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|  **UNIVERSITY OF NIŠ** |
| **Course Unit Descriptor** | **Faculty**  | **Faculty of Sport and Physical Education** |
| **GENERAL INFORMATION** |
| Study program  | **Basic Professional studies, Sport – distance learning** |
| Study Module (if applicable) |  |
| Course title | Sports medicine |
| Level of study | [x] Bachelor professional [ ]  Master’s [ ]  Doctoral |
| Type of course | [x]  Obligatory [ ]  Elective |
| Semester  | [ ]  Autumn [x] Spring |
| Year of study  | Second |
| Number of ECTS allocated | 8 |
| Name of lecturer/lecturers | Ivana Mladenović-Ćirić, Ph.D, associate professor |
| Teaching mode |  [ ] Lectures [ ] Group tutorials [ ]  Individual tutorials [ ] Laboratory work [ ]  Project work [ ]  Seminar [x] Distance learning [ ]  Blended learning [ ]  Other |
| **PURPOSE AND OVERVIEW (max. 5 sentences)** |
| *Students are enabled to practically apply acquired knowledge in the control of the functional abilities, developmental characteristics of children, adolescents and adults going in for sports. Students are enabled to perform organized forms of sports, recreation and physical education.* |
| **SYLLABUS (brief outline and summary of topics, max. 10 sentences)** |
| **Theory: Control of health, physical development and functional abilities, Positive and negative effects of physical exercise on health, Pathological conditions and physical exercise. Disorders and damage to health caused by considerable physical effort, Injuries in sport, physical education and recreation, Prevention and first aid administering. Nutrition of athletes means of faster recovery, doping and doping control. Developmental characteristics of certain age children. Control of health, physical development and functional abilities, Positive and negative effects of physical exercise on health, Disorders and damage to the health of strenuous physical effort in sport, recreation and physical education, Pathological conditions and physical exercise. Sports massage and self-massage, bleeding stopping, immobilization, Means of immobilization. Practicals: Anthropometric measurements, types of bandages and their application, Immobilization Immobilisation means, Sports massage surgery in massage and self-massage in sport and recreation, Reanimation and reanimation procedures, Immobilization and application of the immobilizations means.** |
| **LANGUAGE OF INSTRUCTION** |
| [x] Serbian (complete course) [x]  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** | **5** | **Practical examination** | **10** |
| **Practicals** | **5** | **Theoretical examination** | **20** |
| **Colloquium 1 (theory)** | **15** |  |  |
| **Colloquium 2** | **15** |  |  |
| **Seminar paper / Test** | **10** |  |  |
| **Interactive teaching** | **20** | **OVERALL SUM** | **100** |
| **\*Final examination mark is formed in accordance with the Institutional documents** |