

Study programme: Undergraduate Academic Studies / Bachelor with Honours in Sport and Physical Education			
Subject name: BIOLOGICAL ANTHROPOLOGY / OA26			
Teacher/Teachers: Goran Vasić, PhD			
Subject status: Mandatory			
ECTS credits: 3			
Requirements: mastered and passed Functional Anatomy			
Subject aim Learning about the principles and ontogenesis factors (body development), learning about ontogenesis transformations of organisms and possibilities of body exercises, doing sport and recreation, acquiring anthropological technology of control of body development (practical and theoretical) and methods of assessment of obtained results, use of adequate literature sources of anthropometric – anthropological subject.			
Subject outcome Realisation of defined aims.			
Subject content <i>Theory</i> Psycho-physical development of man – the concept of growth and development, principles and factors of psychophysical development, inner factors of human development, exterior factors of human development, biorhythms and their importance, dynamics of a change of body height in ontogenesis, development of bone and muscular organic system, development of cardiovascular system, development of neurovegetative and system for functional correlation of organism, development of respiratory system, development of digestive system and urogenital system, development of the nervous system and senses, asymmetry of body and body proportions, acceleration of body development, constitutional types, embryonal development, postnatal development, morphological and functional features of women, psychophysical features of women – speed, endurance, strength and agility, disorders of reproductive development in women – male pseudohermaphrodites and their characteristics, definition of female sex control. <i>Practice</i> International biological programme, anthropometrics and anthroposcopy, instruments and techniques for measuring, condition for measuring, measuring of longitudinal dimensions of skeleton, measuring of the transversal dimensions of skeleton, measuring body mass and body circumference, measuring subcutaneous fatty tissue, analysis of results of anthropometric measuring, calculation of ideal body mass, calculation of body mass index (BMI), calculation of weightless fat mass (according to Willmore), calculation of relative fat contents, Lawrence constitutional index, calculation of muscle index.			
Literature 1) Stojanović, M. (1977) Biologija razvoja čoveka sa osnovama sportske medicine, Fakultet fizičke kulture, Beograd. 2) Jakonić D. (1996) Sportska medicina. Fakultet fizičke kulture, Novi Sad. 3) Medved R. (1982) Sportska medicina, JUMENA, Zagreb			
Number of active teaching classes	Theory: 3	Practice: 1	
Teaching methods Theory lectures, practical exercises, mid-term tests, consultations			
Knowledge assessment (maximum number of points is 100)			
Pre-exam requirements	Points	Final exam	points
theory lectures and exercises		written exam	30
practice	30	oral exam	30
seminars	10	written test	