



# 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

History 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

4

Name of lecturer/lecturers

Zvezdan Savić, Ph.D, full professor; Nikola Stojanović, 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. Acquired knowledge in the History of Physical Education will serve students to cope with other study program exams at the university, to enable them to operationalize their knowledge in practice, but also to encourage research relationship with the theory and practice of the History of Physical Education course.*

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

**Historical methods. Historical sources. The forms of physical exercise in the prehistoric times. Physical education in the ancient times (Mesopotamia, Egypt, Crete and Mycenae). Physical education in the ancient Greece, Rome and Etruria. The significance of the ancient Olympic, circus and gladiatorial games. Early Middle Ages. Physical exercise of the Vikings and Late Middle Ages: the Renaissance and Reformation. The modern Olympic Games. Development of physical exercise on the territory of Serbia.**

## 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	30
Theoretical exercises	5		
Colloquium 1	20		
Colloquium 2	20		
Interactive teaching	20	<b>OVERALL SUM</b>	<b>100</b>

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