

Faculty for Sport and Physical Education / PHYSICAL EDUCATION / Teaching Methods of Human Movement Studies

Course:	Teaching Methods of Human Movement Studies			
Course ID	Course status	Semester	ECTS credits	Lessons (Lessons+Exercises+Laboratory)
2435	Mandatory	2	6	2+1+2
Programs	PHYSICAL EDUCATION			
Prerequisites	There are no prerequisites required for signing up for this course			
Aims	The goal of the course is to acquaint the students with the methodology of anthropomotrics. The methodology of anthropomotrics is the fundamental anthropomotoric discipline, whose main focus of research is the development of motor abilities and motor knowledge, methodology of developing motor abilities and motor knowledge, (i.e. training of motor abilities and knowledge) and the use of functional and motor potential of a human being during their body exercise, which can be realised for health, recreational and sports reasons.			
Learning outcomes	Having passed this course, the student will be able to: 1. Link theoretical and practical knowledge of the development of motor abilities of human beings 2. Apply theoretical and practical knowledge of the development of motor abilities of human beings 3. Independently shape, prepare and practically realise the programme of body exercise in relation to growth, age and individual abilities of those who exercise 4. Creatively adjust and improve methodological steps in the development of motor abilities, adequate for gender, age health and sports status of those who exercise 5. Apply functional, motor and morphological diagnostic 6. Recognise fundamental terms in the area of wellness and fitness and apply their programmes, aimed at the transformation of different dimensions of anthropological status.			
Lecturer / Teaching assistant	Prof. dr Kemal Idrizović, Mr Ivan Vasiljević, Mr Jovan Gardašević			
Methodology	Theoretical and practical lectures, exercises, observation classes, consultations.			
Plan and program of work				
Preparing week	Preparation and registration of the semester			
I week lectures	The basic postulates of the methodology of increasing of motor abilities			
I week exercises	The basic postulates of the methodology of increasing of motor abilities			
II week lectures	Development and methodology of strength increase;			
II week exercises	Development and methodology of strength increase;			
III week lectures	Methodology of increasing maximal and speed strength and endurance in strength			
III week exercises	Methodology of increasing maximal and speed strength and endurance in strength			
IV week lectures	Development and methodology of speed increase;			
IV week exercises	Development and methodology of speed increase;			
V week lectures	Development and methodology of endurance increase			
V week exercises	Development and methodology of endurance increase			
VI week lectures	First test			
VI week exercises				
VII week lectures	Development and methodology of flexibility increase;			
VII week exercises	Development and methodology of flexibility increase			
VIII week lectures	Development and methodology of coordination, balance and precision increase			
VIII week exercises	Development and methodology of coordination, balance and precision increase			
IX week lectures	Warming up and cooling down in sport and fitness			
IX week exercises	Warming up and cooling down in sport and fitness			
X week lectures	Fitness programmes for sportsmen and amateurs			
X week exercises	Fitness programmes for sportsmen and amateurs			
XI week lectures	Wellness. Fitness			
XI week exercises	Wellness.Fitness			

XII week lectures	Mid-term exam					
XII week exercises						
XIII week lectures	Sports and amateur fitness programmes					
XIII week exercises	Sports and amateur fitness programmes					
XIV week lectures	Fitness programmes for children					
XIV week exercises	Fitness programmes for children					
XV week lectures	Final exam					
XV week exercises						
Student workload	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: 8 x 16= 128 hours Necessary preparations before the start of the semester (administration, registration, certification) 2 x (8 hours) = 16 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 36 hours Structure of the workload: 128 hours (teaching) + 16 hours (preparation) + 36 hours (additional work)					
Per week			Per semester			
6 credits x 40/30=8 hours and 0 minuts 2 sat(a) theoretical classes 2 sat(a) practical classes 1 excercises 3 hour(s) i 0 minuts of independent work, including consultations			Classes and final exam: 8 hour(s) i 0 minuts x 16 =128 hour(s) i 0 minuts Necessary preparation before the beginning of the semester (administration, registration, certification): 8 hour(s) i 0 minuts x 2 =16 hour(s) i 0 minuts Total workload for the subject: 6 x 30=180 hour(s) 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) 36 hour(s) i 0 minuts Workload structure: 128 hour(s) i 0 minuts (cources), 16 hour(s) i 0 minuts (preparation), 36 hour(s) i 0 minuts (additional work)			
Student obligations			Students are obliged to attend the lectures and exercises			
Consultations			Monday, 11:30			
Literature			Idrizović, Dž., Idrizović, K. (2001). Osnovi antropomotorike. Univerzitet Crne Gore. Idrizović, K. (2010). Atletika I i II. Univerzitet Crne Gore. Zatsiorsky, V., Kraemer, W. (2006). Science and Practice of Strength Training (2nd ed.). Human Kinetics, Inc. For			
Examination methods			- In-class participation 10 points. - Mid-term exam 40 points. - Final exam 50 points. The passing grade is achieved if the student cumulatively earns 51 points and regularly attends the classes.			
Special remarks			In the course of teaching, aside from classical organisational and methodological forms of work, we well also utilise modern (independent, group-independent, organisational, independent and group-independent heuristic), as well as a range of other specifi			
Comment			No			
Grade:	F	E	D	C	B	A
Number of points	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