

Study program: Sport			
Type and level of studies: Basic professional studies			
Course title: PERSONAL FITNESS			
Lecturer or lecturers (for lectures): Stojiljković R. Stanimir			
Lecturer / Associate (for practice): Stojiljković R. Stanimir			
Course status: Elective			
ECTS: 4			
Condition: passed exams from the Anatomy course, Antropomotrics, Physiology of physical activity			
Course objectives: The basic objective of the course is to enable students: to consider physical preparation as a significant area in all segments of physical culture; to learn the structure of physical abilities of the most important in recreation; to learn about methods of development of certain physical abilities of significant in recreation; to understand the principles of an integral approach to physical preparation in recreation.			
Course outcome: The expected outcome is to enable students to plan themselves independently, to organize and directly implement individually adapted and properly dosed fitness programs in order to develop individuals physical abilities (aerobic endurance, strength, flexibility), as well as complex programs that affect the versatile development of the most important skills and indirectly have a positive impact on the body composition and general health of practitioner in recreation.			
Contents description: <i>Theoretical instruction:</i> Basic terms - physical fitness, physical preparation, fitness, personal fitness. Place of fitness in system of physical culture. The role and importance of physical fitness training. Aerobic endurance as physical ability of man. Testing aerobic endurance. Methods of development of aerobic endurance in fitness. Planning and periodization in endurance training. Aerobic endurance exercises. Power and strength as physical ability of a man. Testing power, strength and muscle stamina. Methods of developing strength in fitness. Planning and periodization in power training. Fitness development programs. Exercises for the development of individuals muscle groups. Mobility as the physical ability of man. Testing mobility. Methodology of development mobility in fitness. Fitness mobility development programs. Stretching exercises for individual muscles groups. Constituent elements of body composition. Programs for correction of body composition in fitness. Nutrition in the goal of achieving and maintaining good fitness status. Integral access to personal fitness. <i>Practical classes:</i> The exercises show a number of methods and techniques: the testing of a beginner's practitioner; election of the exercise program in accordance with the needs and wishes of the users; planning and programming of exercises; individual load dosage; evaluation of applied programs; performing exercises that are used in development aerobic endurance, strength and mobility. Colloquium: display of work with free weights and on the isotonic machines.			
References: Stojiljkovic, S., Mitic, D., Mandaric, S., Nestic, D. (2012): Personalni fitnes (Personal Fitness) scientific monograph / textbook, Faculty of Sports and Physical Education, University of Belgrade, Belgrade.			
No. of active classes			Other classes:
Lectures: 2	Practical classes: 1	Other forms of teaching: Study research work:	
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	
Preliminary exam / Colloquium	20	Oral examination	50
Seminar papers	10	

