

**Faculty for Sport and Physical Education / PHYSICAL EDUCATION AND HEALTHY LIFESTYLES / Teaching Methods of Human Movement Studies**

<b>Course:</b>	Teaching Methods of Human Movement Studies			
<b>Course ID</b>	<b>Course status</b>	<b>Semester</b>	<b>ECTS credits</b>	<b>Lessons</b> (Lessons+Exercises+Laboratory)
2435	Mandatory	2	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>	The goal of the course is to acquaint the students with the methodology of anthropomotorics. The methodology of anthropomotorics 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.			
<b>Learning outcomes</b>	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.			
<b>Lecturer / Teaching assistant</b>	Prof. dr Kemal Idrizović			
<b>Methodology</b>	Theoretical and practical lectures, exercises, observation classes, consultations.			
<b>Plan and program of work</b>				
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				
II week lectures	Development and methodology of strength increase;			
II week exercises				
III week lectures	Methodology of increasing maximal and speed strength and endurance in strength;			
III week exercises				
IV week lectures	Development and methodology of speed increase;			
IV week exercises				
V week lectures	Development and methodology of endurance increase; Development and methodology of flexibility increase;			
V week exercises				
VI week lectures	Mid-term exam			
VI week exercises	Mid-term exam			
VII week lectures	Development and methodology of coordination, balance and precision increase;			
VII week exercises				
VIII week lectures	Warming up and cooling down in sport and fitness;			
VIII week exercises				
IX week lectures	Fitness programmes for sportsmen and amateurs;			
IX week exercises				
X week lectures	Wellness;			
X week exercises				
XI week lectures	Fitness;			
XI week exercises				

XII week lectures	Sports and amateur fitness programmes; Fitness programmes for children;					
XII week exercises						
XIII week lectures	Second exam					
XIII week exercises	Second exam					
XIV week lectures	Revision of teaching contents presented in the course of the semester through theoretical and practical lectures and exercises;					
XIV week exercises						
XV week lectures	Final exam					
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: 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)					
<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>						
<b>Consultations</b>			Monday, 11:30h			
<b>Literature</b>			: 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. Foran, B. (2001). High-performance sports conditioning. Human Kinetics, Inc. Puleo, J., & Milroy, P. (2009). Running Anatomy. Human Kinetics, Inc. Nićin,Đ.(2003).Fitness.Univerzitet»Braća Karić».			
<b>Examination methods</b>			- 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.			
<b>Special remarks</b>						
<b>Comment</b>			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 specific, conventional and unconventional organisational and methodological forms of work.			
<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