



# UNIVERSITY OF NIŠ

**Course Unit Descriptor**

**Faculty**

**Faculty of Sport and Physical Education**

## GENERAL INFORMATION

Study program

**Basic Professional studies, Sport**

Study Module (if applicable)

Course title

Sports medicine

Level of study

Bachelor professional  Master's  Doctoral

Type of course

Obligatory  Elective

Semester

Autumn  Spring

Year of study

Second

Number of ECTS allocated

6

Name of lecturer/lecturers

Teaching mode

Lectures  Group tutorials  Individual tutorials  
 Laboratory work  Project work  Seminar  
 Distance learning  Blended learning  Other

## PURPOSE AND OVERVIEW (max. 5 sentences)

*Students are enabled to practically apply acquired knowledge in the control of the functional abilities, developmental characteristics of children, adolescents and adults going in for sports. Students are enabled to perform organized forms of sports, recreation and physical education.*

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

**Theory: Control of health, physical development and functional abilities, Positive and negative effects of physical exercise on health, Pathological conditions and physical exercise. Disorders and damage to health caused by considerable physical effort, Injuries in sport, physical education and recreation, Prevention and first aid administering. Nutrition of athletes means of faster recovery, doping and doping control. Developmental characteristics of certain age children. Control of health, physical development and functional abilities, Positive and negative effects of physical exercise on health, Disorders and damage to the health of strenuous physical effort in sport, recreation and physical education, Pathological conditions and physical exercise. Sports massage and self-massage, bleeding stopping, immobilization, Means of immobilization. Practicals: Anthropometric measurements, types of bandages and their application, Immobilization Immobilisation means, Sports massage surgery in massage and self-massage in sport and recreation, Reanimation and reanimation procedures, Immobilization and application of the immobilizations means.**

**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+ Practicals</b>    | <b>10</b>     | <b>Theoretical examination</b> | <b>40</b>     |
| <b>Colloquium 1 (theory)</b> | <b>15</b>     |                                |               |
| <b>Colloquium 2</b>          | <b>15</b>     |                                |               |
| <b>Activity</b>              | <b>10</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