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| **UNIVERSITY OF NIŠ** | | | | | | |
| **Course Unit Descriptor** | | **Faculty** | | | **Faculty of Sport and Physical Education** | |
| **GENERAL INFORMATION** | | | | | | |
| Study program | | | | **Specialist Professional Studies, Sport** | | |
| Study Module (if applicable) | | | |  | | |
| Course title | | | | Programming and monitoring of the training levels in the selected sport | | |
| Level of study | | | | ☒Specialist professional ☐ Master’s ☐ Doctoral | | |
| Type of course | | | | ☒ Obligatory ☐ Elective | | |
| Semester | | | | ☒ Autumn ☐Spring | | |
| Year of study | | | | First | | |
| Number of ECTS allocated | | | | 8 | | |
| Name of lecturer/lecturers | | | | The teacher selected sports | | |
| Teaching mode | | | | ☒Lectures ☒Group tutorials ☐ Individual tutorials  ☐Laboratory work ☐ Project work ☐ Seminar  ☐Distance learning ☐ Blended learning ☒ Other | | |
| **PURPOSE AND OVERVIEW (max. 5 sentences)** | | | | | | |
| *Students are capable to autonomously plan, program, realize, survey and monitor the levels of physical (condition) fitness within the sports form, as well as independent designing of the training programs, monitoring of the achieved process effects of any given transformation procedure.* | | | | | | |
| **SYLLABUS (brief outline and summary of topics, max. 10 sentences)** | | | | | | |
| **Theory: Condition (physical) fitness preparation within the sports form development, Planning and programming of the condition (physical) fitness preparation. Connection of the condition (physical) fitness preparation with technical and tactical preparation. Diagnostics and results application in planning and programming of the condition (physical) fitness preparation. Planning of the condition (physical) fitness preparation of the younger age categories. Overtraining and recover, Estimation of the effects of (physical) fitness preparation. Practicals: Anthropological, methodological and methodological aspects of programming. Methods of programming: serial, paralel, network. Programming and training level monitoring. Drawing up of the plan and program (sports career, Olympic cycle, annual based cycle, quarter, multicycle periodization). Diagnostic procedures for the training level estimation. Use of IT in planning and programming of the condition (physical) fitness preparation.** | | | | | | |
| **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** |
| **Activity during lectures** | **10** | | **Written examination** | | | **15** |
| **Seminar paper** | **20** | | **Oral examination** | | | **15** |
| **Colloquium1** | **20** | |  | | |  |
| **Colloquium 2** | **20** | | **OVERALL SUM** | | | **100** |
| **\*Final examination mark is formed in accordance with the Institutional documents** | | | | | | |