



# 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

Recreation

Level of study

Bachelor academic  Master's  Doctoral

Type of course

Obligatory  Elective

Semester

Autumn  Spring

Year of study

Fourth

Number of ECTS allocated

6

Name of lecturer/lecturers

Saša Pantelić, 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 learn the basic forms of recreational exercising and possibilities of their practical application. Students will be able through lectures, practical exercises and consultations to master the theoretical and practical skills related to the use of physical exercises in recreation. They will also be able to work independently and implement methodology of training activities in practice for the people of different ages and abilities.

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

The development and importance of recreation. Scientific-theoretical foundations of sports recreation. The needs in the sports recreation. Leisure time and recreational activities. Functions and modeling of sports recreation program. Organized active break during work. Individual programs of sports recreation activities. Sports recreations of the aerobic orientation, dosage and load control. Social games and entertainment and recreational character games. Models of health prevention programs of recreation.

## 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>
<b>Theory</b>	<b>5</b>	<b>Theory examination</b>	<b>40</b>
<b>Practicals</b>	<b>5</b>		
<b>Colloquium 1</b>	<b>15</b>		
<b>Colloquium 2</b>	<b>20</b>		
<b>Seminar paper</b>	<b>5</b>		
<b>Interactive teaching</b>	<b>10</b>	<b>OVERALL SUM</b>	<b>100</b>

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