

Study program / study programs: Sport and recreation				
Type and level of studies: Special professional studies				
Course title: Ergometry in sport and recreation				
Lecturer or lecturers (for lectures): Ugarković D. Dušan, Ilić Ž. Vladimir, Macura M. Marija				
Lecturer / Associate (for practice): Ugarković D. Dušan, Ilić Ž. Vladimir, Macura M. Marija				
Course status: Obligatory				
ECTS: 5				
Condition: none				
Course objectives: the course objective is for the students to acquire knowledge in a field of science which engages in measuring and assessment of human work especially in a space of sport and recreational activity				
Course outcome: Knowledge and professional skills to build competence for planning and conducting tests in certain sports and recreation and modulating the energy characteristics of athletes and recreational players.				
Contents description: <i>Theoretical instruction</i> 1. Introduction to ergometry 2. units of labor 3. Types of tests and testing human capability 4. Gneral and specific tests in sport and recreation 5. Protocol preparation for testing 6. medical examination 7. Basic functional tests 8. Aerobic tests in sport and recreation 9. Anaerobic tests in sports and recreation <i>Practical classes:</i> 1. Aerobic tests in sport and recreation 2. Anaerobic tests in sports and recreation 3. Types of ergometers 4. Testing anaerobic thresholds 5. Lactic curve				
References: Djurđević, V. (1978): Ergometrija, Medicinska knjiga, Beograd-Zagreb Ugarković, D. (2004): Biomedicinske osnove sportske medicine, SIA, Novi Sad Nikolić, Z. (2003): Fiziologija fizičke aktivnosti, FSFV, Beograd				
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		