

Study program / study programs: Sport				
Type and level of studies: Basic professional studies				
Course title: GROUP EXERCISE				
Lecturer or lecturers (for lectures): Sanja D. Mandarić				
Lecturer / Associate (for practice): Sanja D. Mandarić				
Course status: Elective				
ECTS: 4				
Condition: -				
Course objectives: The aim of the Group fitness course is to capacitate students to independently conduct planning, programming and managing group fitness programme in the work with different target groups.				
Course outcome: A student is expected to be theoretically and practically capacitated to conduct group fitness programme, to master motor abilities typical of group fitness components, professional terminology and manner of communication while applying these components.				
Contents description: <i>Theoretical instruction</i> Theoretical classes include definition of the idea of group fitness, its origin and development. Theoretical segment comprises basic notions and definitions, professional terminology, aims, tasks, principles, methods characteristic for certain programme components. Relevance of music in group fitness programmes. <i>Practical classes:</i> Practical classes include introduction to the basic characteristics of group fitness programmes (high-low aerobics, step aerobics, tae-bo, workout, aqua fitness, pilates, exercise programmes with props), methodical and didactic principles of making choreography, class management, matching movements to music.				
References: Stojiljković, S., Mitić, D., Mandarić, S., Nešić, D. (2005). <i>Fitness</i> . Beograd: FSFV. Šiler, B. (2005). <i>Pilates telo</i> . Beograd: IP ESOTHERIA. Champion, N., Hurst, G. (1999). <i>The Aerobics instructor's handbook</i> . East Roseville: Kangaroo Press.				
No. of active classes				Other classes:
Lectures: 1	Exercises/ Practical classes: 2	Other forms of teaching: 0	Study research work: 0	0
Teaching method Interactive theoretical and practical lectures, multimedia projections.				
Knowledge assessment (maximum score 100)				
Exam prerequisites	points	Final examination		points
Class Activities	10	Practical examination		40
Practical instruction	10			
Preliminary exam / Colloquium	20	Oral examination		20