



UNIVERSITY OF NIŠ

Course Unit Descriptor

Faculty

Faculty of Sport and Physical Education in Nis

GENERAL INFORMATION

Study program	Basic academic studies, physical education and sport
Study Module (if applicable)	
Course title	Fatigue and recovery in sports 1
Level of study	<input checked="" type="checkbox"/> Bachelor academic <input type="checkbox"/> Bachelor professional <input type="checkbox"/> Master's <input type="checkbox"/> Doctoral
Type of course	<input type="checkbox"/> Obligatory <input checked="" type="checkbox"/> Elective
Semester	<input type="checkbox"/> Autumn <input checked="" type="checkbox"/> Spring
Year of study	Third
Number of ECTS allocated	6
Name of lecturer/lecturers	Dragan Radovanović, Ph.D full professor; Ivana Bojić, Ph.D, associate profesor
Teaching mode	<input checked="" type="checkbox"/> Lectures <input checked="" type="checkbox"/> Group tutorials <input type="checkbox"/> Individual tutorials <input type="checkbox"/> Laboratory work <input type="checkbox"/> Project work <input type="checkbox"/> Seminar <input type="checkbox"/> Distance learning <input type="checkbox"/> Blended learning <input checked="" type="checkbox"/> Other

PURPOSE AND OVERVIEW (max. 5 sentences)

Acquisition of knowledge on the causes and types of fatigue and potential efficient means and methods of recovery in athletes.

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

(Pato) physiology of fatigue and theories of fatigue. Conditions similar to fatigue and syndrome of overtraining. Role of metabolic factors in fatigue during physical activities. Physical activities and stress and psychological methods as a means of recovery. Circadian rhythms in the organism and travel induced disorders. Nutrition and hydration of the organism as a means of recovery. Abuse of doping substances and methods and means of recovery. Optimal nutrition and supplements as a means of recovery in sport. Physiological-biochemical basis of the use of mineral-vitamin complexes, creatinine, amino acids, inosine and other supplements as a means of recovery. Physical procedures as a means of recovery, means of recovery in jet leg syndrome, high altitude training and competitions and low temperature competitions.

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	Theory examination (oral or written)	40
Teaching colloquia 1	10		
Teaching colloquia 2	10		
Seminar paper	20		
Activity during lectures	10	OVERALL SUM	100
*Final examination mark is formed in accordance with the Institutional documents			