

<b>Study programme:</b> Undergraduate Academic Studies / Bachelor with Honours in Sport and Physical Education			
<b>Subject name:</b> ATHLETICS / OAI6			
<b>Teacher/Teachers:</b> Ilona Mihajlović, PhD			
<b>Subject status:</b> Elective			
<b>ECTS credits:</b> 4			
<b>Requirements:</b> None			
<b>Subject aim</b> The purpose and the aim of the subject is to demonstrate and acquire the moves which reflect the techniques of all athletic disciplines which are not represented in the mandatory curriculum, and to ensure their mastering with the aim to apply them later in practice.			
<b>Subject outcome</b> Students who successfully realise all the subject tasks will be trained for pedagogical work with the young, they will learn athletic disciplines and the techniques of performing those disciplines, they will use adequate means and methods for teaching athletic disciplines, they will be trained how to plan and realise the training on techniques of athletic disciplines depending on the needs, they will be trained to plan and organise various athletic contents and events (competitions, cross-race, etc.), they will be trained for a safe work within athletics and they will be trained for cooperation and communication with pupils, parents, and experts from this field and other fields.			
<b>Subject content</b> <i>Theory</i> History of athletic moves, Sport achievements in running disciplines, Sport achievements in jumping disciplines, Sport achievements in throwing discipline, Safety measures in performing and organising athletic events, Sport walking, Hurdling disciplines, Triple jump, Pole vault, Discus throw, Javelin throw, Hammer throw, Athletic categories, Athletic rules, Analysis and application of athletic disciplines. <i>Practice</i> Physical preparation for athletic disciplines, Sport walking, Race pre-exercises, Hurdle race, Jumping pre-exercises, Triple jump, Preparation exercises for pole vault, Discus throwing, Javelin throwing, Preparation exercises for hammer throwing, Competition and refereeing in racing and jumping disciplines, Competition and refereeing in throwing disciplines.			
<b>Literature</b> 1) Mihajlović, I. (2014) Atletika, Fakultet sporta i fizičkog vaspitanja, Novi Sad. 2) Carr, G. (1999) Fundamentals of track and field, Second Edition, Human Kinetics, USA. 3) Mihajlović, I. (2005). Kriterijumi za preocenu motoričkih sposobnosti i usvojenosti tehnike atletskih disciplina, Novi Sad, samostalno izdanje.			
<b>Number of active teaching classes</b>		<b>Theory:</b> 2	<b>Practice:</b> 1
<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	20	written exam	45
Practice		oral exam	
term test(s)	30	extracurricular activities	5