



# UNIVERSITY OF NIŠ

**Course Unit Descriptor**

**Faculty**

**Faculty of Sport and Physical Education**

## GENERAL INFORMATION

Study program

**Basic Professional Studies, Sport**

Study Module (if applicable)

Course title

Fitness and wellness programs

Level of study

Bachelor professional     Master's     Doctoral

Type of course

Obligatory     Elective

Semester

Autumn     Spring

Year of study

Third

Number of ECTS allocated

6

Name of lecturer/lecturers

Katarina Herodek, 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)

*Introduce students to the theoretical, practical, technical and scientific knowledge in the field of fitness and wellness using methods to improve a very complex motor behavior of man linked to other dimensions of his anthropological being. Students are trained in the practical application of acquired knowledge in physical education, recreation, sports training and scientific research.*

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

**Classification of groups of physical activities performed in fitness centers, structural analysis of movements to be performed within certain fitness method. Analysis of primary and isolated exercises power, cyclical trends in the cardio devices and typical movements in certain types of aerobics. Methodical procedures for the adoption of certain motor skills through fitness method for developing and maintaining the dimensions of strength and body contouring as well as procedures for the development and maintenance of functional capacity and reduction of subcutaneous fat. Historical development of aerobics, aerobics competition, systematization of different types of aerobics, Cardio fitness, TUT, GVT. Practicing with sports equipment. Warm up, prestretching, conditioning, cool down, strength training, stretching. Choreography in aerobics. The definition of the concept of wellness, wellness place and role in world development factors wellness, wellness as a selective tourist offer principles on the conduct wellness programs, wellness programs.**

**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	40
Teaching colloquia 1	20		
Teaching colloquia 2	20		
Seminar paper	10		
		<b>OVERALL SUM</b>	<b>100</b>

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