



# UNIVERSITY OF NIŠ

**Course Unit Descriptor**

**Faculty**

**Faculty of Sport and Physical Education**

## GENERAL INFORMATION

Study program

Basic Academic Studies, Physical Education and Sport

Study Module (if applicable)

Course title

Theory of physical culture

Level of study

Bachelor academic  Master's  Doctoral

Type of course

Obligatory  Elective

Semester

Autumn  Spring

Year of study

First

Number of ECTS allocated

6

Name of lecturer/lecturers

Nebojša Randelović, 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)

*Students will gain knowledge to prompt general culture, professional education and the development of critical consciousness. Students will be able to understand the importance of physical activity and physical exercising, independent work and further professional development.*

## SYLLABUS (brief outline and summary of topics, max. 10 sentences)

**Basic concepts and the importance and role of the theory of physical education. Science, objectives, motives, principles and the essence of the teaching process in physical education. The organizational forms of work, principles and teaching methods in physical education. The concept and the emergence and development of sport. The division and basic characteristics of sport. Politics, business and violence in sport. The concept and development of recreation. The importance of recreation and theories of leisure time. Basic principles of recreation and organizational form of work. The forms of recreational physical exercise and facilities and equipment for sports recreation.**

## LANGUAGE OF INSTRUCTION

Serbian (complete course)  English (complete course)  Other \_\_\_\_\_ (complete course)

Serbian with English mentoring     Serbian with other mentoring \_\_\_\_\_

**ASSESSMENT METHODS AND CRITERIA**

<b>Pre exam duties</b>	<b>Points</b>	<b>Final exam</b>	<b>points</b>
<b>Theory + Practicals</b>	<b>10</b>	<b>E - examination</b>	<b>20</b>
<b>Colloquium 1-4</b>	<b>40</b>	<b>Oral examination</b>	<b>20</b>
<b>Interactive teaching</b>	<b>10</b>	<b>OVERALL SUM</b>	<b>100</b>

**\*Final examination mark is formed in accordance with the Institutional documents**