

(Table 5.2) Course unit description - SPORTS AND RECREATION ACTIVITY

Study program: Class Teacher Education, Pre-School Teacher Education, Boarding School Teacher Education				
Type and level of studies: <i>Bachelor studies</i>				
Course unit: Sports and recreation activity				
Teacher in charge : Assistant professor Aleksandar Ignjatovic, PhD				
Language of instruction <i>English</i>				
ECTS: 4				
Prerequisites: <i>None</i>				
Semester <i>Winter semester</i>				
Course unit objective Producing a kinestetik images of different forms of movement. Planning, goals, objectives and importance of sports and recreational activities in the modern world. Preparation and organization of activities in the field of sports and recreational classes, Performing recreational and sports activities based on existing conditions.				
Learning outcomes of Course unit Enabling students to monitor and permanently updated teaching process in the field of sports and recreational activities, the organization of the activities with different age, critical use of literature with clear and precise use of proper terms in the field of physical education.				
Course unit contents Theoretical classes The role, importance and legality of sports and recreation, as well as the human needs, a review of the possibilities in organization of sports and recreational activities with different age groups, the importance of recreational activities as a segment of physical culture. Practical teaching: Exercises A variety of sports and recreational activities, depending on the current weather, material and technical conditions.				
Literature 1.Torkildsen, G. Leisure and Recreation Management, Routledge: London, 2005 2. Hardman A.E. & Stensel, D.J. Physical Activity and Health: The evidence explained, Routledge: London, 2009. 3. Farelli, A.D. Sport Participation-Health Benefits, Injuries and Psychological Effects, Published by Nova Science Publishers, Inc: New York, 2011.				
Number of active teaching hours				Other classes
Lectures: 30	Practice: 15	Other forms of classes: <i>(mentoring system for small classes)</i>	Independent work:	
Teaching methods: <i>Lectures, exercises, practical training, consultative teaching, research work - seminars, presentation of results</i>				
Examination methods (maximum 100 points)				
Exam prerequisites	No. of points:	Final exam	No. of points:	
Student's activity during lectures	10	oral examination	10	
practical classes/	20	written examination	20	
Seminars/homework	10	tests	30	
Project				
Other				
Grading system				
Grade	No. of points		Description	
10	95-100		Excellent	
9	85-94		Exceptionally good	
8	75-84		Very good	
7	65-74		Good	
6	55-64		Passing	

5	0-54	Failing
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