

Study programme: Undergraduate Academic Studies / Bachelor with Honours in Sport and Physical Education			
Subject name: PHYSIOLOGY OF SPORT / OA33			
Teacher/Teachers: Lukač Damir, PhD, Naumović Nada, PhD, Drapšin Miodrag, PhD, Karaba Jakovljević Dea, PhD			
Subject status: Mandatory			
ECTS credits: 4			
Requirements: None			
Subject aim Familiarise students with the basics of physiology of sport and sport medicine and the basic mechanisms of functioning of different organ systems and the forms of organisation of regulatory mechanisms of complex homeostatic parameters in the functional systems of higher level, induced by continuous physical activity of various forms and types.			
Subject outcome Mastering the general principles and rules of behaviour in sport laboratory. Students should learn about the basic laboratory procedures of functional tests and acquire the skills to perform the laboratory tests.			
Subject content <i>Theory</i> <i>Practice</i> Testing the functional abilities, definition of aerobic capacities, definition of a stable condition, definition of heart frequency, measuring the arterial blood pressure, dynamometry, analysis of body composition – basic anthropometric measuring.			
Literature 1) Costill D, Wilmore J. Physiology of Sport and Exercise, Human Kinetics, 2015. 2) Barak, O. i sar. Praktikum iz fiziologije sporta, Futura, Petrovaradin, Novi Sad, 2006. 3) Grujić, N. Fiziologija sporta, Futura, Novi Sad, 2004. 4) Mujović VM. Medicinska fiziologija, Fondacija solidarnosti Srbije, Beograd, 2012.			
Number of active teaching classes	Theory: 2		Practice: 0
Teaching methods Lectures; practical work			
Knowledge assessment (maximum number of points is 100)			
Pre-exam requirements	points	Final exam	points
engagement in class activities	20	written exam	60
practice	20	oral exam	