

Study program: Sport			
Type and level of studies: Special professional studies			
Course title: Personal fitness			
Lecturer or lecturers (for lectures): Stojiljković R. Stanimir			
Lecturer / Associate (for practice): Stojiljković R. Stanimir, Prebeg Ž. Goran			
Course status: Obligatory in module 3			
ECTS: 5			
Condition: /			
Course objectives: The basic objective of the course is to enable students: to consider physical preparation as a significant area in all segments of physical culture; to learn the structure of physical abilities of the most important in fitness; to learn about methods of development of certain physical abilities of significant in recreation; to understand the principles of an integral approach to physical preparation in recreation.			
Course outcome: The expected outcome is to enable students to make training plans independently, to organize and directly implement individually adapted and properly dosed fitness programs using modern methods, devices and props that affect versatile development of the most important physical ability and indirectly have a positive impact on body composition and general health condition of the fitness practitioner.			
Contents description: <i>Theoretical instruction:</i> Definition of physical fitness, fitness, personal fitness. Place of fitness in system of physical culture. The role and importance of physical fitness training. Testing in personal fitness. Planning and periodization in personal fitness. Contemporary exercise programs in personal fitness. Modern devices and props in the personal fitness. Integral access to personal fitness. <i>Practical classes:</i> The exercises show a number of methods and techniques: the testing of a beginner's practitioner; election of the exercise program in accordance with the needs and wishes of the users; planning and programming of exercises; individual load dosage; evaluation of applied programs; performing exercises that are used in development aerobic endurance, strength and mobility. Colloquium: display of work with free weights and on the isotonic machines, use of cardio machines, use of props for mobility development. Seminary work: Plan and program of training and nutrition in order to develop: forces, strength, hypertrophy, muscular endurance, aerobic endurance, mobility, correction of the body composition.			
References: Stojiljkovic, S., Mitic, D., Mandaric, S., Nestic, D. (2012): Personal Fitness; scientific monograph / textbook, Faculty of Sports and Physical Education, University of Belgrade, Belgrade.			
No. of active classes			Other classes:
Lectures: 3	Practical classes: 3	Other forms of teaching: Study research work:	
Teaching method Theoretical lectures; practical lectures			
Knowledge assessment (maximum score 100)			
Exam prerequisites	points	Final examination	points
Class Activities	10	Written examination	50
Practical instruction	10	Practical examination	
Preliminary exam / Colloquium	10	Oral examination	
Seminar papers	20	