



# UNIVERSITY OF NIŠ

**Course Unit Descriptor**

**Faculty**

**Faculty of Sport and Physical Education**

## GENERAL INFORMATION

Study program

**Basic Professional Studies, Sport**

Study Module (if applicable)

Course title

Fitness

Level of study

Bachelor academic  
 Bachelor professional       Master's       Doctoral

Type of course

Obligatory       Elective

Semester

Autumn       Spring

Year of study

First

Number of ECTS allocated

6

Name of lecturer/lecturers

Radmila Kostić, Ph.D, full professor; Slavoljub Uzunović, 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)

*Acquisition of basic knowledge about the components, resources, programs and popular fitness methods. Capacity to use different software development strength, endurance and agility, and mastery of motor knowledge to perform a variety of exercises and other fitness equipment fitness and ability to apply the acquired knowledge in the practice of physical education, sport and recreation.*

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

**Theory:** The concept and importance of fitness. Cardiorespiratory fitness (components, training areas, training methods, significance). Muscular fitness (factors, technology training, methods). Flexibility. Body composition. Determining the fitness components, capabilities. Application of fitness in physical education, sport and recreation.  
**Practicals:** Aerobic activities. Choreography fitness competition (dance practice, acrobatic exercises). Strength training (exercises, with or without apparatus, with load and no load). Mobility exercises, Stretching, Pilates.

## 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	Oral, written or in the form of the test	30
Test	15		
Teaching colloquia 1	12		
Teaching colloquia 2	18		
Activity during lectures	15	OVERALL SUM	100

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