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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 | | | | Fitness | | |
| Level of study | | | | Bachelor professional  Master’s  Doctoral | | |
| Type of course | | | | Obligatory  Elective | | |
| Semester | | | | Autumn Spring | | |
| Year of study | | | | First | | |
| Number of ECTS allocated | | | | 6 | | |
| Name of lecturer/lecturers | | | | Radmila Kostić, Ph.D, full professor; Slavoljub Uzunović, 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)** | | | | | | |
| *Acquisition of basic knowledge about the components, resources, programs and popular fitness methods. Capacity to use different software development strength, endurance and agility, and mastery of motor knowledge to perform a variety of exercises and other fitness equipment fitness and ability to apply the acquired knowledge in the practice of physical education, sport and recreation.* | | | | | | |
| **SYLLABUS (brief outline and summary of topics, max. 10 sentences)** | | | | | | |
| **Theory: The concept and importance of fitness. Cardiorespiratory fitness (components, training areas, training methods, significance). Muscular fitness (factors, technology training, methods). Flexibility. Body composition. Determining the fitness components, capabilities. Application of fitness in physical education, sport and recreation.**  **Practicals: Aerobic activities. Choreography fitness competition (dance practice, acrobatic exercises). Strength training (exercises, with or without apparatus, with load and no load). Mobility exercises, Stretching, Pilates.** | | | | | | |
| **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** | | **Oral, written or in the form of the test** | | | **30** |
| **Test** | **15** | |  | | |  |
| **Teaching colloquia 1** | **12** | |  | | |  |
| **Teaching colloquia 2** | **18** | |  | | |  |
| **Activity during lectures** | **15** | | **OVERALL SUM** | | | **100** |
| **\*Final examination mark is formed in accordance with the Institutional documents** | | | | | | |