

Study programme: Undergraduate Academic Studies / Bachelor with Honours in Sport and Physical Education			
Subject name: DEVELOPING STRENGTH IN SPORTS / OAI5			
Teacher/Teachers: Jelena Obradović, PhD			
Subject status: Elective			
ECTS credits: 4			
Requirements:			
Subject aim The subject aim is to make students master the basic knowledge in the field of developing strength in sports among different age groups of athletes. Also, to make them learn the professional terminology of exercising strength and the ability to organise and carry out strength trainings in practice.			
Subject outcome Realisation of the defined aims.			
Subject content <i>Theory</i> Acquiring knowledge on the strength as a part of the anthropometrics, on developing strength through phylogenesis and ontogenesis of a man. Introduction in the identification of specificities of strength development in different age groups, sensitive periods, different sports in both sexes. Relation of the strength as a motoric ability with other anthropological spaces of a man. Methods and specificities of the work on the strength in children, youth, adults and the elderly. Planning the strength training (accumulation, transformation and competitive training period). <i>Practice</i> Training for a practical demonstration, program planning and analysis of the strength exercises in different physical activities of a man. The basic and performed strength exercises (technique, methods of teaching). Work methods in developing the explosive, repetitive and static strength, and the specificities of the work on a relative and absolute strength (means, methods, principles), Mastering the basic and additional work methods on strength, their application in practice depending on the sex, age and years of training.			
Literature 1) Zaciorskij, V, Kremer, V. (2009). Nauka i praksa u treningu snage. Data Status, Beograd 2) Lloyd, R., Oliver, J. (2014) Strength and conditioning for young athletes, Routledge, London and New York 3) Kraemer WJ, Ratamess NA, Flanagan SD, Shurley JP, Todd JS, Todd TC. (2017) Understanding the Science of Resistance Training, Sports Med 47:2415–2435 Springer International Publishing 4) Delavier, F. (2006) Anatomija treninga snage. Data Status, Beograd			
Number of active teaching classes	Theory: 2		Practice: 1
Teaching methods 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, method of indirect and direct demonstration, live speech in the group work, and the method of practical exercises.			
Knowledge assessment (maximum number of points is 100)			
Pre-exam requirements	Points	Final exam	points
engagement in class activities	30	written exam	30
Practice	15	oral exam	
term test(s)	25		