



# 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

Swimming

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

Tomislav Okičić, Ph.D, full professor; Dejan Madić, Ph.D, full professor, Marko Djuric, Ph.D, assistant 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 have gained theoretical and practical knowledge and skills, which will be applied in practice (curricular and extracurricular activities in school and in sports clubs as well).*

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

Historical development of swimming (history of swimming, swimming in the Olympics, World Cup and European Championship), biomechanics of swimming (hydrostatics, hydrodynamics). Training of the swimming techniques: freestyle, breaststroke, backstroke, butterfly. Training of non-swimmers (methodology, organization). Basics of snorkeling (head in diving, feet in diving, dive out). Improvement of the swimming techniques (freestyle, backstroke, breaststroke, butterfly, individual medley). Training and development of the race elements (start, turn, gliding, finishing), training in swimming (development of sports form, macro and micro planning, selection, means and methods for the development, control and monitoring of the results). Rescue of drowning persons (organization of the rescue services, operational steps of the drowning persons rescue).

## 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	Practical examination	20
Colloquium theory	10	Oral examination	20
Colloquium practicals	35		
Interactive teaching	5		
		<b>OVERALL SUM</b>	<b>100</b>

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