

Study programme: Undergraduate Academic Studies / Bachelor with Honours in Sport and Physical Education			
Subject name: DEVELOPMENTAL ANTHROPOMOTORICS / OA21			
Teacher/Teachers: Jelena Obradović, PhD			
Subject status: Mandatory			
ECTS credits: 4			
Requirements:			
Subject aim Training students to monitor and diagnose the anthropomotoric abilities with the previous knowledge on individual abilities. Provision of information on previous research and the manners of monitoring contemporary achievements in the mentioned field. Training for work on motoric abilities in different conditions and with different populations.			
Subject outcome Realisation of the defined aims.			
Subject content <i>Theory</i> Acquiring detailed knowledge on the existence and development of individual, defined, anthropomotoric abilities, as well as the factors affecting their level of manifestation. Sensitive phases in the period of developing motoric abilities. Anthropomotorics in mature age. Previous research of motoric abilities, their division into latent space. Specific motor abilities in humans. Collection of the information, testing of anthropomotoric abilities, application in the laboratory and field conditions. Making the test battery. Theories of anthropomotorics. <i>Practice</i> Methodological approach to the work on developing motoric abilities. Training on planning and designing the work on improving: aerobic and anaerobic endurance, static strength, explosive strength, repetitive strength, active and passive, as well as static and dynamic agility, precision in shooting and targeting, balance and speed. Training on organising and realising the tests of basic motor abilities in situation conditions. Application of the means for developing anthropomotoric abilities in modern organisational procedures (fitness, aerobics, Pilates...).			
Literature 1) Nidin, Đ. (2000). Antropomotorika, Novi Sad: Fakultet fizičke kulture 2) Hejvud, K. i Gečel, N. (2017). Motorički razvoj kroz život, Podgorica: Univerzitet Crne Gore 3) Obradović, J. (2017). Osnove antropomotorike, Novi Sad: Fakultet sporta i fizičkog vaspitanja			
Number of active teaching classes	Theory: 2		Practice: 3
Teaching methods Lectures are realised ex-cathedra, with the use of audio and visual methods, as well as the method of live speech and method of obviousness. Exercises are realised with the method of obviousness, method of indirect and direct demonstration, live speech in the group work, and the 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	
practice	20	oral exam	50
term test(s)	20		
seminars	5		