

Study program / study programs: Sport			
Type and level of studies: Basic professional studies			
Course title: THEORY AND PRACTICE OF SPORTS BRANCH 3 (has a continuation)			
Lecturer or lecturers (for lectures): Stefanović Lj. Djordje, Jevtić N. Branislav, Jocić J. Dragan, Ćirković M. Zoran, Karalejić S. Milivoje, Jakovljević T. Saša, Nešić P. Goran, Janković R. Aleksandar, Gardašević Đ. Branko			
Lecturer / Associate (for practice): Grbović V. Miljan, Mudrić R. Miloš, Marković M. Miloš, Sikimić M. Milan, Bratuša F. Zoran, Leontijević J. Bojan, Valdevit J. Zoran, Ranisavljev M. Igor			
Course status: Obligatory			
ECTS: 6			
Condition: Listened subject Theory and practice of sports branch 2			
Course objectives: The objective of the course is to provide students with theoretical and practical knowledge of: strength and conditioning preparation of athletes, technical-tactical preparation, planning and programming, and organization and running of competitions.			
Course outcome: Each student understands the essence of processes related to: conditioning preparation of athletes; technical-tactical preparation, planning and programming. He is capable for independently implementing: basic trainings for strength and conditioning preparation, training in technical-tactical preparation. In addition, the best student is capable of performing advanced conditioning and (or) technical-tactical preparation.			
Contents description Theory teaching: Strength and conditioning preparation of athletes; Technical - tactical preparation; Planning and programming. Practical classes: Strength and conditioning preparation of athletes; Technical-tactical preparation (continuation)			
References: Karalejić, M., Jakovljević, S. (2008): Teorija i metodika košarke (Theory and Methods of Basketball.) Belgrade: FSFV; Aleksić, V., Jankovic, A. (2006): Fudbal: Istorija-teorija-metodika (Football - History-Theory-Methodology). Belgrade: FSFV; Radojević, J., Vukašinić, V., Grbović, M. i Dabović, M. (2011). Teorija im metodika sportske gimnastike – drugi deo (Theory and Methods of Sports Gymnastics - Part 2). Belgrade: FSFV; Stefanović, Đ., Juhas, i., Jankovic, N. (2008). Teorija i metodika atletike (Theory and Methodology of Track and Fields). Belgrade: FSFV; Ćirković, Z., Jovanović, S., Kasum, G. (2010): Borenja (Martial arts). Belgrade: University of Belgrade FSF; Ilić B., Ropret R., Ilić M. (2011): Virtualno alpsko skijanje (Virtual Alpine skiing). Belgrade: FSFV; Stojanovic, T. Kostić, P. and Nešić, G. (2010). Odbojka – tehnika i taktika (Volleyball - technique and tactics.) Kasper.Banja Luka: Faculty of Physical Education and Sports; Petrović, J. and Associates (1995): Sportska gimnastika 1 i 2 (Sports Gymnastics 1 and 2). Belgrade: FSFV; Stojanovic, T., Kostic, R. and Nešić, G. (2005). Odbojka (Volleyball). Banja Luka: Faculty of Physical education and sports; Jevtić, B. (2008). Uvod u sportsko plivanje, skripta (Introduction to sports swimming, script); Tomljanović, V., Malić, Z. (1982): Rukomet – teorija i praksa (Handball - theory and practice), "Sportska tribina", Zagreb; Radisavljević, L. (1992): Ritmičko – sportska gimnastika (Rhythmic-sport gymnastics), FFK, Belgrade; Ilić B. (1988): Smučanje (Skiing). NIPRO Partizan, Belgrade; Stefanović, Đ. (2006). Teorija i praksa sportskog treninga (Theory and practice of sports training). Belgrade: Faculty of Sport and Physical Education.; Zeljaskov, C. (2004). Fitness training of top athletes. Belgrade: Sports Academy; Ćirković, Z., Jovanović, S. (2002): Borenja boks – karate (Fighting boxing – karate),: FFK, Belgrade; Popović, S. (1985): Tajne džudoa (Secret judo), Sava Muncan, Bela Crkva; Ćirković, Z., Kasum, G. (2000). Rvanje grčko-rimskim stilom (Wrestling in the Greek-Roman style), Judo magazine, Belgrade; Mitrović, D. (2003): Veslanje, skripta (Rowing, script), FSFV, Belgrade.			
No. of active classes			Other classes:
Lectures: 2	Practical classes: 2	Other forms of teaching:	Study research work: 6
Teaching method Theoretical lectures; practical lectures; seminar papers; praxis			
Knowledge assessment (maximum score 100) Points are transferred to the sixth semester			
Exam prerequisites	points	Final examination	points
Class Activities	5	Written examination	
Practical instruction	5	Practical examination	
Preliminary exam / Colloquium	10	Oral examination	
Praxis	5		