



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 of strength

Level of study

Bachelor academic
 Bachelor professional Master's Doctoral

Type of course

Obligatory Elective

Semester

Autumn Spring

Year of study

Second

Number of ECTS allocated

6

Name of lecturer/lecturers

Saša Veličković, 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)

Gaining of basic knowledge on means and methods of training, plans and programs in Strength Sports. Each student will be able to independently plan and program training process in strength sports, to realize plans and programs in strength sports. Students will be able to apply means and methods and loads for the development of different types of strength in physical education, sport and recreation, considering age and sex and all other activities where this motor ability is relevant for success.

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

Mode and types of muscle strains, qualitative characteristics of power, means and methods of power development. Weightlifting as an Olympic sport, the profile of weightlifters, the rules of the competition in weightlifting. Methods to improve the specific strength of the counter-cyclical sports, with the dominant visual direction to the development of maximum power. The principles and programs of training in weightlifting, methodology training techniques disciplines in weightlifting. The principles, methods and tools in the training process bodybuilders. The means and methods for the development of muscle mass bodybuilding. Tools and methods to increase endurance in strength (in order to increase muscle definition) in bodybuilding. Powerlifting and Strongman as a sports power (principles, means and methods of training and competition rules). Practical training base application methods, resources and burdens in

power sports. Implementation of the program with a dominant visual direction of the development of maximum strength, muscle mass and endurance in strength.

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
Semnar paper / Test	15	Oral examination	15
Teaching colloquia 1	12,5		
Teaching colloquia 2	12,5		
Activity during lectures	20	OVERALL SUM	100

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