



# 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

Fatigue and recovery in sport 1

Level of study

Bachelor academic  
 Bachelor professional       Master's       Doctoral

Type of course

Obligatory       Elective

Semester

Autumn       Spring

Year of study

Third

Number of ECTS allocated

6

Name of lecturer/lecturers

Dragan Radovanović, 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)

*Acquisition of knowledge on the causes and types of fatigue and potential efficient means and methods of recovery in athletes.*

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

**(Pato) physiology of fatigue and theories of fatigue. Conditions similar to fatigue and syndrome of overtraining. Role of metabolic factors in fatigue during physical activities. Physical activities and stress and psychological methods as a means of recovery. Circadian rhythms in the organism and travel induced disorders. Nutrition and hydration of the organism as a means of recovery. Abuse of doping substances and methods and means of recovery. Optimal nutrition and supplements as a means of recovery in sport. Physiological-biochemical basis of the use of mineral-vitamin complexes, creatinine, amino acids, inosine and other supplements as a means of recovery. Physical procedures as a means of recovery, means of recovery in jet leg syndrome, high altitude training and competitions and low temperature competitions.**

## 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 + practicals</b>	<b>10</b>	<b>Theory examination (oral or written)</b>	<b>30</b>
<b>Teaching colloquia 1</b>	<b>10</b>		
<b>Teaching colloquia 2</b>	<b>10</b>		
<b>Seminar paper</b>	<b>20</b>		
<b>Activity during lectures</b>	<b>20</b>	<b>OVERALL SUM</b>	<b>100</b>

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