



# UNIVERSITY OF NIŠ

**Course Unit Descriptor**

**Faculty**

**Faculty of Sport and Physical Education in Nis**

## GENERAL INFORMATION

Study program	Basic academic studies, physical education and sport
Study Module (if applicable)	
Course title	Sports of strength
Level of study	<input checked="" type="checkbox"/> Bachelor academic <input type="checkbox"/> Bachelor professional <input type="checkbox"/> Master's <input type="checkbox"/> Doctoral
Type of course	<input type="checkbox"/> Obligatory <input checked="" type="checkbox"/> Elective
Semester	<input checked="" type="checkbox"/> Autumn <input type="checkbox"/> Spring
Year of study	Second
Number of ECTS allocated	5
Name of lecturer/lecturers	Saša Veličković, Ph.D, full professor
Teaching mode	<input checked="" type="checkbox"/> Lectures <input checked="" type="checkbox"/> Group tutorials <input type="checkbox"/> Individual tutorials <input type="checkbox"/> Laboratory work <input type="checkbox"/> Project work <input type="checkbox"/> Seminar <input type="checkbox"/> Distance learning <input type="checkbox"/> Blended learning <input checked="" type="checkbox"/> Other

## PURPOSE AND OVERVIEW (max. 5 sentences)

*Gaining of basic knowledge on means and methods of training, plans and programs in Strength Sports. Each student will be able to independently plan and program training process in strength sports, to realize plans and programs in strength sports. Students will be able to apply means and methods and loads for the development of different types of strength in physical education, sport and recreation, considering age and sex and all other activities where this motor ability is relevant for success.*

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

**Mode and types of muscle strains, qualitative characteristics of power, means and methods of power development. Weightlifting as an Olympic sport, the profile of weightlifters, the rules of the competition in weightlifting. Methods to improve the specific strength of the counter-cyclical sports, with the dominant visual direction to the development of maximum power. The principles and programs of training in weightlifting, methodology training techniques disciplines in weightlifting. The principles, methods and tools in the training process bodybuilders. The means and methods for the development of muscle mass bodybuilding. Tools and methods to increase endurance in strength (in order to increase muscle definition) in bodybuilding. Powerlifting and Strongman as a sports power (principles, means and methods of training and competition rules). Practical training base application methods, resources and burdens in**

power sports. Implementation of the program with a dominant visual direction of the development of maximum strength, muscle mass and endurance in strength.

#### 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	Practical examination	10
		Oral examination	30
Teaching colloquia 1	20		
Teaching colloquia 2	20		
Interactive teaching	10	OVERALL SUM	100

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