

<b>Study programme:</b> Undergraduate Academic Studies / Bachelor with Honours in Sport and Physical Education			
<b>Subject name:</b> HIKING / OAI2			
<b>Teacher/Teachers:</b> Milan Cvetković, PhD			
<b>Subject status:</b> Elective			
<b>ECTS credits:</b> 5			
<b>Requirements:</b> None			
<b>Subject aim</b> Subject aim is that the subject material, its application in practice and permanent consultation of professional literature by students create a vivid picture of the significance of HIKING, as well as theoretical and practical training of students, as future teachers of sport and physical education, to independently and creatively realise this type of outdoor activity, following the basic principles of overcoming dangers in the nature.			
<b>Subject outcome</b> Students who successfully realise all the subject tasks, are trained to popularise spending time in nature in the form of hiking as a physical and mental benefit for a man, to organise and realise programme contents in hiking in preschool institutions, primary and secondary schools, but also for all other interested groups of people.			
<b>Subject content</b> <i>Theory</i> Understanding the significance of hiking. Learning about the hiking organisations and clubs in our country, and about the background of hiking in our country and abroad. Learning the rules of behaviour of climbers, protection of the natural and human environment and mountain huts. Learning about the division of mountains and the forms of mountain soil. Learning about the work of the Mountain Rescue Service (MRS). Learning about concrete locations in our country convenient for hiking, with the accent on Fruška Gora Mountain. Learning about the significance and responsibilities of the hiking leader, and the responsibilities of members of the hiking group or excursion; organisation of transport of persons and equipment; personal and collective equipment necessary for a safe stay in the nature. Learning about the models and organisations of hiking in the nature, and the manners of hiking; mountain guiding signs; dangers in the nature; diet and sleeping in the nature. Learning about the orientation on the ground. Learning about the basics of meteorology. <i>Practice</i> Understanding the importance of environmental protection. Mastering the planning, organisation and realisation of mountain tours and excursions. Learning about personal and collective mountain hiking equipment; basic movement rules in the nature and optimal technique of movement on the terrain. Orientation and management in the nature. Learning how to use mountain topographic maps and movement orientation. Learning about food in the nature, Learning about the dangers while mountain hiking. Learning about the use of fire in the nature and types of fires; tent, as a basic housing unit necessary for staying in the nature; improvising objects and patents in the nature; use of a knife and pioneer tools in the nature.			
<b>Literature</b> 1) Ivković, K. i Jovanović, S. (1998). Podsetnik za planinare. Beograd: PSD Železničar. 2) Petrović, A. (1987). Čitanje karata i orijentacija. Beograd: NIP Partizan. 3) Steffen, J. & Stiehl, J. (2010). Teaching lifetime outdoor pursuits. Champaign, IL: Human Kinetics. 4) Cvetković, M. (2012). Aktivnosti u prirodi. Novi Sad: Fakultet sporta i fizičkog vaspitanja.			
<b>Number of active teaching classes</b>	<b>Theory: 1</b>	<b>Practice: 3</b>	
<b>Teaching methods</b> Lectures, exercises, practical mid-term test, written test, consultations			
<b>Knowledge assessment (maximum number of points is 100)</b>			
<b>Pre-exam requirements</b>	points	<b>Final exam</b>	points
engagement in class activities	30	written exam	30
Practice		oral exam	
term test(s)	30	written test	10
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.....			