



# 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

Outdoor activities

Level of study

Bachelor academic    Master's    Doctoral

Type of course

Obligatory    Elective

Semester

Autumn    Spring

Year of study

Third

Number of ECTS allocated

7

Name of lecturer/lecturers

Zvezdan Savić, 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 gain knowledge to prompt general culture and professional education. Acquired knowledge in the Outdoor activities course will serve students to cope with other study program exams at the university, to enable them to operationalize their knowledge in practice, but also to encourage research relationship with the theory and practice.*

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

**Summer outdoor activities: Hiking, camping, skills in nature, land navigation, orienteering and topography. Water activities (swimming, forcing the water surfaces, rowing and boating, motor boat steering, windsurfing, water-skiing - techniques and methodology). Water activities (Apnea diving, scuba diving - technique and methodology). Prevention and first aid. Nutrition in nature. Orienteering movements. Dangers. Camping in the function of rest and recreation.**

## LANGUAGE OF INSTRUCTION

Serbian (complete course)    English (complete course)    Other \_\_\_\_\_ (complete course)

Serbian with English mentoring    Serbian with other mentoring \_\_\_\_\_

**ASSESSMENT METHODS AND CRITERIA**

<b>Pre exam duties</b>	<b>Points</b>	<b>Final exam</b>	<b>points</b>
<b>Theory</b>	<b>5</b>	<b>Theory examination</b>	<b>30</b>
<b>Practicals</b>	<b>5</b>		
<b>Consultations</b>	<b>2</b>		
<b>Colloquium 1 (theory)</b>	<b>25</b>		
<b>Colloquium 2 (Hiking)</b>	<b>10</b>		
<b>Colloquium 3 (practical exam)</b>	<b>10</b>		
<b>Seminar paper</b>	<b>3</b>		
<b>Interactive teaching</b>	<b>10</b>	<b>OVERALL SUM</b>	<b>100</b>
<b>*Final examination mark is formed in accordance with the Institutional documents</b>			