

<b>Name of the course:</b> RESEARCH SEMINARS IN RECREATION		
<b>Teacher(s):</b> Mitic R. Dusan, Stojiljković R. Stanimir, Prebeg Z. Goran		
<b>Course status:</b> Elective		
<b>Number of ECTS points:</b> 10		
<b>Requirement:</b> None		
<b>Course objective:</b> To enable students to choose research problems, define subjects, create a project, carry out scientific research and write a scientific research paper for the needs of a doctoral dissertation or publication in a scientific journal.		
<b>Outcome of the course:</b> As a result of successful fulfillment of all obligations provided by the course program, students are expected to: recognize current research problems in the field of recreation, know how to independently choose a research subject and implement all necessary steps in solving it, including writing research and publishing in a scientific journal.		
<b>Content of the course:</b> Theoretical classes: Critical analysis of relevant scientific literature and scientific papers in the field of recreation, published in top scientific journals. Identifying current research problems and defining specific research subjects. Independent research work: Development of a scientific research project in the field of recreation.		
<b>Recommended literature</b>		
<ol style="list-style-type: none"> <li>1. Janssen, P. G. J. M. (2001). Lactate threshold training. Human Kinetics, Champaign, IL.</li> <li>2. Kraemer, W.J., Fleck, S.J. (2007). Optimizing strength training: designing nonlinear periodization workouts. Human Kinetics, Champaign, IL.</li> <li>3. McGuff, D., Little, J. (2009). Body by science: a research-based program for strength training, body building, and complete fitness in 12 minutes a week. McGraw-Hill, USA.</li> <li>4. Mujika, I. (2009). Tapering and peaking for optimal performance. Human Kinetics, Champaign, IL.</li> <li>5. Stojiljković, S., Mitić, D., Mandarić, S., Nešić, D. (2012). Personalni fitnes. Fakultet sporta i fizičkog vaspitanja, Univerzitet u Beogradu, Beograd.</li> <li>6. Verstegen, M., Williams, P. (2007). Core performance endurance. Rodale, USA.</li> </ol>		
Number active classes	Theory: 4	Practice:
<b>Course delivery methods</b> Lectures, individual work and work in small groups, seminar papers, homework.		
<b>Knowledge assessment (maximum number of points 100)</b> Activity during the lecture - 30 Seminar paper - 40 Final exam - 30		
Testing ways may vary: (written exams, oral exams, project presentations, seminars, etc. ....)		
*maximum length 1 A4 page		