



# 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

Athletics

Level of study

Bachelor academic  Master's  Doctoral

Type of course

Obligatory  Elective

Semester

Autumn  Spring

Year of study

First

Number of ECTS allocated

7

Name of lecturer/lecturers

Aleksandar Raković, Ph.D, full professor; Daniel Stanković, 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)

*Students will be able to master theoretical- motor knowledge and skills related to athletics. They will be able to apply training methodology in the practice of physical education, sports clubs and recreation with people of different age groups and different levels of ability.*

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

**Historical development. Race walking. Common running features. Short distance running, Middle distance running, Long-distance running, Hurdles running, Cross, Marathon. Common jumping features, Long jump - hang, stride and hitch-kick technique, High jump, Pole Vault. Common throws characteristics, Shot Put, Discus Throw, Hammer Throw. Methodology of training and special exercises in sports walking. Methodology of training and special exercises in short distance running, the middle and long distance running and hurdles running. Methodology of training and special exercises in the long jump, high jump and pole vault. Methodology of training and special exercises in the shot put, discus and hammer throw, Excerpts from the rules of the contest.**

## 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	15
Colloquium 1+2	30	Theory examination	25
Seminar paper / Test	10		
Interactive teaching	10	OVERALL SUM	100

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