



UNIVERSITY OF NIŠ

Course Unit Descriptor

Faculty

Faculty of Sport and Physical Education in Nis

GENERAL INFORMATION

| | |
|------------------------------|---|
| Study program | Basic academic studies, physical education and sport |
| Study Module (if applicable) | |
| Course title | Fitness and wellness programs |
| Level of study | <input checked="" type="checkbox"/> Bachelor academic <input type="checkbox"/> Bachelor professional <input type="checkbox"/> Master's <input type="checkbox"/> Doctoral |
| Type of course | <input type="checkbox"/> Obligatory <input checked="" type="checkbox"/> Elective |
| Semester | <input checked="" type="checkbox"/> Autumn <input type="checkbox"/> Spring |
| Year of study | Third |
| Number of ECTS allocated | 5 |
| Name of lecturer/lecturers | Katarina Herodek, Ph.D, full professor |
| Teaching mode | <input checked="" type="checkbox"/> Lectures <input checked="" type="checkbox"/> Group tutorials <input type="checkbox"/> Individual tutorials <input type="checkbox"/> Laboratory work <input type="checkbox"/> Project work <input type="checkbox"/> Seminar <input type="checkbox"/> Distance learning <input type="checkbox"/> Blended learning <input checked="" type="checkbox"/> 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 | | |
| Interactive | 20 | | |
| Seminar paper | 10 | | |
| | | OVERALL SUM | 100 |

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