

Study program / study programs: Wellness i Fitness			
Type and level of studies: Special professional studies			
Course title: Wellness			
Lecturer or lecturers (for lectures): Mitić R. Dušan, Stojiljković R. Stanimir			
Lecturer / Associate (for practice): Prebeg Ž. Goran			
Course status: Obligatory ili Elective			
ECTS: 5			
Condition: No			
<p>Course objectives: The objective of the course is to give students knowledge about the wellness which, as a process, should enable psycho-physical relaxation based on pleasant stimulation of all senses, relaxation and for regeneration of the organism as a whole and regulation of metabolism. The study of causative and consequential processes of satisfying the general bio-psycho-social need for movement, play and socializing in order to refresh, strengthen and nurture a healthy lifestyle will help students in the later professional work to contribute to the realization of the wellness program.</p>			
<p>Course outcome: Every student is expected to see and analyze the bio-psycho-social needs of citizens for movement, play and socializing in order to refresh, strengthen and nurture a healthy lifestyle; that the wellness provides full benefit to the organism: health, vitality, harmony, beauty, calmness and signifies the optimal state of feeling of contentment and balance of the body, spirit, soul. It is expected that the student can participate in the system of organization and organization and realization of activities and contents of the wellness; to know the ways and models of organizing the business system and financing in the field of wellness; to know the causal and consequential connection of biological age, psychological development, social environment and type of burden to the interrelation of interest and the needs of relaxation and exercise of certain categories of citizens; knowledge of the importance, legality and possibilities of promoting wellness activities.</p>			
<p>Contents description:</p> <p><i>Theoretical instruction: The importance and possibilities of applying wellness procedures in the function of relaxation and improvement of working ability and the formation of healthy lifestyles. Experience of organizing wellness in the world and with us for certain categories of citizens. Models of realization of the wellness program for target groups of employees, pupils, citizens, disabled people, pensioners, women, etc.</i></p> <p><i>Practical classes: Impressions of the application of organizational models, presentation and possibilities of applying various wellness contents, prophylactic procedures, modification of sports, sports games and contents for the purpose of recovery, relaxation and recreation.</i></p>			
<p>References:</p> <ol style="list-style-type: none"> 1. Mitić D: Rekreatija, udžbenik na Fakultetu sporta i fizičkog vaspitanja u Beogradu, Beograd 2001. 2. Isailović G., Matić B. (2006) „Vodič kroz Wellness“, Autorsko izdanje, Beograd, 3. Smith M. & Puczko L, (2009) Health and Wellness Tourism, Butterworth-Heinemann, Elsevier 			
No. of active classes			Other classes:
Lectures: 2	Exercises/ Practical classes:2	Other forms of teaching: 4	
<p>Teaching method</p> <p>On the theory of frontal work with the setting of thematic units discussed in the course of teaching. During the exercises, content displays analyze the scope and indicate the possibilities for further elaboration and application in practice.</p>			
Knowledge assessment (maximum score 100)			
Exam prerequisites	points	Final examination	points
Class Activities	15	Written examination	30
Practical instruction	15	Practical examination	
Preliminary exam / Colloquium	10	Oral examination	20
Seminar papers	10	

