



# 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	Locomotor system in sport
Level of study	<input checked="" type="checkbox"/> Bachelor academic <input type="checkbox"/> Bachelor professional <input type="checkbox"/> Master's <input type="checkbox"/> Doctoral
Type of course	<input type="checkbox"/> Obligatory <input checked="" type="checkbox"/> Elective
Semester	<input checked="" type="checkbox"/> Autumn <input type="checkbox"/> Spring
Year of study	Second
Number of ECTS allocated	5
Name of lecturer/lecturers	Vladimir Antić, Ph.D, associate professor
Teaching mode	<input checked="" type="checkbox"/> Lectures <input checked="" type="checkbox"/> Group tutorials <input type="checkbox"/> Individual tutorials <input type="checkbox"/> Laboratory work <input type="checkbox"/> Project work <input type="checkbox"/> Seminar <input type="checkbox"/> Distance learning <input type="checkbox"/> Blended learning <input checked="" type="checkbox"/> Other

## PURPOSE AND OVERVIEW (max. 5 sentences)

*The aim of this course is to introduce detailed theory of anatomical locomotor system, especially from a functional point of view and in certain sport. Knowledge of the anatomical structures of the locomotor apparatus, which is the basis of all physical and sporting activities, which would be a better theoretical and practical basis for further understanding and teaching of vocational subjects. Training for the practical work that awaits students, whether their activities are directed towards educational work or work in clubs or sports organizations.*

## SYLLABUS (brief outline and summary of topics, max. 10 sentences)

**Definition, functions and classification of skeletal system. The shape of the bones, the division shape, external appearance. Build bone, blood vessels and nerves, periosteum and bone marrow, and the mechanical properties of bone architecture. The development of bone tissue, determining the sex and age of the skeleton, skeletal system, head and neck, spinal column, chest, upper extremities, pelvis, lower extremities. Definition joints, major and minor parts of joints, division and function of joints, articulated system of the head and neck, spinal column, chest, upper and lower extremities, pelvis. The definition of muscles and their characteristics, structure and distribution muscle to the material, the components of muscle, muscle function - as it accrues, classification according to appearance, attachment and function. The muscular system of the head and neck, spinal column, chest, upper and lower extremities, pelvis.**

Functional characteristics of the human locomotor apparatus, neurological basis for the movement. Functional characteristics of the locomotor apparatus (bones, joints, muscle groups and multiple muscle) in gymnastics, team sports at the ball, in some disciplines in swimming, athletics (running, jumping, throwing), the dance, when lifting loads at sports that selected students.

#### 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	Theory examination	40
Colloquia	20		
Activity	10		
Interactive teaching	20	OVERALL SUM	100

\*Final examination mark is formed in accordance with the Institutional documents