Rekreacija u preduzeću

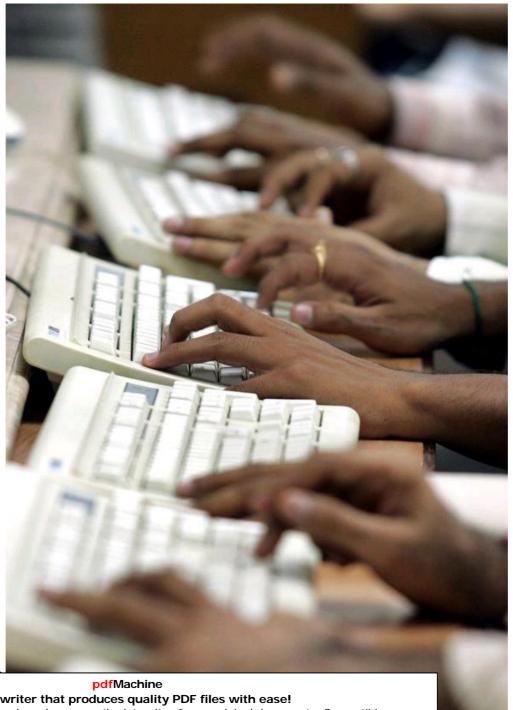
dr Dušan Mitić

četvorogodišnji studij

4/00/0040

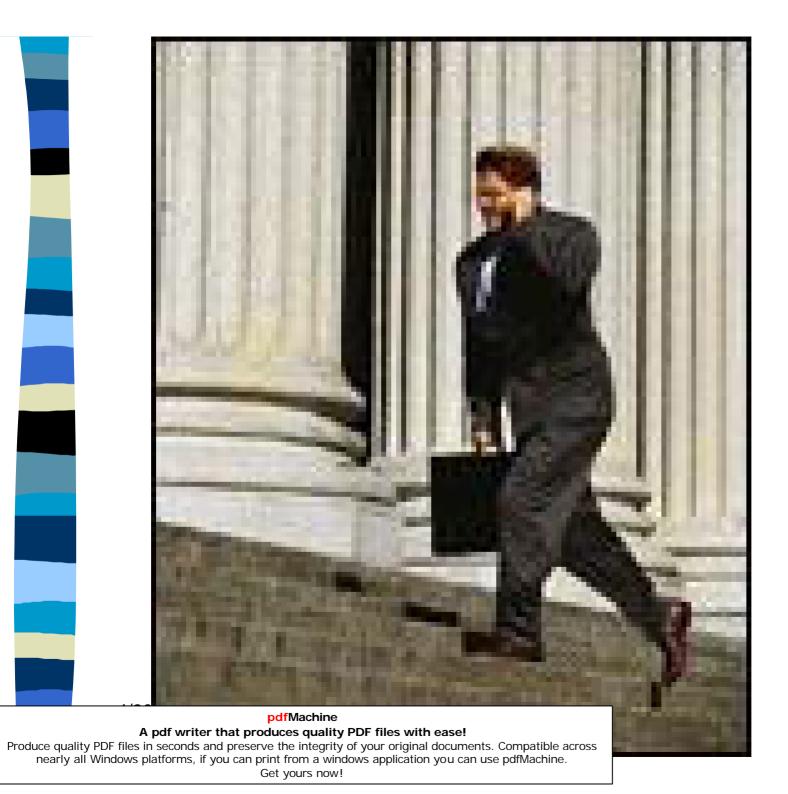
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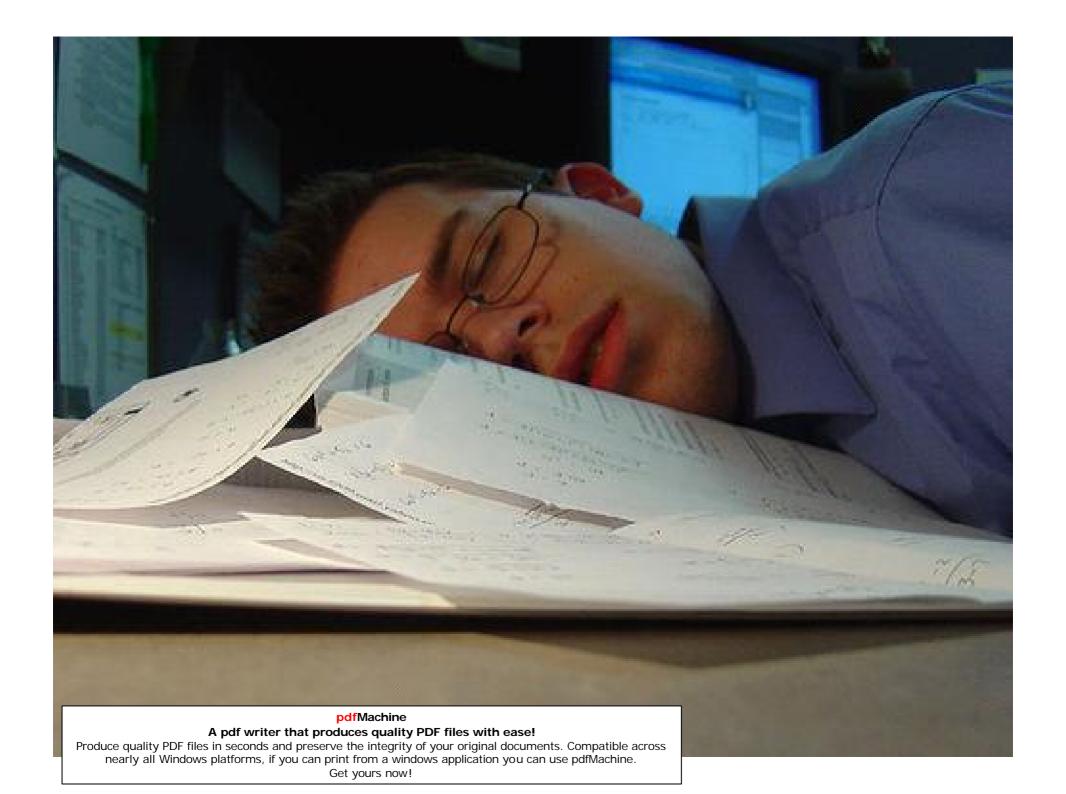
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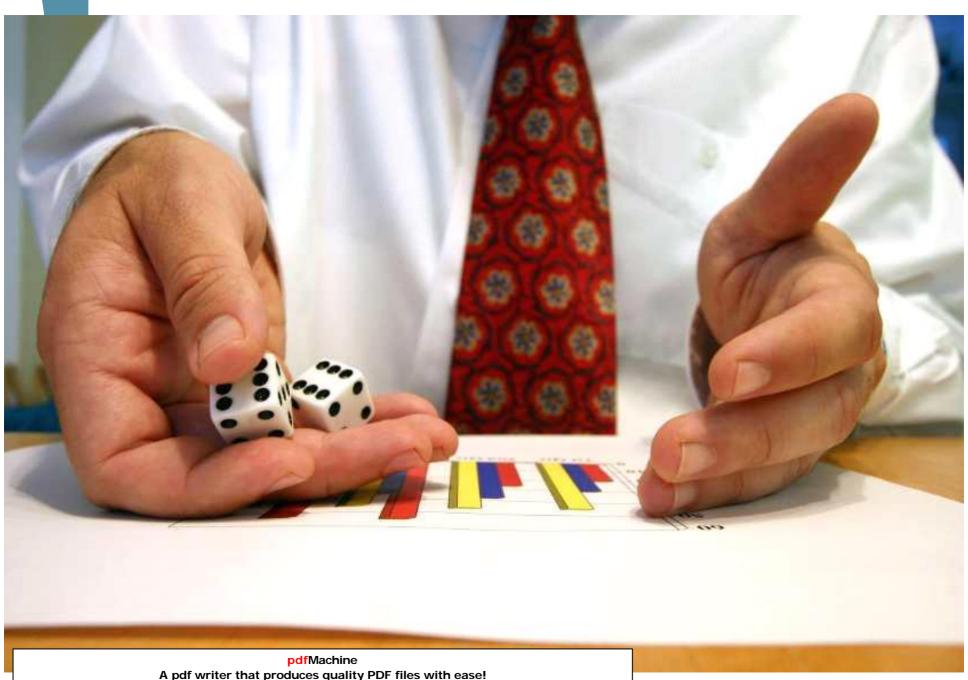
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 - neracionalni režim
 - prisilni položaj tela
- glive paraziti . Mikrobi
- ventilacija osvetljenje

