

<b>Study programme:</b> Undergraduate Academic Studies / Bachelor with Honours in Sport and Physical Education			
<b>Subject name:</b> RECREATION / OA19			
<b>Teacher/Teachers:</b> Milena Mikalački, PhD, Nebojša Čokorilo, PhD			
<b>Subject status:</b> Mandatory			
<b>ECTS credits:</b> 4			
<b>Requirements:</b>			
<b>Subject aim</b>			
Present the theoretical and practical basics of sport recreation, models of sport recreation related to health, organisational forms of sport-recreational activities for different population categories and the effects of sport recreation on psychosomatic status of the population.			
<b>Subject outcome</b>			
Students who successfully realise all the subject tasks will be skilled to plan, design, and manage the sport-recreational programmes for different population groups, they will be trained to evaluate the objectives and tasks of the sport recreation, to recognise pedagogical characteristics of growth and development of preschool children, methods and forms of work, recognise the characteristics of growth and development of the youth population, to recognise biological characteristic of the third-age population, to recognise the socio-psychological needs of persons with special needs, to communicate with all age categories and experts of other profiles in the field of medicine, sociology and psychology.			
<b>Subject content</b>			
<i>Theory</i>			
Subject definition of the theory of sport recreation, Methods of sport recreation, Diagnostics in recreation, Group fitness programmes, Personal training in recreation, Aerobic exercises			
<i>Practice</i>			
Tests in sport recreation, use of pulsometers, group aerobic programmes, fitness programmes, elementary games, application of sport games in sport recreation.			
<b>Literature</b>			
<ol style="list-style-type: none"> <li>1) Mikalački, M. (2005). Sportska rekreacija. Novi Sad: Faculty of Physical Education.</li> <li>2) Čokorilo, N. (2013). Rekreacija u praksi. Novi Sad: Faculty of Physical Education.</li> <li>3) Stanimir, S., Mitić, D., Mandarić, S. i Nešić, D. (2012). Personalni fitness. Beograd: Fakultet sporta i fizičkog vaspitanja.</li> <li>4) Mandarić, S. (2018). Grupni fitness programi. Beograd: Fakultet sporta i fizičkog vaspitanja.</li> <li>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.)</li> <li>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</li> </ol>			
<b>Number of active teaching classes</b>		<b>Theory:</b> 2	<b>Practice:</b> 2
<b>Teaching methods</b>			
Lectures, exercises, consultations, extracurricular activities			
<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	20	written exam	70
practice		oral exam	
term test(s)	10	field work	