



# 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

Diagnostics in sport 1

Level of study

Bachelor academic    Master's    Doctoral

Type of course

Obligatory    Elective

Semester

Autumn    Spring

Year of study

Third

Number of ECTS allocated

3

Name of lecturer/lecturers

Mirsad Nurkić, 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 be qualified to apply their acquired theoretical and practical knowledge in the diagnostics of the training process control. By applying their theoretical and practical knowledge they will be able to successfully use the tests for assessing functional and motor abilities of athletes. They will be able to learn about psychodiagnostics and application of psychological tests in sport.*

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

**Definition of diagnostics in sport, general concepts, diagnostic techniques. Monitoring of the training process, determining the status and control of the athletes' abilities. Apparatus and instruments for the diagnostics of athletes. Tests for the assessment of the basic ventilation capabilities. Biochemical indicators of the training levels of the athletes. Diagnostics in monitoring of the functional abilities. Tests for the assessment of the aerobic and anaerobic energy capacity. Diagnostics in monitoring of the motor skills. Tests for the assessment of the explosive strength, endurance, agility and coordination, Tests for the assessment of speed and flexibility. Psychological tests in sport.**

## 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 + Practicals	10	Theory examination	40
Colloquium- practical	20		
Colloquium - theory	25		
Interactive teaching	5	OVERALL SUM	100

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