

Study programme: Undergraduate Academic Studies / Bachelor with Honours in Sport and Physical Education			
Subject name: APPLIED SWIMMING / OA29			
Teacher/Teachers: Goran Dimitrić, PhD			
Subject status: Mandatory			
ECTS credits: 3			
Requirements: SWIMMING			
Subject aim Application of knowledge and skills of swimming in the training process, with the persons with special needs and in saving a drowning person as an element of safety on the water.			
Subject outcome Students who successfully realise all the subject tasks will be trained for swimming the dolphin technique and breaststroke (start, swimming, and flip turn), for organisation and realisation of the training for pool swimming with persons with special needs, for work in the process of learning of all four swimming techniques and the realisation of the training process, for saving a drowning person in the pool conditions.			
Subject content <i>Theory</i> Analysis of swimming techniques of dolphin and breaststroke (start, swimming, and flip turn), Sport swimming, Theory and methods of organisation, swimming and realisation the training of all four swimming techniques (start, swimming, flip turn), Specificities of spending time and learning in the water, with persons with special needs, the Basics of lifeguarding on the water (indoor water). <i>Practice</i> Learning and developing the swimming techniques of dolphin and breaststroke (start, swimming, and flip turn), Methods of training dolphin and breaststroke techniques, Learning and developing the lifeguard elements for a drowning person in pool conditions.			
Literature 1) Dimitrić, G. (2017). SWIMMING. Novi Sad: Fakultet sporta i fizičkog vaspitanja.			
Number of active teaching classes	Theory: 1		Practice: 2
Teaching methods Interactive lecture, writing a seminar paper, independent research, consultations.			
Knowledge assessment (maximum number of points is 100)			
Pre-exam requirements	points	Final exam	points
engagement in class activities	20	written exam	20
practice	20	oral exam	
term test(s)		practical exam	40