

Study programme: Undergraduate Academic Studies / Bachelor with Honours in Sport and Physical Education			
Subject name: SCHOOL ATHLETICS / OA2			
Teacher/Teachers: Ilona Mihajlović, PhD			
Subject status: Mandatory			
ECTS credits: 6			
Requirements: None			
Subject aim The purpose and the aim of the subject is to acquire the moves which reflect the techniques of athletic disciplines which are represented in the mandatory curriculum, and to ensure their mastering with the aim to apply them later in practice.			
Subject outcome Students who successfully realise all the subject tasks will be trained for pedagogical work with the young, they will learn athletic disciplines and the techniques of performing those disciplines, they will use adequate means and methods for teaching athletic disciplines, they will be trained how to plan and realise the training on techniques of athletic disciplines among pupils depending on the needs, they will be trained to plan and organise various athletic contents and events (competitions, cross-race, etc.), they will be trained for a safe work within athletics and they will be trained for cooperation and communication with pupils, parents, and experts from this field and other fields.			
Subject content <i>Theory</i> The role and importance of athletics, Application of athletic moves for health benefit, Definition and structure of athletics, Systematisation of athletics, History of athletics, Running techniques, Start positions in athletics, Training running and organisation of cross-race competitions, Relay disciplines, Jump disciplines in athletics, Technique and training of long jump, Technique and training of high jump, Throw disciplines in athletics, Technique and training of shot put, Athletic rules. <i>Practice</i> Preparation for athletic disciplines, Circular running technique, Low start, Pendant running technique, High start, Relay running, Training take-off for jumping disciplines, Long jump with twisting, Long jump with walking technique, High scissor jump, High flop jump, Shot put pre-exercise, Shot put unit, Knowledge evaluation mid-term tests.			
Literature 1) Mihajlović, I. (2014) Atletika, Fakultet sporta i fizičkog vaspitanja, Novi Sad. 2) Carr, G. (1999) Fundamentals of track and field, Second Edition, Human Kinetics, USA. 3) Mihajlović, I. (2005). Kriterijumi za procenu motoričkih sposobnosti i usvojenosti tehnike atletske discipline, Novi Sad, samostalno izdanje.			
Number of active teaching classes		Theory: 3	Practice: 4
Teaching methods Lectures, exercises, mid-term tests, consultations			
Knowledge assessment (maximum number of points is 100)			
Pre-exam requirements	points	Final exam	points
engagement in class activities	20	written exam	45
Practice		oral exam	
term test(s)	30	extracurricular activities	5
seminar(s)			
The manner of knowledge evaluation may be different, those stated in the table are some of the options: (written exams, oral exams, project presentations, seminars, etc.....			
*maximum length 1 page of A4 format			