



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

Fatigue and recovery in sports 1

Level of study

Bachelor academic
 Bachelor professional Master's Doctoral

Type of course

Obligatory Elective

Semester

Autumn Spring

Year of study

Third

Number of ECTS allocated

5

Name of lecturer/lecturers

Dejan Madić, Ph.D full professor; Ivana Bojić, Ph.D, full profesor

Teaching mode

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

PURPOSE AND OVERVIEW (max. 5 sentences)

Acquisition of knowledge on the causes and types of fatigue and potential efficient means and methods of recovery in athletes.

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

(Pato) physiology of fatigue and theories of fatigue. Conditions similar to fatigue and syndrome of overtraining. Role of metabolic factors in fatigue during physical activities. Physical activities and stress and psychological methods as a means of recovery. Circadian rhythms in the organism and travel induced disorders. Nutrition and hydration of the organism as a means of recovery. Abuse of doping substances and methods and means of recovery. Optimal nutrition and supplements as a means of recovery in sport. Physiological-biochemical basis of the use of mineral-vitamin complexes, creatinine, amino acids, inosine and other supplements as a means of recovery. Physical procedures as a means of recovery, means of recovery in jet leg syndrome, high altitude training and competitions and low temperature competitions.

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	Theory examination (oral or written)	40
Teaching colloquia theory	20		
Interactive	20		
Activity during lectures	10		
		OVERALL SUM	100
*Final examination mark is formed in accordance with the Institutional documents			