

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

Course:	Basic Theory of Physical and Health Education			
Course ID	Course status	Semester	ECTS credits	Lessons (Lessons+Exercises+Laboratory)
3738	Mandatory	6	3	2+0+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 and Health Education as a course can be seen in stimulating students' spiritual efforts to consider the very foundations necessary for understanding physical and health education of children and the young and, of course, of the specific profession they have chosen, i.e. their efforts for its further development and revision.			
Learning outcomes	Having passed this course, the student will be able to: 1. Understand the phases and levels of psychophysical development of children; 2. Understand the basic factors that contribute to the preservation and improvement of health status; 3. Give examples with which s/he can positively affect students in the sense of adopting useful health habits; 4. Achieve the level of abilities with which s/he can influence their students to adopt the habits that contribute to a regular bio-psycho-social development; 5. Continually follow the development of scientific knowledge in the area of physical and health education; 6. Apply the acquired knowledge practically by respecting individual differences.			
Lecturer / Teaching assistant	prof.dr Duško Bjelica (professors's code dr Milovan Ljubojević			
Methodology	Lectures, task solving, seminar papers, consultations, exams.			
Plan and program of work				
Preparing week	Preparation and registration of the semester			
I week lectures	The purpose, importance of the course; Morphology and sports training (the idea of the constitution of body characteristics and sports disciplines)			
I week exercises				
II week lectures	Theory of muscular contraction;			
II week exercises				
III week lectures	The chemism of contraction and relaxation of muscles			
III week exercises				
IV week lectures	The Krebs cycle; The self-regulation of the exchange of substance during muscular activity.			
IV week exercises				
V week lectures	Aerobic capacity.			
V week exercises				
VI week lectures	Anaerobic capacity.			
VI week exercises				
VII week lectures	Recovery in sport; Adaptation; The theory of fatigue.			
VII week exercises				
VIII week lectures	Mid-term exam			
VIII week exercises				
IX week lectures	Psychological foundations of sports training.			
IX week exercises				
X week lectures	Models of physical preparation of top athletes.			
X week exercises				
XI week lectures	Dosage; General principles of planning and programming of physical preparation of athletes.			
XI week exercises				
XII week lectures	Athletes' nutrition.			

XII week exercises						
XIII week lectures	Doping; Vitamins.					
XIII week exercises						
XIV week lectures	Semester verification and registration of marks					
XIV week exercises						
XV week lectures	Additional classes and makeup final exam					
XV week exercises						
Student workload	Two exams 22 points each. In-class participation, 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 classes.					
Per week			Per semester			
3 credits x 40/30=4 hours and 0 minuts 2 sat(a) theoretical classes 0 sat(a) practical classes 0 excercises 2 hour(s) i 0 minuts of independent work, including consultations			Classes and final exam: 4 hour(s) i 0 minuts x 16 =64 hour(s) i 0 minuts Necessary preparation before the beginning of the semester (administration, registration, certification): 4 hour(s) i 0 minuts x 2 =8 hour(s) i 0 minuts Total workload for the subject: 3 x 30=90 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) 18 hour(s) i 0 minuts Workload structure: 64 hour(s) i 0 minuts (courses), 8 hour(s) i 0 minuts (preparation), 18 hour(s) i 0 minuts (additional work)			
Student obligations			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 sta			
Consultations			On Tuesdays from 12:00 to 13:00			
Literature			D.Bjelica:Uticaj sportskog treninga na antropomotoričke sposobnosti,Pgd,2004.,D.Bjelica:Teorija sporta,2005. D.Bjelica:Sportski trening,2006. D.Bjelica:Sistematizacija sportskih disciplina i sportski trening,2005. D.Bjelica:Stavovi učenika prema nastavi f			
Examination methods			Two exams 22 points each. In-class participation, 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 classes.			
Special remarks			None			
Comment			None			
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