



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

Methodics of sports training

Level of study

Bachelor professional Master's Doctoral

Type of course

Obligatory Elective

Semester

Autumn Spring

Year of study

Second

Number of ECTS allocated

6

Name of lecturer/lecturers

Ivana Bojić, 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)

Students will be able to apply their theoretical knowledge in the training process. Theoretical knowledge will enable them to successfully plan and program work with the selection teams, to know the relevant indicators of success in sports and apply knowledge in the selection of a particular branch of sport. To learn about resources and training methods, and in particular the dynamics of the training load.

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

Theory: Basic concepts and definition of sports and training. Specification equation of success in the sport. Means, methods and principles of training. Planning and programming, the temporal dynamics of the training process. Sports form. **Practicals:** Specific training process for motor abilities of athletes: strength, speed, resistance, coordination, flexibility, agility. Microstructure, mesostructures, macrostructure and polymacrostructure. Planning documents. Implementation and reporting on professional pedagogical work.

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	10	Written examination	10
Practical Colloquium	10	Oral examination	30
Theory Colloquium	30		
Interactive teaching	10	OVERALL SUM	100

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