



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

Sports medicine

Level of study

Bachelor academic Master's Doctoral

Type of course

Obligatory Elective

Semester

Autumn Spring

Year of study

Second

Number of ECTS allocated

8

Name of lecturer/lecturers

Ivana Mladenović-Ćirić, Ph.D, associate 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 are enabled to practically apply acquired knowledge in the control of the functional abilities, developmental characteristics of children, adolescents and adults going in for sports. Students are enabled to perform organized forms of sports, recreation and physical education.

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

Theory: Control of health, physical development and functional abilities, Positive and negative effects of physical exercise on health, Pathological conditions and physical exercise. Disorders and damage to health caused by considerable physical effort, Injuries in sport, physical education and recreation, Prevention and first aid administering. Nutrition of athletes means of faster recovery, doping and doping control. Developmental characteristics of certain age children. Control of health, physical development and functional abilities, Positive and negative effects of physical exercise on health, Disorders and damage to the health of strenuous physical effort in sport, recreation and physical education, Pathological conditions and physical exercise. Sports massage and self-massage, bleeding stopping, immobilization, Means of immobilization. Practicals: Anthropometric measurements, types of bandages and their application, Immobilization Immobilisation means, Sports massage surgery in massage and self-massage in sport and recreation, Reanimation and reanimation procedures, Immobilization and application of the immobilizations means.

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	5	Practical examination	10
Practicals	5	Theoretical examination	20
Colloquium 1 (theory)	15		
Colloquium 2	15		
Seminar paper / Test	10		
Interactive teaching	20	OVERALL SUM	100

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