



# 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

Physiology

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

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)

*Acquiring the knowledge on normal (physiological) functioning of the human body a student will acquire the basics to continue learning of possible interventions through physical activities in order to advance and maintain physical preparation and health status in general.*

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

**Theory:** Functional organization of the human body and control of interiors. Physiology of the nerves and muscles, Physiology of heart, Circulation, Blood cells, immunity and blood coagulation. Physiology of breathing, Kidneys and body fluids, Acidobasic balance. Digestion organs and Metabolism and regulation of body temperature. Organisation of nervous system and sensory physiology, Control of motor function, Special senses, Endocrine system. Muscle and nervous control of movement, Movement habits and dynamic stereotype, Neuromuscular adaptation to the training sessions, Basic energy systems, Metabolic adaptation to the training sessions. Thermoregulation and digestion during physical activities. Heart and circulation through different phases of the physical load, Adaptation of the cardiovascular system, Regulation of breathing during physical activities, Cardio respiratory endurance. Physical activity: at high altitudes; during growth and development period; specificity of women; in older age; hormone regulation.

**Practicals:** Practical teaching follows the theoretical classes.

**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	5	Oral (Written) examination	40
Practicals	5		
Colloquium 1	15		
Colloquium 2	15		
Seminar paper	10		
Interactive teaching	10	OVERALL SUM	100

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