

<b>Study programme:</b> Undergraduate Academic Studies / Bachelor with Honours in Sport and Physical Education			
<b>Subject:</b> FITNESS AND WELLNESS / OAH4			
<b>Teacher/Teachers:</b> Milena Mikalački, PhD, Nebojša Čokorilo, PhD			
<b>Subject status:</b> Elective			
<b>ECTS credits:</b> 5			
<b>Requirements:</b> None			
<b>Subject aim</b> Subject aim is to familiarise students with the structure of physical abilities which are the most important in the fitness and wellness; to make them acquire knowledge on the methods to develop individual physical abilities important in recreation; to make them understand the rules of the integral approach to physical preparation in fitness and wellness.			
<b>Subject outcome</b> After completing this course, the students will be trained to independently create various programmes of exercises for improving the muscular ability, various programmes of aerobic exercises, programmes of proper diet, programmes of exercises for persons with developmental difficulties and disabilities, programmes of body mass control.			
<b>Subject content</b> <i>Theory</i> The basic terms – physical ability, physical preparation, fitness. The role and significance of physical preparation in fitness and wellness. Aerobic endurance as a physical ability of a man. Methods of developing aerobic endurance in fitness and wellness. Aerobic training programmes. Stamina as a physical ability of a man. Methods of developing stamina in recreation. Stamina development programmes in fitness and wellness. Flexibility as a physical ability of a man. Methods of enhancing flexibility in fitness and wellness. Flexibility enhancing programmes in fitness and wellness. Body composition and programmes for correction of body composition in fitness and wellness. Integral approach to physical preparation in fitness and wellness. <i>Practice</i> Testing of practitioners beginners; selection of exercise programme in line with the needs and wishes of the users; planning and designing exercises; individual load dosage; performance of exercises used in developing aerobic endurance, stamina and flexibility.			
<b>Literature</b> 1. Stojiljković, S., Mitić, D., Mandarić, S., Nešić, D. (2005): Fitnes; udžbenik, Fakultet sporta i fizičkog vaspitanja Univerzitet u Beogradu, Beograd. 2. Cvetković, M. (2009). Aerobik. Novi Sad: Fakultet sporta i fizičkog vaspitanja. 3. Sharkey, B. & Gaskill, S. (2008). Vežbanje i zdravlje (VI izdanje). Beograd: DATA STATUS. 4. Sudarov, N, and Fratrić, F. (2010). Dijagnostika treniranosti sportista. Novi Sad: Pokrajinski zavod za sport. 5. ACSM's resources for the group exercise instructor / Grace DeSimone. – 1st ed 2012 American College of Sports Medicine ISBN 978-1-60831-196-5 (pbk.) 6. NASM essentials of personal fitness training /Micheal A. Clark, Scott C. Lucett, Brian G. Sutton. —4th ed. National Academy of Sports Medicine essentials of personal fitness training. ISBN 978-1-60831-281-8			
<b>Number of active teaching classes</b>	<b>Theory lectures</b> 2	<b>Practice exercises:</b> 1	
<b>Teaching methods</b> Lectures, practical exercise, seminars with group and individual presentations			
<b>Examination (maximum number of points 100)</b>			
<b>Pre-exam requirements</b>	points	<b>Final exam</b>	points
engagement in class activities	20 (10)	written exam	
practice exercises	20	oral exam	30
term test(s)	20 (30)		
seminar(s)	10		

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. ...)