Study program / study programs: Sport and recreation

Type and level of studies: Special professional studies

Course title: ENERGETICS IN SPORT AND RECREATION

Lecturer or lecturers (for lectures)**:** Ugarković D. Dušan, Popović V. Aleksandra, Đorđević Nikić I. Marina, Marković D. Branka

Course status: Obligatory

ECTS: 5

Condition: None

Course objectives:

The objective of the course is to provide students with knowledge in the field of science that deals with the assessment of energy flows in the human body during rest and physical efforts in various sports and recreational activities.

Course outcome:

Knowledge and professional skills that build competencies in the area of assessment and calculation of energy needs of man in daily work with athletes and recreational players.

Contents description:

Theoretical instruction

1. Introduction to the fundamentals of an energetic man 2. Anatomy of the digestive tract 3. Antioxia of the endocrine system 4. Physiology of the digestive tract 5. Physiology of the endocrine system 6. Principles of estimating the energy price of labor and the necessary energy input of nutrients for sporting endurance, strength, mixed sports, sports in water, aesthetic sports 7. Interactive assessment of energy needs and assembly of menus according to the needs of sports.

Practical classes:

1.Values from the anatomy of the digestive system 2. Females from the anatomy of the endocrine system 3. Assessment of energy demands of various sports and recreational activities 4. Making menus according to the individual requirements of athletes and recreators.

References:

1. Boskovic, M. (2005): Anatomija čoveka (Human Anatomy), Naučna knjiga, Belgrade
2. Nikolić, Z. (1995): Fiziologija fizičke aktivnosti (Physiology of Physical Activity), FSFV, Belgrade

No. of active classes				Other classes:
Lectures: 2	Exercises/ Practical classes: 2	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	20
Practical instruction	15	Practical examination	
Preliminary exam / Colloquium	20	Oral examination	25
Seminar papers	10	.....	