



# 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

Methodics of sports training

Level of study

Bachelor academic  Master's  Doctoral

Type of course

Obligatory  Elective

Semester

Autumn  Spring

Year of study

Second

Number of ECTS allocated

7

Name of lecturer/lecturers

Ivana Bojić, Ph.D, associate profesor

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**

<b>Pre exam duties</b>	<b>Points</b>	<b>Final exam</b>	<b>points</b>
<b>Theory</b>	<b>10</b>	<b>Written examination</b>	<b>10</b>
<b>Practical Colloquium</b>	<b>20</b>	<b>Oral examination</b>	<b>30</b>
<b>Theory Colloquium 1,2</b>	<b>20</b>		
<b>Interactive teaching</b>	<b>10</b>	<b>OVERALL SUM</b>	<b>100</b>

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