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	Selected sport – Physical preparation
Level of study	☒Bachelor professional ☐ Master's ☐ Doctoral
Type of course	☒ Obligatory ☐ Elective
Semester	☒ Autumn ☐Spring
Year of study	Third
Number of ECTS allocated	8
Name of lecturer/lecturers	The teacher selected sports
Teaching mode	☒Lectures ☒Group tutorials ☐ Individual tutorials ☐Laboratory work ☐ Project work ☐ Seminar ☐Distance learning ☐ Blended learning ☒ Other

PURPOSE AND OVERVIEW (max. 5 sentences)

Students are enabled to autonomously plan, realize, monitor physical preparation of the athletes of selected sport of different age and categories.

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

Theory: General, special and specific motorics in selected sport. Training of general, special and specific motor power. Training Load. Planning of training with load. Circuit method. Speed training. Flexibility training. Training of coordination, abilities, Training of anaerobic, aerobic and strength endurance of the selected sport athletes. Combined trainings. Practicals: Strength exercises for selected sport and exercises with additional load, Speed training for the selected sport, Training of coordination abilities, agility and endurance for the selected sport, Stretching, Balance.

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 and practicals active participation	10	**Oral examination**	40
Colloquium 1	25		
Colloquium 2	25	**OVERALL SUM**	100
*Final examination mark is formed in accordance with the Institutional documents			