



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

Theory of physical culture

Level of study

Bachelor academic Master's Doctoral

Type of course

Obligatory Elective

Semester

Autumn Spring

Year of study

First

Number of ECTS allocated

6

Name of lecturer/lecturers

Nebojša Randelović, 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 gain knowledge to prompt general culture, professional education and the development of critical consciousness. Students will be able to understand the importance of physical activity and physical exercising, independent work and further professional development.

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

Basic concepts and the importance and role of the theory of physical education. Science, objectives, motives, principles and the essence of the teaching process in physical education. The organizational forms of work, principles and teaching methods in physical education. The concept and the emergence and development of sport. The division and basic characteristics of sport. Politics, business and violence in sport. The concept and development of recreation. The importance of recreation and theories of leisure time. Basic principles of recreation and organizational form of work. The forms of recreational physical exercise and facilities and equipment for sports recreation.

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	Oral examination	40
Colloquium	30		
Interactive teaching	15	OVERALL SUM	100
Activity	5		

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