			
No. of active classes			Other classes:
Lectures: 1	Exercises/ Practical classes: 2	Other forms of teaching:	
		Study research work:	
Teaching method Lectures (Theoretical and practical), discussion, practical work - individually or in groups, video analysis, the demonstration			
Knowledge assessment (maximum score 100)			
Exam prerequisites	points	Final examination	points
Class Activities	5	Written examination – Competition Rules	10
Practicum	10	Oral examination	40
Preliminary exam / Colloquium	35		

