

Study program / study programs: Sport and recreation			
Type and level of studies: Special professional studies			
Course title: WOMEN AND SPORT			
Lecturer or lecturers (for lectures): Irina Juhas, Marija M. Macura, Marina I. Djordjevic Nikic, Sandra S. Radenović, Ana V. Vesković, Goran D. Kasum, Goran P. Nešić, Zoran J. Valdevit			
Course status: Elective for all modules			
ECTS: 5			
Condition: None			
Course objectives: The objective of the course is to present the students with the necessary knowledge about the phenomenon of women in sports, viewed multidisciplinary, in order to form a competent and independent trainer of a specialist, qualified to apply the acquired knowledge in one of the four electoral areas: Children's Sports; Sport; Velnes and Fitness and Special Physical Education.			
Course outcome: The expected outcome of the course is to enable the student to recognize and recognize the differences and similarities between women and men, viewed from the historical, morph-functional, anthropometrics, psychological and sociological aspects, and to apply acquired knowledge in sports..			
Contents description: <i>Theoretical instruction</i> The history of women's sport, the specificity of the morphological and functional characteristics of women, the specificity of motor skills of women, the specifics of women's sport training, menstruation and sports training, pregnancy and sports training, contraception and sports training, nutrition disorders, sports triad, doping in women's sport, and sports, Osteoporosis and physical exercise, Sport in the function of psychological well-being Women, Sociological Aspects of Women's Sport, Women's Role in Sports Organizations, Sport Women with Disabilities. <i>Practical classes:</i> Practical examples from the history of women's sport, Morphological and functional characteristics of women, Specificity of motor skills of women, Specificity of women's sports training, Exercise in pregnancy, Nutrition of athletes, Doping in women's sport, Exercise of women of third age, Sport in the function of psychological well-being of women, Examples of gender inequalities in sports, Women's role in sports organizations, Sport women with disabilities, Models of good practice.			
References: Drinkwater, BL (2000). Women in Sport. Volume VIII of the Encyclopedia of Sports Medicine. Blackwell Science Women and Sport - Proceedings of the International Conference and II national seminar, Belgrade, 2006 Physical Culture (2011), 65 (Supple. 1)			
No. of active classes			Other classes:
Lectures: 3	Exercises/ Practical classes: 3	Other forms of teaching:	
		Study research work:	
Teaching method Theoretical lectures; practical lectures< seminars examples of good praxis			
Knowledge assessment (maximum score 100)			
Exam prerequisites	points	Final examination	points
Class Activities	20	Written examination	50
Practical instruction		Practical examination	
Preliminary exam / Colloquium		Oral examination	
Seminar papers	30	

