



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

Methodics of motor learning and control

Level of study

Bachelor academic Master's Doctoral

Type of course

Obligatory Elective

Semester

Autumn Spring

Year of study

Second

Number of ECTS allocated

3

Name of lecturer/lecturers

Aleksandra Aleksić-Veljković, 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)

Qualifying students for practical and methodically correct application of the acquired knowledge both in physical education and sports training, as well as in scientific research.

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

Characteristics of motor skills development. Conditioned and unconditioned reflexes. Studying the genetic causality of the motor skills development. The formation of motor habits - skills and learning the new movements. The structure of motor learning. Motor habits. Conative and cognitive peculiarities in the training process. Motivation and motor learning. Motor sports skills (Welford's model). Emotions and successful motor performance.

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	20	Oral examination	40
Seminar paper	10		
Interactive teaching	15		
Colloquium	15	OVERALL SUM	100

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