



UNIVERSITY OF NIŠ

Course Unit Descriptor

Faculty

Faculty of Sport and Physical Education

GENERAL INFORMATION

Study program

Basic Professional studies, Sport

Study Module (if applicable)

Course title

Anthropomotorics

Level of study

Bachelor professional Master's Doctoral

Type of course

Obligatory Elective

Semester

Autumn Spring

Year of study

Second

Number of ECTS allocated

8

Name of lecturer/lecturers

Katarina Herodek, Ph.D, full professor; Mladen Živković, 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 understand elementary movements and motions and development of basic motor abilities by means of shaping exercises, and performing specific exercises for the development of basic motor abilities. Students are able to practically apply acquired knowledge in physical education teaching process, sports training, and research and scientific work.

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

Theory: Role of motorics in development and formation of man. Process of humanization of pre-historic society, development of speech and movement. Physical exercising and dance. Definition of basic notions. Motor functioning, Manifest and latent areas of motorics, Anthropomotorical abilities, Phylogenetic development of anthropomotorics, Notion of anthropomotorics in ontogenesis, Genetics in anthropomotorics. Motor learning and motor habits, Motions and movements, Structure of motions and movements, Systemizing and classification of motions and movements. Basic anthropomotoric abilities: Power, Speed, Endurance, Coordination, Precision, Balance, Agility, New theories of anthropomotoric abilities, general anthropomotoric abilities. Specific anthropomotoric abilities. Anthropomotoric abilities in sports games, Shaping exercises, Planning and organization of the measurement of motor abilities. **Practicals:** All forms of elementary movements, shaping exercises, strength development exercises, exercises for development of speed, endurance, coordination, precision, balance and agility.

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	Theoretical examination	40
Practicals	5		
Colloquium₁ (practical)	18		
Colloquium₂ (theory)	15		
Seminar paper	10		
Interactive teaching	7	OVERALL SUM	100

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