

Faculty for Sport and Physical Education / PHYSICAL EDUCATION / Athletics I

Course:	Athletics I			
Course ID	Course status	Semester	ECTS credits	Lessons (Lessons+Exercises+Laboratory)
4128	Mandatory	3	6	2+2+1
Programs	PHYSICAL EDUCATION			
Prerequisites	There are no prerequisites required for signing up for this course			
Aims	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.			
Learning outcomes	Having passed this course, the student will be able to: 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			
Lecturer / Teaching assistant	Prof. dr Kemal Idrizović, Mr Ivan Vasiljević			
Methodology	Theoretical and practical lectures, exercises, mastering technical disciplines, removing mistakes and independent task solution, consultations.			
Plan and program of work				
Preparing week	Preparation and registration of the semester			
I week lectures	Introduction, development, structure of athletics			
I week exercises	Introduction, development, structure of athletics			
II week lectures	Athletic training methods;			
II week exercises	Athletic training methods;			
III week lectures	Methodology of athletic disciplines training			
III week exercises	Methodology of athletic disciplines training			
IV week lectures	Racewalking;			
IV week exercises	Racewalking;			
V week lectures	Athletic walking; short tracks-sprint;			
V week exercises	Athletic walking; short tracks-sprint;			
VI week lectures	Mid-term exam			
VI week exercises				
VII week lectures	Middle-distance track running			
VII week exercises	Middle-distance track running			
VIII week lectures	Long-distance tracks running;			
VIII week exercises	Long-distance tracks running;			
IX week lectures	Cross country running			
IX week exercises	Cross country running			
X week lectures	Marathon			
X week exercises	Marathon			
XI week lectures	Second exam			
XI week exercises				
XII week lectures	Relay running;			
XII week exercises	Relay running;			
XIII week lectures	Hurdling;			

XIII week exercises		Hurdling;				
XIV week lectures		Revision of the teaching contents;				
XIV week exercises		Revision of the teaching contents;				
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: 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)				
Per week		Per semester				
6 credits x 40/30=8 hours and 0 minuts 2 sat(a) theoretical classes 1 sat(a) practical classes 2 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, master the technical disciplines, take part in task solving and take both exams.				
Consultations		Monday, 11:30				
Literature		- Idrizović, K. (2010). Atletika I i II. Univerzitet Crne Gore. Puleo, J., & Milroy, P. (2009). Running Anatomy. Human Kinetics, Inc.				
Examination methods		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.				
Special remarks		Teaching is conducted in the classroom, sports hall and athletic field.				
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