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|  **UNIVERSITY OF NIŠ** |
| **Course Unit Descriptor** | **Faculty** | **Faculty of Sport and Physical Education in Nis** |
| **GENERAL INFORMATION** |
| Study program  | Basic academic studies, physical education and sport |
| Study Module (if applicable) |  |
| Course title | Free climbing |
| Level of study | ☒Bachelor academic☐Bachelor professional ☐ Master’s ☐ Doctoral |
| Type of course | ☐ Obligatory ☒ Elective |
| Semester  | ☐ Autumn ☒Spring |
| Year of study  | Third |
| Number of ECTS allocated | 5 |
| Name of lecturer/lecturers | Daniel Stanković, Ph.D, associate professor |
| Teaching mode | ☒Lectures ☒Group tutorials ☐ Individual tutorials☐Laboratory work ☐ Project work ☐ Seminar☐Distance learning ☐ Blended learning ☒ Other |
| **PURPOSE AND OVERVIEW (max. 5 sentences)** |
| To familiarize students with the development of the technique and rules of mountaineering and rock climbing.Students are trained to apply their theoretical and practical knowledge in the subject mountaineering and climbing applications in sports and recreational practices. |
| **SYLLABUS (brief outline and summary of topics, max. 10 sentences)** |
| The emergence of sport climbing and historical development of sport climbing. Equipment, work with the equipment and its use in practice. Types of grips and treads. Insurance and types of insurance, equipping directions. The technique of climbing. Abzeling. Security alpine and sport climbing directions. Training techniques of climbing on artificial and natural rocks. Making insurance and setting up various climbing directions. First aid and self-healing. |
| **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** |
| **Teaching colloquia 1 (theory)** | **10** | **Theory examination** | **20** |
| **Teaching colloquia 2 (practicals)** | **20** |  |  |
| **Seminar paper / Test** | **10** |  |  |
| **Activity during lectures** | **10** | **OVERALL SUM** | **100** |
| **\*Final examination mark is formed in accordance with the Institutional documents** |