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| **UNIVERSITY OF NIŠ** | | | | | | |
| **Course Unit Descriptor** | | **Faculty** | | | **Faculty of Sport and Physical Education** | |
| **GENERAL INFORMATION** | | | | | | |
| Study program | | | | **Master Academic Studies, Physical Education And Sport** | | |
| Study Module (if applicable) | | | |  | | |
| Course title | | | | Assessment and planning of physical activities | | |
| Level of study | | | | Bachelor  Master’s  Doctoral | | |
| Type of course | | | | Obligatory  Elective | | |
| Semester | | | | Autumn Spring | | |
| Year of study | | | | First | | |
| Number of ECTS allocated | | | | 6 | | |
| Name of lecturer/lecturers | | | | Saša Pantelić, 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)** | | | | | | |
| *Through theoretical classes as well as independent research students will be able to implement their own epidemiological studies that assess daily physical activity, to conceptualize the research process, to implement research and evaluate the data obtained, apply modern devices for the assessment of physical activity, analyse the present state and give concrete proposals for changing the current situation, etc., in different population groups.* | | | | | | |
| **SYLLABUS (brief outline and summary of topics, max. 10 sentences)** | | | | | | |
| **The definitions of physical activity. The positive effects of physical activity on the body. Barriers to implementation of physical activity. Trend of physical activity in Europe and the world. Trend of physical activity in Serbia. Types of assessment and measurement of physical activity. Evaluation of the physical activity of various population groups. The interests of promoting physical activity. Group and independent testing and assessment of physical activity of various population groups.** | | | | | | |
| **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** | **5** | | **Oral examination** | | | **40** |
| **Practicals** | **5** | |  | | |  |
| **Study research work** | **10** | |  | | |  |
| **Seminar paper** | **10** | |  | | |  |
| **Colloquium** | **20** | |  | | |  |
| **Interactive teaching** | **10** | | **OVERALL SUM** | | | **100** |
| **\*Final examination mark is formed in accordance with the Institutional documents** | | | | | | |