

Study program / study programs: Sport				
Type and level of studies: Special professional studies				
Course title: PROFESSIONAL PRACTICE - MODUL WELLNES AND FITNESS				
Lecturer or lecturers (for lectures): Mitić R. Dušan, Stojiljković R. Stanimir, Mandarić D. Sanja, Prebeg Ž, Goran				
Lecturer / Associate (for practice): Mitić R. Dušan, Stojiljković R. Stanimir, Mandarić D. Sanja, Prebeg Ž, Goran				
Course status: Compulsory... Obligatory				
ECTS: 4				
Condition:				
Course objectives: Application of the acquired theoretical knowledge and skills in the work of the wellness center and / or the direct realization of the program chairs of the group and personal fitness.				
Course outcome: To organize and implement defined group and personal fitness programs through the teaching practice according to the current conditions of work of the wellness center and the abilities of the group. To independently assess the fitness status of citizens and to create a program of activities for the repair and maintenance of fitness To actively engage in the design and implementation of the work of the wellness center.				
Content of professional practice The student chooses an actual group fitness program and an appropriate fitness club where he / she must spend at least 20 hours on the realization The student chooses an actual fitness club where he / she spends at least 20 hours on the implementation of personal fitness programs The student participates for two weeks in the system of organization and realization of activities and contents of the wellness, through which he/she examines the ways and models of organization of business systems and financing in the field of wellness.				
References:				
No. of active classes				Other classes:
Lectures:	Exercises/ Practical classes:	Other forms of teaching: 30	Study research work:	
Methods of implementation Student chooses one of the programs: • group fitness program, • a fitness club in which a personal fitness is realized • Wellness center with the active presence of project managers - expert colleagues who implement the program of work in their wellness / fitness club				
Knowledge assessment (maximum score 100)				
Exam prerequisites	points	Final examination	points	
Attending Practice Hours	35			
Preparing for practice	15			
Activity during practice	15			
Final examination	35		

