



# UNIVERSITY OF NIŠ

**Course Unit Descriptor**

**Faculty**

**Faculty of Sport and Physical Education in Nis**

## GENERAL INFORMATION

Study program

Basic academic studies, physical education and sport

Study Module (if applicable)

Course title

Free climbing

Level of study

Bachelor academic  
 Bachelor professional       Master's       Doctoral

Type of course

Obligatory       Elective

Semester

Autumn       Spring

Year of study

Third

Number of ECTS allocated

5

Name of lecturer/lecturers

Daniel Stanković, Ph.D, full professor

Teaching mode

Lectures       Group tutorials       Individual tutorials  
 Laboratory work       Project work       Seminar  
 Distance learning       Blended learning       Other

## PURPOSE AND OVERVIEW (max. 5 sentences)

To familiarize students with the development of the technique and rules of mountaineering and rock climbing. Students are trained to apply their theoretical and practical knowledge in the subject mountaineering and climbing applications in sports and recreational practices.

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

The emergence of sport climbing and historical development of sport climbing. Equipment, work with the equipment and its practice. Types of grips and treads. Insurance and types of insurance, equipping directions. The technique of climbing. Abz Security alpine and sport climbing directions. Training techniques of climbing on artificial and natural rocks. Making insurance setting up various climbing directions. First aid and self-healing.

## 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>Practical examination</b>	<b>20</b>
<b>Teaching colloquia 1 (theory)</b>	<b>10</b>	<b>Theory examination</b>	<b>20</b>
<b>Teaching colloquia 2 (practicals)</b>	<b>20</b>		
<b>Seminar paper / Test</b>	<b>10</b>		
<b>interactive activity</b>	<b>10</b>	<b>OVERALL SUM</b>	<b>100</b>

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