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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 - distance learning** |
| Study Module (if applicable) |  |
| Course title | Planning, programming and control of trainig |
| Level of study | [ ] Bachelor [x]  Master’s [ ]  Doctoral |
| Type of course | [ ]  Obligatory [x]  Elective |
| Semester  | [ ]  Autumn [x] Spring |
| Year of study  | First |
| Number of ECTS allocated | 6 |
| Name of lecturer/lecturers | Tomislav Okičić, Ph.D, full 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 will be competent to independently plan, programme, implement, monitor and control the level of physical (conditioning) state within the sport of fitness. The student will be able to independently produce program of training and control the effects achieved by the process of physical, sports or sports-recreational training as a transformational process.* |
| **SYLLABUS (brief outline and summary of topics, max. 10 sentences)** |
| **Fitness and conditioning training in the structure of the sports form development, Planning and programming of the conditioning training, connection of the fitness and conditioning training with the technical and tactical preparation, Diagnostics and application of the results in planning and programming in the process of developing physical fitness, Planning of the conditioning training of younger age groups, Overtraining and recovery, evaluation of the effects of physical preparation. Anthropological, methodological and methodical aspects of programming, Programming methods. Programming and control of training levels, Plans and programs design. Diagnostic procedures for the analysis of the state of training, use of IT.** |
| **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 + Practicals** | **10** | **Written examination** | **15** |
| **Seminar paper** | **20** | **Oral examination** | **15** |
| **Colloquium 1** | **20** |  |  |
| **Colloquium 2** | **20** | **OVERALL SUM** | **100** |
| **\*Final examination mark is formed in accordance with the Institutional documents** |