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|---|---|-----------------------------------|----------------------------------|-------------------------|
| Study program / study programs: Sport   |   |                                   |                                  |                         |
| Type and level of studies: Special professional studies   |   |                                   |                                  |                         |
| <b>Course title:</b> Group Exercise   |   |                                   |                                  |                         |
| <b>Lecturer or lecturers</b> (for lectures): Sanja D. Mandarić  |   |                                   |                                  |                         |
| <b>Lecturer / Associate</b> (for practice): Sanja D. Mandarić   |   |                                   |                                  |                         |
| Course status: Elective   |   |                                   |                                  |                         |
| <b>ECTS:</b> 6  |   |                                   |                                  |                         |
| Condition: Completed studies of BC-1, BA-1a, BA-1b in the area of physical education, sport and recreation but also other complementary areas.  |   |                                   |                                  |                         |
| <b>Course objectives:</b><br>Acquiring further knowledge and skills in accordance with the principles of planning, programming and completion of group fitness programmes.  |   |                                   |                                  |                         |
| <b>Course outcome:</b><br>Deepened knowledge, understanding and professional skills in the area of group fitness programmes. Efficient monitoring and adoption of novelties in the area of group fitness programmes and their successful application in the work with different target groups in sport and recreation.  |   |                                   |                                  |                         |
| <b>Contents description:</b><br><i>Theoretical classes</i> include definition of the idea of group fitness programmes, their origin and development; basic notions and definitions, professional terminology, aims, tasks, principles, methods characteristic for certain programme components; relevance of motor, morphologic, functional, cognitive, conative dimensions of man in the process of learning and implementation of group fitness programmes; cardio programmes, work-out programmes, body and mind programmes, aqua fitness, exercise programme with props; programme application in work with different target groups.<br><br><i>Practical classes</i> include implementation of different cardio, body and mind, aqua fitness programmes, as well as programmes realised with props; methodical principles significant for programme implementation. |   |                                   |                                  |                         |
| <b>References:</b><br>Stojiljković, S., Mitić, D., Mandarić, S., Nešić, D. (2005). <i>Fitness</i> . Beogra: FSFV;<br>Stojiljković, S., Mitić, D., Mandarić, S., Nešić, D. (2012). <i>Personalni fitnes</i> . Beograd: FSFV;<br>Coulson, M. (2013). <i>The Fitness Instructor's Handbook: A Complete Guide to Health and Fitness</i> . London: Bloomsbury;<br>Šiler, B. (2005). <i>Pilates telo</i> . Beograd: IP ESOTHERIA.<br>Rodriguez, M. (2002). <i>Aqua fitness</i> . London: Bloomsbury.  |   |                                   |                                  |                         |
| <b>No. of active classes</b>  |   |                                   |                                  | Other classes:<br><br>2 |
| Lectures:<br><br>2  | Exercises/<br>Practical classes:<br><br>3 | Other forms of teaching:<br><br>0 | Study research<br>work:<br><br>2 |                         |
| <b>Teaching method</b><br>Theoretical lectures; practical lectures  |   |                                   |                                  |                         |
| <b>Knowledge assessment (maximum score 100)</b>   |   |                                   |                                  |                         |
| <b>Exam prerequisites</b>   | <b>points</b>                             | <b>Final examination</b>          |                                  | <b>points</b>           |
| Class Activities  | 10  | Practical examination             |                                  | 40                      |
| Practical instruction   | 20  |                                   |                                  |                         |
| Preliminary exam / Colloquium   | 20  | Oral examination                  |                                  | 20                      |