



# 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	Children's athletics
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 type="checkbox"/> Autumn <input checked="" type="checkbox"/> Spring
Year of study	Fourth
Number of ECTS allocated	6
Name of lecturer/lecturers	Aleksandar Raković, 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)

Introducing students to the technique of execution and the rules of disciplines in the children's athletics program. Student is qualified to rule the theoretical knowledge and motor skills related to children's athletics Student is qualified to rule the theoretical knowledge and motor skills related to children's athletics.

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

Historical development of children's athletics and objectives of children's athletics. Age groups and program of the competition. Material and equipment, organization of competitions. Discipline children's track and field sprint relay, sprint-skirt, Race hurdles, javelin and discus for teenagers. Long jump and the triple jump with a short bent. Sprint slalom, sprint groin, Relay, diaphragm combined with the Relay, endurance racing. Long jump and the triple jump with a short bent, long jump with a pole. Cross-jumping, rope skipping, throwing the target. Javelin for children, teenagers throwing disc, throwing on his knees, Scoring competition.

## LANGUAGE OF INSTRUCTION

Serbian (complete course)       English (complete course)       Other \_\_\_\_\_ (complete course)

Serbian with English mentoring     Serbian with other mentoring \_\_\_\_\_

**ASSESSMENT METHODS AND CRITERIA**

<b>Pre exam duties</b>	<b>Points</b>	<b>Final exam</b>	<b>points</b>
Theory + practicals	10	Practical examination	12
Seminar paper / Test	12	Theory examination	18
Teaching colloquia 1	15		
Teaching colloquia 2	21		
Activity during lectures	12	<b>OVERALL SUM</b>	<b>100</b>

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