



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

Free climbing

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

Daniel Stanković, 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)

To familiarize students with the development of the technique and rules of mountaineering and rock climbing. Students are trained to apply their theoretical and practical knowledge in the subject mountaineering and climbing applications in sports and recreational practices.

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

The emergence of sport climbing and historical development of sport climbing. Equipment, work with the equipment and its use in practice. Types of grips and treads. Insurance and types of insurance, equipping directions. The technique of climbing. Abzeling. Security alpine and sport climbing directions. Training techniques of climbing on artificial and natural rocks. Mountaineering insurance and setting up various climbing directions. First aid and self-healing.

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	12
Teaching colloquia 1 (theory)	16	Theory examination	18
Teaching colloquia 2 (practicals)	22		
Seminar paper / Test	10		
Activity during lectures	12	OVERALL SUM	100

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