

Name of the course: MOTOR ABILITIES		
Teacher(s): Nedeljković, Č. Aleksandar, Suzović, Dj. Dejan, Mandić, S. Radivoj		
Course status: Elective		
Number of ECTS points: 10		
Requirement: None		
Course objective: To acquaint students with modern methods and protocols for assessing motor skills, the relationship of motor skills with physiological, biomechanical and age characteristics and interpretation of the results and their implementation in monitoring development processes and procedures of organized physical activity and training.		
Outcome of the course: As a result of successful fulfillment of all obligations provided by the course program, it is expected that students will be able to: <ul style="list-style-type: none"> • a comprehensive view of the problem of assessing motor skills • analytical approach to the connection of motor abilities with physiological and biomechanical characteristics • interpretation of the obtained results and implementation in everyday practice. 		
Content of the course: Theoretical bases of motor skills. Metrological bases of motor abilities. Characteristics of motor tests. Testing models. Methodological-methodical conditions for researching the structure of motor abilities in relation to physiological and biomechanical characteristics. Methodological and methodical conditions for research into the development of motor abilities. Methodological-methodical conditions of research of motor abilities in the processes of organized physical activity and training.		
Recommended literature <ol style="list-style-type: none"> 1. Baechle RT, Earle RW. (2004). Essentials of Strength Training and Conditioning, Champaign, IL: Human Kinetics 2. 2. Nedeljkovic, A. (2016). Force-speed relationship in complex movements: a new method in testing muscle strength, power and speed, Faculty of Sports and Physical Education, Belgrade 3. Pajić, Z. (2017). Agility in sports, Faculty of Sports and Physical Education, Belgrade 4. Suzovic, D. (2019). Endurance in sports - assessment in laboratory and field conditions, Faculty of Sports and Physical Education, Belgrade 		
Number active classes	Theory: 4	Practice: /
Course delivery methods Lectures, work in small groups, seminar papers, homework		
Knowledge assessment (maximum number of points 100) Class activity - 30 Colloquia - 30 Oral exam - 40		
Testing ways may vary: (written exams, oral exams, project presentations, seminars, etc.)		
*maximum length 1 A4 page		