



# 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	Free climbing
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	5
Name of lecturer/lecturers	Daniel Stanković, Ph.D, associate professor
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)

To familiarize students with the development of the technique and rules of mountaineering and rock climbing. Students are trained to apply their theoretical and practical knowledge in the subject mountaineering and climbing applications in sports and recreational practices.

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

The emergence of sport climbing and historical development of sport climbing. Equipment, work with the equipment and its practice. Types of grips and treads. Insurance and types of insurance, equipping directions. The technique of climbing. Abz Security alpine and sport climbing directions. Training techniques of climbing on artificial and natural rocks. Making insurance setting up various climbing directions. First aid and self-healing.

## 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>Practical examination</b>	<b>20</b>
<b>Teaching colloquia 1 (theory)</b>	<b>10</b>	<b>Theory examination</b>	<b>20</b>
<b>Teaching colloquia 2 (practicals)</b>	<b>20</b>		
<b>Seminar paper / Test</b>	<b>10</b>		
<b>Activity during lectures</b>	<b>10</b>	<b>OVERALL SUM</b>	<b>100</b>

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