

Name of the course: RESEARCH IN RECREATION		
Teacher(s): Mitic R. Dusan, Stojiljković R. Stanimir, Prebeg Z. Goran		
Course status: Elective		
Number of ECTS points: 10		
Requirement: None		
Course objective: To acquaint students with the basic areas and current research problems in the field of recreation, to develop a critical view of current research, to introduce students to various procedures used in the analysis and interpretation of results in recreational research and to prepare them for research work in recreation.		
Outcome of the course: As a result of successful fulfillment of all obligations provided by the course program, students are expected to: recognize current research problems in recreation, be able to analyze papers dealing with this topic and know how to independently choose a research problem and implement all necessary steps to solve it, including creating project, realization of research and writing of scientific research work.		
Content of the course: Systematization of current research problems in the field of recreation. Introduction to literature - basic areas and research problems in recreation. Critical analysis of the literature. Defining original research subjects and based on them creating concrete scientific research projects in the field of recreation.		
Recommended literature		
<ol style="list-style-type: none"> 1. American College of Sports Medicine (2011). Position Stand: Quantity and quality of exercise for developing and maintaining cardiorespiratory, musculoskeletal and neuromotor fitness in apparently healthy adults: Guidance for prescribing exercise. Med. Sci. Sports Exerc., vol. 43, no. 7, pp. 1334-1359. 2. American College of Sports Medicine (1998). Position Stand: The recommended quantity and quality of exercise for developing and maintaining cardiorespiratory and muscular fitness, and flexibility in healthy adults. Med. Sci. Sports Exerc., vol. 30, no. 6, pp. 975-991. 3. American College of Sports Medicine (2009). Position Stand: Progression models in resistance training for healthy adults. Med. Sci. Sports Exerc., vol. 41, no. 3, pp. 687-708. 4. Delavier, F., Gundill, M. (2010). The strength training anatomy workout II. Human Kinetics, Champaign, IL. 5. Gore, C.J. (editor) (2000). Physiological tests for elite athletes - Australian Sports Commission. Human Kinetics, Champaign, IL. 6. Haskell, W. L., Lee, I.-M., Pate, R. R., Powell, K. E., Blair, S. N., Franklin, B. A., Macera, C. A., Heath, G. W., Thompson, P. D., Bauman, A. (2007). Physical activity and public health: Updated recommendation for adults from the American College of Sports Medicine and the American Heart Association. Med. Sci. Sports Exerc., vol. 39, no. 8, pp. 1423-1434. 7. Noakes, T. D. (2003). Lore of running, fourth edition. Human Kinetics, Champaign, IL. 8. Oja, P. and Tuxworth, B. (editors) (1995). Eurofit for adults - Assessment of health-related fitness. Council of Europe, Committee for the development of sport and UKK Institute for health promotion research, Tampere, Finland. 9. Stojiljković, S., Mitić, D., Mandarić, S., Nešić, D. (2012). Personalni fitnes. Fakultet sporta i fizičkog vaspitanja, Univerzitet u Beogradu, Beograd. 		
Number active classes	Theory: 4	Practice:
Course delivery methods Lectures, individual work and work in small groups, seminar papers, homework.		
Knowledge assessment (maximum number of points 100) Activity during the lecture - 30 Seminar paper - 20 Final exam - 50		
Testing ways may vary: (written exams, oral exams, project presentations, seminars, etc.)		
*maximum length 1 A4 page		