Study programme: Undergraduate Academic Studies / Bachelor with Honours in Sport and Physical Education

Subject name: FUNDAMENTALS OF ANTHROPOMOTORICS / OA4

Teacher/Teachers: Jelena Obradović, PhD

Subject status: Mandatory

ECTS credits: 3

Requirements:

Subject aim

The subject aim is to make students master the basic knowledge in the field of anthropomotorics and acquire the precondition for mastering other professional and scientific fields studied during their studies. Also, to make them learn the professional terminology of formation exercises and the ability to organise and carry out those trainings in practice.

Subject outcome

Realisation of the defined aims.

Subject content

Theory

Acquiring knowledge on the anthropomotorics, kinestesia, moves, movement and motoric functioning. Introduction in the identification of manifested and latent space of human motorics, basic and specific motoric abilities, motor learning and creation of motor habits. Hierarchical development of motoric space, unity of motorics and latent structures of each individual basic motoric ability. Studying the motorics through the anthropo-phylogenesis and anthropo-ontogenesis. Relation of the motoric ability with other anthropological spaces of a man. Anthropomotorics in the science system.

Practice

Mastering the spoken and written use of terminology of formation exercises. The use of formation exercises as the means for work in different organisational work forms, Training for a practical demonstration, program planning and analysis of the formation exercises in different physical activities of a man, Use of drill exercises in a class organisation, Mastering the abilities for demonstration and organisation of elementary games in the function of the impact on anthropological status of a man, Methods of work in developing coordination and musculature endurance (means, methods, principles).

Literature

1) Obradović, J. (2017). Antropomotorika. Novi Sad: Fakultet fizičke kulture
2) Hejvud, K. i Gačel, N.(2017). Motorički razvoj kroz život, Podgorica: Univerzitet Crne Gore

Number of active teaching classes	**Theory:** 2	**Practice:** 2

Teaching methods

Lectures, exercises, mid-term tests, consultations are realised with the methods of direct demonstrations, indirect demonstrations through video recordings and kinogram, method of live speech, method of obviousness and method of practical exercises.

Knowledge assessment (maximum number of points is 100)

Pre-exam requirements	points	**Final exam**	points
engagement in class activities	5	written exam	30
practice	25	oral exam	
term test(s)	25		
polygon	15		

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