

<b>Study programme:</b> Undergraduate Academic Studies / Bachelor with Honours in Sport and Physical Education			
<b>Subject name:</b> SPORT ACTIVITIES IN PRESCHOOL AGE / OAI8			
<b>Teacher/Teachers:</b> Boris Popović, PhD			
<b>Subject status:</b> Elective			
<b>ECTS credits:</b> 4			
<b>Requirements:</b> None			
<b>Subject aim</b> Familiarise students with the role and significance of sport activities in preschool age for the motoric development and improvement of the components of the physical form related to health. Learning about the possibilities of transforming the anthropological dimensions of preschool children by applying the means of physical exercises. Practical training for independent realisation of various sport activities for preschool children with a proper demonstration.			
<b>Subject outcome</b> Students who successful realise all the subject tasks will be trained to recognise the role and significance of sport activities in preschool age for the motoric development and improvement of the components of the physical form related to health, to master the age characteristics and specificities of exercises of preschool children, to understand the significance of practical application of the contents of physical exercises on the transformation of anthropological dimensions of preschool children, to independently realise sport activities for preschool age.			
<b>Subject content:</b> <i>Theory</i> Introduction in the motoric development of preschool children. The impact and significance of physical exercises of children. Anthropological status (morphological characteristics, functional, cognitive abilities, conative characteristics, sociological status, etc.) of preschool children. Development of motoric abilities and skills (rough and fine motorics) in preschool children. Development and improvement of the components of physical forms of preschool children. The basic principles of trainings for small children. Planning and designing sport activities for different age categories of preschool children. Monitoring and evaluation of motoric development, physical form, and other dimensions of psychosomatic status of preschool children. <i>Practice</i> Application of means of physical exercises for the development of fundamental motoric skills of preschool children (locomotor, ballistic and manipulative skills). Application of means of physical exercises for the development of components of the physical form related to health. Organisation of sport activities of preschool children. Practical training for monitoring and evaluation of motoric development, physical form and other dimensions of psychosomatic status of preschool children.			
<b>Literature</b> 1) Bala, G. (2002). Sportska školica. Novi Sad: Samostalno izdanje autora. 2) Sabo, E. (2013). Metodika fizičkog vaspitanja predškolske dece (teorija i praksa) Novi Sad: Samostalno izdanje autora. 3) Hejvud, K., Gečel, N. (2017). Motorički razvoj kroz život. Podgorica: Univerzitet Crne Gore 4) Dienstman, R. (2013). Igre za motoričko učenje. Beograd: Data Status. 5) Ayers, S., Sariscsany, M. (2013). Fizičko vaspitanje za celoživotnu formu. Beograd: Data Status.			
<b>Number of active teaching classes</b>	<b>Theory: 2</b>		<b>Practice: 1</b>
<b>Teaching methods</b> Lectures, exercises, mid-term tests, consultations			
<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	10	written exam	15
Practice		oral exam	
term test(s)	30	test	15
lecture/exercise attendance	30		