



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+ Practicals	10	Oral (Written) examination	40
Colloquium	30		
Activity	10		
Interactive teaching	10	OVERALL SUM	100

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