

Faculty for Sport and Physical Education / PHYSICAL EDUCATION / Basic Theory of Physical Education

Course:	Basic Theory of Physical Education			
Course ID	Course status	Semester	ECTS credits	Lessons (Lessons+Exercises+Laboratory)
2436	Mandatory	2	4	2+1+0
Programs	PHYSICAL EDUCATION			
Prerequisites	There are no prerequisites required for signing up for this course			
Aims	The aim of the Theoretical Foundations of Physical Culture as a course can be seen in stimulating students' spiritual efforts to consider the very foundations of the profession they have chosen, i.e. their efforts for further development, revision and conception of the profession, and their preparation for work.			
Learning outcomes	Having passed this course, the student will be able to: 1. Understand the basic terms in the area of physical culture; 2. Analyse the principles, systems and methods applied in physical culture theory; 3. Understand objective regularities of the functioning and development of physical culture; 4. Recognise in each separate phenomenon in physical culture its relation to other phenomena; 5. Analyse very complex links and relations existing in physical culture; 6. Form professional views and opinions on which his/her further development as future professionals depends			
Lecturer / Teaching assistant	prof.dr Duško Bjelica /professors's code 195872, doc. dr Dragan Krivokapić, mr Jovan Gardašević			
Methodology	Theoretical and practical lectures, exercises, consultations.			
Plan and program of work				
Preparing week	Preparation and registration of the semester			
I week lectures	The focus of the theory of physical culture; Tasks of the theory of physical culture.			
I week exercises	The focus of the theory of physical culture; Tasks of the theory of physical culture.			
II week lectures	Specific nature of physical culture as an integral part of general culture			
II week exercises	Specific nature of physical culture as an integral part of general culture			
III week lectures	Importance of the theory of physical culture.			
III week exercises	Importance of the theory of physical culture.			
IV week lectures	Origin of the term physical culture and terminological issues.			
IV week exercises	Origin of the term physical culture and terminological issues.			
V week lectures	Transforming aspect of physical culture;			
V week exercises	Transforming aspect of physical culture;			
VI week lectures	Some familiar and similar notions			
VI week exercises	Some familiar and similar notions			
VII week lectures	Manifestations of physical culture. Game, sport, gymnastics;			
VII week exercises	Manifestations of physical culture. Game, sport, gymnastics;			
VIII week lectures	Mid-term exam			
VIII week exercises				
IX week lectures	Methodology in the theory of physical culture			
IX week exercises	Methodology in the theory of physical culture			
X week lectures	Values in physical culture; Bio-psycho-social laws in physical culture.			
X week exercises	Values in physical culture; Bio-psycho-social laws in physical culture.			
XI week lectures	Satisfying the needs f modern human beings through of physical culture			
XI week exercises	Satisfying the needs f modern human beings through of physical culture			
XII week lectures	Standards and norms in of physical culture			
XII week exercises	Standards and norms in of physical culture			
XIII week lectures	Second exam			

XIII week exercises						
XIV week lectures	Conditions and trends in of physical culture					
XIV week exercises	Conditions and trends in of physical culture					
XV week lectures	Final exam					
XV week exercises						
Student workload	Weekly: 3 credits x 40/30 = 4 hours Structure of the workload: 2 hours of theoretical lectures, 2 hours of independent work, including consultations During the semester: Lectures and final exam: 4 x 16= 64 hours Necessary preparations before the start of the semester (administration, registration, certification) 2 x 4 = 8 hours Total hours for the course:3 x 30 = 90 hours Additional work for the preparation of the makeup final exam, including taking the makeup final exam from 0 to 30 hours Structure of the workload: 64 hours (teaching) + 8 hours (preparation) + 18 hours (additional work)					
Per week			Per semester			
4 credits x 40/30=5 hours and 20 minuts 2 sat(a) theoretical classes 0 sat(a) practical classes 1 excercises 2 hour(s) i 20 minuts of independent work, including consultations			Classes and final exam: 5 hour(s) i 20 minuts x 16 =85 hour(s) i 20 minuts Necessary preparation before the beginning of the semester (administration, registration, certification): 5 hour(s) i 20 minuts x 2 =10 hour(s) i 40 minuts Total workload for the subject: 4 x 30=120 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) 24 hour(s) i 0 minuts Workload structure: 85 hour(s) i 20 minuts (cources), 10 hour(s) i 40 minuts (preparation), 24 hour(s) i 0 minuts (additional work)			
Student obligations			Students are obliged to attend the lectures, explore assigned topics, do two exams.			
Consultations			On Tuesdays and Thursdays from 8:30 to 10.00 and from 12.00 to 13.00; Classroom no. 8.			
Literature			: Bjelica, D., Krivokapić, D. (2010): Teorijske osnove fizičke kulture. (main textbook) N.Živanović:Prilog epistemologiji fizičke kulture,Niš,2000. M.Matić:Teorija fizičke kulture,Beograd,1995. Teorija sporta, D.Bjelica,Pg.2005.			
Examination methods			: Two exams 22 points each, 44 points in total. In-class participation, homework, seminar paper and attendance up to 6 points. Final exam 50 points. The passing grade is achieved if the student cumulatively earns 51 points and regularly attends the cl			
Special remarks			No			
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