



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

Athletics

Level of study

Bachelor academic Master's Doctoral

Type of course

Obligatory Elective

Semester

Autumn Spring

Year of study

First

Number of ECTS allocated

7

Name of lecturer/lecturers

Aleksandar Raković, Ph.D, full professor; Danijel Stanković, Ph.D, full 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 be able to master theoretical- motor knowledge and skills related to athletics. They will be able to apply training methodology in the practice of physical education, sports clubs and recreation with people of different age groups and different levels of ability.

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

Historical development. Race walking. Common running features. Short distance running, Middle distance running, Long-distance running, Hurdles running, Cross, Marathon. Common jumping features, Long jump - hang, stride and hitch-kick technique, High jump, Pole Vault. Common throws characteristics, Shot Put, Discus Throw, Hammer Throw. Methodology of training and special exercises in sports walking. Methodology of training and special exercises in short distance running, the middle and long distance running and hurdles running. Methodology of training and special exercises in the long jump, high jump and pole vault. Methodology of training and special exercises in the shot put, discus and hammer throw, Excerpts from the rules of the contest.

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	15
Colloquium 1+2	30	Theory examination	25
Seminar paper / Test	10		
Interactive teaching	10	OVERALL SUM	100

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