

Study programme	Bachelor with Honours in Physical Education and Sport		
Study module			
Type and level of studies	Basic academic three-year studies		
Course title	SUMMER ACTIVITIES IN NATURE ON AND IN WATER		
Lecturer (for lectures)	Milan Cvetković, PhD		
Academic/Associate (for exercises)	Milan Cvetković, PhD		
Academic/Associate (for other forms of teaching)	Milan Cvetković, PhD		
Number of ECTS	4	Course status (mandatory/optional)	Optional
Requirement	The student should pass the prescribed number of exams required for attending the VI semester.		
Purpose of the course	The aim of the subject is that the presented material, its verification in practice and permanent consultation of professional literature among students, create a clear picture of the importance of summer activities in nature, as well as theoretical and practical training of students, as future teachers of physical education, to independently and creatively realize the summer campus teaching, with particular emphasis on the activities on and in water.		
Outcome of the course	Realization of the intended purpose.		
Syllabus			
Theoretical teaching	<p>Introduction to the basic types, definitions and significance of activities in nature. Addressing the place and the role of activities in nature in the physical education syllabus for pre-school institutions, primary and secondary schools and professional organizations and associations. Understanding the importance of conducting excursions, hiking, camping, orientation competitions and other contents accessible to students of primary and secondary school education. Familiarizing with specific locations in our area suitable for carrying out activities in nature on and in water. Familiarizing with the importance of information and propaganda in the space of activities in nature; organization of transportation of persons and equipment; personal and collective equipment necessary for a safe stay in nature. Familiarizing with the optimal technique of moving on the ground; dangers in nature; food and staying overnight in nature. Mastering preventive measures and first aid in the field. Orientation in nature through improvised and standard means, phenomena and facilities. Familiarizing with the basics of meteorology. Familiarizing with the physical and mental preparation needed to stay in nature in summer. Adopting knowledge about camping as a form of staying in nature (types and division); types and camp divisions in relation to the content, location and age of students; optimal factors in the selection of a campsite location for teaching purposes; planning, organizing and selecting a camping team. Adopting knowledge about the selection of the terrain for the teaching camp and dividing the camp into zones (housing zone, food zone, sanitary zone and sports and recreation zone).</p>		
Practical teaching (exercises, other forms of teaching, study research work)	<p>Familiarizing with the basic rules of movement in nature; hiking facilities in the function of a safe stay in nature. Familiarizing with examples of field games on excursions and camping; use of fire in nature and the types of fire pits; tent, as the basic residential unit necessary for staying in nature; improvised facilities and patents in nature; using a knife and pioneer tools in nature. Ability to solve individual tasks from the Physical Education Syllabus for students (tours of cultural and historical monuments, natural phenomena, flora and fauna). Understanding the importance of nature protection; role and significance of the pedagogue of physical culture in creating a proper relationship to nature; functions of national parks in the protection of nature and human heritage. Understanding the optimal functioning of the teaching camp (selection of work and professional team, daily plans and activity schedules); obligations and duties of persons on duty. Familiarizing with the contents of the basic campus syllabus; morning exercises; competitions of sports-recreational character on camping; evening programmes on camping; joint gatherings (assemblies) in the function of organizing, information and checks. Mastering water activities without props: applied swimming, swimming in difficult conditions, swimming in the long run, preparation of the terrain for outdoor swimming training, rescue activities, water jumps, water games without props. Mastering water activities with props: water games with equipment, applied rowing in national and tourist vessels, rowing galleys, canoes and kayaks. Mastering the basics of nautics: riding a motorboat, windsurfing, water skiing, rafting and rafting in fast waters. Mastering activities under water: free diving (with and without basic diving equipment), basics of diving with a bottle and diving equipment. Familiarizing with the basics of sport fishing. Mastering the provision of first aid.</p>		
Literature			
1	Adison, G. (2002). Splavarenje. Zagreb: Znanje. Miletić, V.K. (2011). Izlaz iza otvorenih vrata: aktivnosti u		

2	American Canoe Association, Dillon, P. & Oyen, J. (2008). Canoeing. Champaign, IL: Human Kinetics.
3	Miletić, V.K. (2011). Izlaz iza otvorenih vrata: aktivnosti u prirodi, filozofija modernog života. Belgrade: Alkaprint.
4	Redmond, K., Foran, A. & Dwyer, S. (2010). Quality lessons plans for outdoor education. Champaign, IL: Human Kinetics.
5	Cvetković, M. (2012). Aktivnosti u prirodi. Novi Sad: Faculty of Sport and Physical Education.

Number of classes per week during the semester/trimester/year				
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Lectures	Exercises	of teaching	Study research	Other classes
1	3			

Methodsofteaching	Lectures, exercises, practical preliminary exam, written examination, consultations.
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Knowledge assessment (maximum number of points 100)			
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Pre-exam obligations	points	Final exam	points
activities during lectures	15	written exam	30
practical classes	15	oral exam	
preliminary exam	30		
seminars	10		