

**Faculty for Sport and Physical Education / PHYSICAL EDUCATION AND HEALTHY LIFESTYLES / Athletics - Walking and Running**

<b>Course:</b>	Athletics - Walking and Running			
<b>Course ID</b>	<b>Course status</b>	<b>Semester</b>	<b>ECTS credits</b>	<b>Lessons</b> (Lessons+Exercises+Laboratory)
10593	Mandatory	3	6	3+2+0
<b>Programs</b>	PHYSICAL EDUCATION AND HEALTHY LIFESTYLES			
<b>Prerequisites</b>	There are no prerequisites required for signing up for this course			
<b>Aims</b>	Throughout the course students are acquainted with all the necessary information about athletics as the only sports discipline which is entirely based on natural forms of movement. During their attendance of the course students need to master modern techniques of racewalking and running disciplines, their development, biomechanics, as well as their methodological approach to training and competition rules.			
<b>Learning outcomes</b>	1. Describe the origin and structure of walking and running athletic disciplines. 2. Demonstrate walking and running athletic techniques 3. Apply the methodology of teaching walking and running athletic techniques 4. Control the success of carrying out walking and running athletic techniques 5. Apply athletic contents of running type in physical education and sport teaching 6. Describe the selection process in racewalking and athletic running			
<b>Lecturer / Teaching assistant</b>	Prof. dr Kemal Idrizović			
<b>Methodology</b>	Theoretical and practical lectures, exercises, mastering technical disciplines, removing mistakes and independent task solution, consultations.			
<b>Plan and program of work</b>				
Preparing week	Preparation and registration of the semester			
I week lectures	Introduction, development, structure of athletics;			
I week exercises				
II week lectures	Athletic training methods;			
II week exercises				
III week lectures	Methodology of athletic disciplines training;			
III week exercises				
IV week lectures	Racewalking;			
IV week exercises				
V week lectures	Athletic running;			
V week exercises				
VI week lectures	Mid-term exam			
VI week exercises	Mid-term exam			
VII week lectures	Sprints;			
VII week exercises				
VIII week lectures	Middle-distance;			
VIII week exercises				
IX week lectures	Long-distance			
IX week exercises				
X week lectures	Cross country running;			
X week exercises				
XI week lectures	Marathon;			
XI week exercises				
XII week lectures	Second exam			
XII week exercises	Second exam			

XIII week lectures	Relay races					
XIII week exercises						
XIV week lectures	Hurdling;					
XIV week exercises						
XV week lectures	Revision of the teaching contents;					
XV week exercises						
<b>Student workload</b>	Weekly: 6 credits x 40/30 = 8 hours Structure of the workload: 2 hours of theoretical lectures 1 hour of practical lectures 2 hours of exercises 3 hours of independent work, including consultations During the semester: Lectures and final exam: 6 x 16= 96 hours Necessary preparations before the start of the semester (administration, registration, certification) 2 x (6 hours) = 12 hours Total hours for the course: 6 x 30 = 180 hours Additional work for the preparation of the makeup final exam, including taking the makeup final exam from 0 to 72 hours Structure of the workload: 96 hours (teaching) + 12 hours (preparation) + 72 hours (additional work)					
<b>Per week</b>			<b>Per semester</b>			
<b>6 credits x 40/30=8 hours and 0 minuts</b> 3 sat(a) theoretical classes 0 sat(a) practical classes 2 excercises <b>3 hour(s) i 0 minuts</b> of independent work, including consultations			Classes and final exam: <b>8 hour(s) i 0 minuts x 16 =128 hour(s) i 0 minuts</b> Necessary preparation before the beginning of the semester (administration, registration, certification): <b>8 hour(s) i 0 minuts x 2 =16 hour(s) i 0 minuts</b> Total workload for the subject: <b>6 x 30=180 hour(s)</b> Additional work for exam preparation in the preparing exam period, including taking the remedial exam from 0 to 30 hours (remaining time from the first two items to the total load for the item) <b>36 hour(s) i 0 minuts</b> Workload structure: <b>128 hour(s) i 0 minuts (cources), 16 hour(s) i 0 minuts (preparation), 36 hour(s) i 0 minuts (additional work)</b>			
<b>Student obligations</b>			Students are obliged to attend the lectures, master the technical disciplines, take part in task solving and take both exams.			
<b>Consultations</b>			Tuesday, 12:00h			
<b>Literature</b>			- Idrizović, K. (2010). Atletika I i II. Univerzitet Crne Gore. Puleo, J., & Milroy, P. (2009). Running Anatomy. Human Kinetics, Inc.			
<b>Examination methods</b>			- Two exams 20 points each (40 points in total). - Active participation in task solving in the lectures and exercises 10 points. - Final exam 50 points. - The passing grade is achieved if the student cumulatively earns 51 points and regularly attends the classes.			
<b>Special remarks</b>						
<b>Comment</b>						
<b>Grade:</b>	F	E	D	C	B	A
<b>Number of points</b>	less than 50 points	greater than or equal to 50 points and less than 60 points	greater than or equal to 60 points and less than 70 points	greater than or equal to 70 points and less than 80 points	greater than or equal to 80 points and less than 90 points	greater than or equal to 90 points