

<b>Study programme:</b> Undergraduate Academic Studies / Bachelor with Honours in Sport and Physical Education			
<b>Subject name:</b> SPORTS AEROBICS / OAH10			
<b>Teacher/Teachers:</b> Jelena Obradović, PhD			
<b>Subject status:</b> Elective			
<b>ECTS credits:</b> 5			
<b>Requirements:</b>			
<b>Subject aim</b>			
The subject aim is to make students master the basic knowledge in the field of sports aerobics, as the latest gymnastics sport in the family of International Gymnastics Federation. Mastering the knowledge in the field of methods of trainings, rules, weight elements, performance and artistic movement in sports aerobics in different athlete age groups. Also, to make them learn the professional terminology of sports aerobics and the ability to organise and carry out sports aerobics training in practice.			
<b>Subject outcome</b>			
Realisation of defined aims.			
<b>Subject content:</b> <i>Theory</i>			
Acquiring knowledge on the history and creation of sports aerobics and its current status, as well as the theoretical base of this sport. Relation of the motoric abilities with the elements of difficulties of sports aerobics, physical preparation in sports aerobics and the basics of the music directions of it. Artistic character, performance and elements of difficulty in sport aerobics, their assessment and judging. Relation of other anthropological spaces with the success in sports aerobics. Methods and specificities of the work on ports aerobics in children, youth, adults. Planning the strength training (preparatory, pre-competitive and competitive period).			
<i>Practice</i>			
Training for a practical demonstration, program planning and analysis of the exercises of sports aerobics. The basic and performed strength exercises (technique, methods of teaching). Work methods in training musical units with the basic moves in sports aerobics and aerobic units. Creation of choreography for competitions in sports aerobics, work methodology in preparation for competitions in the category, couples, triples, and groups (contacts and support).			
<b>Literature</b>			
<ol style="list-style-type: none"> <li>1) Obradović, J. (2004) Motorička analiza nekih kinetičkih struktura sportskog aerobika, Doktorska disertacija, Novi Sad: Fakultet sporta i fizičkog vaspitanja</li> <li>2) Nićin,Đ. i Todorović,J. (1996) Povrede u aerobnoj gimnastici, Zbornik sažetaka, IV Međunarodnog savetovanja: Sportske povrede i trenažni proces, Novi Sad: Novosadski maraton</li> <li>3) Obradović, J. (1999) Struktura i relacija motoričkih sposobnosti i morfoloških karakteristika vežbačica aerobne gimnastike, Magistarski rad, (208), Novi Sad: Fakultet fizičke kulture</li> <li>4) Obradovic, J. (2010) Difficulty elements and motor abilities in sports aerobic, Lausanne: International GymnasticsFederation</li> <li>5) Code of points 2017-2021, Lausanne: International GymnasticsFederation</li> </ol>			
<b>Number of active teaching classes</b>	<b>Theory:</b> 2	<b>Practice:</b> 3	
<b>Teaching methods</b>			
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 by using the method of obviousness, method of indirect and direct demonstration, live speech in the group work, and the method of practical exercises.			
<b>Knowledge assessment (maximum number of points is 100)</b>			
<b>Pre-exam requirements</b>	Points	<b>Final exam</b>	points
engagement in class activities	30	written exam	
practice	15	oral exam	30
term test(s)	25		