



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 Recreation

Level of study Bachelor academic Master's Doctoral

Type of course Obligatory Elective

Semester Autumn Spring

Year of study Fourth

Number of ECTS allocated 6

Name of lecturer/lecturers Saša Pantelić, Ph.D, associate professor; Zoran Milanović, Ph.D, assistant 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 learn the basic forms of recreational exercising and possibilities of their practical application. Students will be able through lectures, practical exercises and consultations to master the theoretical and practical skills related to the use of physical exercises in recreation. They will also be able to work independently and implement methodology of training activities in practice for the people of different ages and abilities.

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

The development and importance of recreation. Scientific-theoretical foundations of sports recreation. The needs in the sports recreation. Leisure time and recreational activities. Functions and modeling of sports recreation program. Organized active break during work. Individual programs of sports recreation activities. Sports recreations of the aerobic orientation, dosage and load control. Social games and entertainment and recreational character games. Models of health prevention programs of 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

Pre exam duties	Points	Final exam	points
Theory	5	Theory examination	40
Practicals	5		
Colloquium 1	15		
Colloquium 2	20		
Seminar paper	10		
Interactive teaching	5	OVERALL SUM	100

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