

Study programme: Undergraduate Academic Studies / Bachelor with Honours in Sport and Physical Education			
Subject name: FITNESS YOGA / OAI3			
Teacher/Teachers: Milan Cvetković, PhD			
Subject status: Elective			
ECTS credits: 5			
Requirements: None			
Subject aim Subject aim is to create a clear picture among the students about the significance of fitness yoga, for the entire anthropological status and achievement and maintenance of good health and bring the students from the status of a full yoga beginner to the status where the student will be able, using the acquired knowledge, to independently train and manage the exercises of others.			
Subject outcome Student who successful realise all the subject tasks will be trained to: popularise the fitness yoga exercises, organise and realised programme contents in fitness yoga in preschool institutions, primary and secondary schools, and in work with adults and elderly, understanding and respecting specificities of each population.			
Subject content: <i>Theory</i> Understanding the importance and idea of fitness yoga and resenting it to preschool children, primary and secondary school pupils, and adults and the elderly. Familiarising with the background of the fitness yoga and yoga in the world and in our country. Learning about eight main yoga branches, with the accent on fitness (hatha) yoga which basis is physical exercises. Learning about five basic yoga approaches, with the accent on the approach which insists on maintaining physical fitness and mental health. Learning about the preparation for doing fitness yoga (space, temperature, clothes, mats) rule of behaviour in classes and safety during exercises. Learning about the principles of yoga exercises – (proper) mental attitude, awareness (attention), relaxation, slow movements and proper breathing. Learning about the parts (structure) of a fitness yoga class, yoga introduction to the exercise, yoga exercises for warming-up, yoga positions and yoga position cycles, yoga breathing, yoga relaxing. Learning about yoga techniques of purifying the organism. Learning about the creation of exercise programmes with various purposes and for different population. Learning about the fitness yoga props. Learning about a proper diet of a fitness yoga doer. <i>Practice</i> Understanding the instructions and warnings before, during and after exercising fitness yoga. Concentration on the next exercise at the beginning of the fitness yoga class. Technique of visualising (ideomotor training). Healing the skin and muscles. Yoga warm-up exercises – “karana”. Standing positions (asanas), squatting positions, sitting positions, positions for strengthening and stretching back muscles, positions for strengthening and massaging abdominal muscles, twisting, balance exercises, reverse positions, stretching, the basic pose cycles (asanas), breathing yoga – pranayama, techniques of purifying organism, relaxation yoga – yoga nidra. Doing fitness yoga with props. Doing fitness yoga in pairs. Creating fitness yoga exercises programme.			
Literature 1) Van Lizbet, A. (1977). Učim jogu. Zagreb. Naprijed. 2) Petrović, D. (1997). Hatha joga za početnike. Subotica: ŽAC-promet. 3) Skot, Dž. (2010). Aštanga Joga: Postepeni vodič do dinamičke joge. Beograd: Ezoteria.			
Number of active teaching classes	Theory: 2		Practice: 2
Teaching methods Lectures, exercises, practical mid-term test, written test, consultations			
Knowledge assessment (maximum number of points is 100)			
Pre-exam requirements	points	Final exam	points
engagement in class activities	30	written exam	30
Practice		oral exam	
term test(s)	30	written test	10