



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

Diagnostics in sport 1

Level of study

Bachelor academic Master's Doctoral

Type of course

Obligatory Elective

Semester

Autumn Spring

Year of study

Third

Number of ECTS allocated

6

Name of lecturer/lecturers

Nikola Milosovec, Ph.D assistant 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 qualified to apply their acquired theoretical and practical knowledge in the diagnostics of the training process control. By applying their theoretical and practical knowledge they will be able to successfully use the tests for assessing functional and motor abilities of athletes. They will be able to learn about psychodiagnostics and application of psychological tests in sport.

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

Definition of diagnostics in sport, general concepts, diagnostic techniques. Monitoring of the training process, determining the status and control of the athletes' abilities. Apparatus and instruments for the diagnostics of athletes. Tests for the assessment of the basic ventilation capabilities. Biochemical indicators of the training levels of the athletes. Diagnostics in monitoring of the functional abilities. Tests for the assessment of the aerobic and anaerobic energy capacity. Diagnostics in monitoring of the motor skills. Tests for the assessment of the explosive strength, endurance, agility and coordination, Tests for the assessment of speed and flexibility. Psychological tests in sport.

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	Theory examination	40
Colloquium- practical	20		
Colloquium - theory	20		
Interactive teaching	10	OVERALL SUM	100

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