

Study programme: Undergraduate Academic Studies / Bachelor with Honours in Sport and Physical Education			
Subject name: SWIMMING / OA24			
Teacher/Teachers: Goran Dimitrić, PhD			
Subject status: Mandatory			
ECTS credits: 4			
Requirements:			
Subject aim Understanding the presence of motoric skills in the water in everyday life imposes the need to master them. Acquiring motoric skills on and under water, is a precondition of safety on water. Application of acquired knowledge and skills related to the basics of organisation and realisation of non-swimmers, learning of swimming techniques crawl and backstroke, and demonstration of freediving.			
Subject outcome Students who successfully realise all the subject tasks will be trained with motorics for a safe swimming, for performing crawl and backstroke swimming techniques (start, swimming, and flip turn), for safe freediving up to 2 meters of depth (diving, swimming underwater, and coming to surface), for organisation and carrying out of the training for non-swimmers, training on swimming techniques of crawl and backstroke (start, swimming, and flip turn) and for demonstration of freediving (dive, technique of moving under water and coming to surface).			
Subject content <i>Theory</i> Representation of swimming as activities in various life spheres, Characteristics and importance of swimming, Biomechanics of swimming, Analysis of swimming techniques of crawl and backstroke (start, swimming and flip turn), Theory and methods of training the non-swimmers and swimming techniques of crawl and backstroke (start, swimming and flip turn). Basics of freediving (diving, movement underwater and coming to surface). <i>Practice</i> Learning and developing swimming techniques of crawl and backstroke (start, swimming and flip turn), Methods of training crawl and backstroke techniques, Learning and developing the basics of freediving (diving, movement underwater and coming to surface).			
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