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| **UNIVERSITY OF NIŠ** | | | | | | |
| **Course Unit Descriptor** | | **Faculty** | | | **Faculty of Sport and Physical Education** | |
| **GENERAL INFORMATION** | | | | | | |
| Study program | | | | **Basic Academic Studies, Physical Education and Sport** | | |
| Study Module (if applicable) | | | |  | | |
| Course title | | | | Swimming | | |
| Level of study | | | | ☒Bachelor academic ☐ Master’s ☐ Doctoral | | |
| Type of course | | | | ☒ Obligatory ☐ Elective | | |
| Semester | | | | ☐ Autumn ☒Spring | | |
| Year of study | | | | Second | | |
| Number of ECTS allocated | | | | 7 | | |
| Name of lecturer/lecturers | | | | Tomislav Okičić, Ph.D, full professor; Dejan Madić, Ph.D, full professor, Marko Djuric, Ph.D, assistent professor | | |
| Teaching mode | | | | ☒Lectures ☒Group tutorials ☐ Individual tutorials  ☐Laboratory work ☐ Project work ☐ Seminar  ☐Distance learning ☐ Blended learning ☒ Other | | |
| **PURPOSE AND OVERVIEW (max. 5 sentences)** | | | | | | |
| *Students have gained theoretical and practical knowledge and skills, which will be applied in practice (curricular and extracurricular activities in school and in sports clubs as well).* | | | | | | |
| **SYLLABUS (brief outline and summary of topics, max. 10 sentences)** | | | | | | |
| **Historical development of swimming (history of swimming, swimming in the Olympics, World Cup and European Championship), biomechanics of swimming (hydrostatics, hydrodynamics). Training of the swimming techniques: freestyle, breaststroke, backstroke, butterfly. Training of non-swimmers (methodology, organization). Basics of snorkeling (head in diving, feet in diving, dive out). Improvement of the swimming techniques (freestyle, backstroke, breaststroke, butterfly, individual medley). Training and development of the race elements (start, turn, gliding, finishing), training in swimming (development of sports form, macro and micro planning, selection, means and methods for the development, control and monitoring of the results). Rescue of drowning persons (organization of the rescue services, operational steps of the drowning persons rescue).** | | | | | | |
| **LANGUAGE OF INSTRUCTION** | | | | | | |
| ☒Serbian (complete course) ☒ English (complete course) ☐ Other \_\_\_\_\_\_\_\_\_\_\_\_\_ (complete course)  ☐Serbian with English mentoring ☐Serbian with other mentoring \_\_\_\_\_\_\_\_\_\_\_\_\_\_ | | | | | | |
| **ASSESSMENT METHODS AND CRITERIA** | | | | | | |
| **Pre exam duties** | **Points** | | **Final exam** | | | **points** |
| **Theory+ practicals** | **10** | | **Practical examination** | | | **20** |
| **Colloquium theory** | **10** | | **Oral examination** | | | **20** |
| **Colloquium practicals** | **35** | |  | | |  |
| **Interactive teaching** | **5** | |  | | |  |
|  |  | | **OVERALL SUM** | | | **100** |
| **\*Final examination mark is formed in accordance with the Institutional documents** | | | | | | |