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- vlažnost
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- pritisak

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- poljoprivreda

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- rudari
- milicija
- vatrogasci
- vojna lica
- daktilografi

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VREME ZA REKREACIJU

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- u toku radnog vremena
- na kraju radnog vremena
- dnevno slobodno vreme
- vikend
- letovanje
- zimovanje
- RSI
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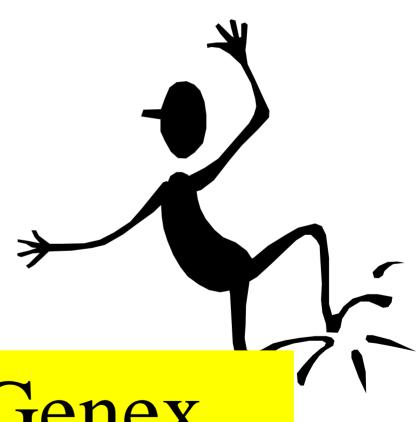
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- Japan
- SSSR
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- fiziološki efekti

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AKTIVNA PAUZA

- vreme u odnosu na zamor
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- 2 x 10-15'
- 10 x 2-3'



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- vežbanje u toku pauze
- trenažeri
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RELAX na kraju radnog vremena

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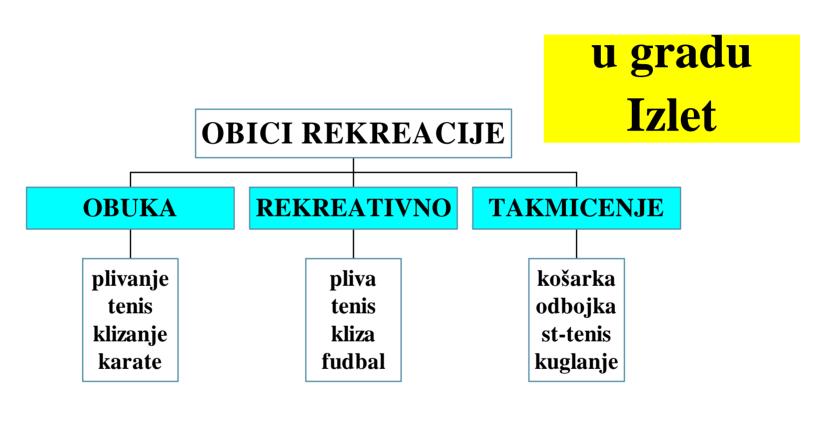
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- koncerti
- AMATERIZAM
 - hor
 - folklor
 - pozorište
 - pevanje
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- sindikat
- partizan
- društveni standard
- stručnjak
- služba za rekreaciju

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