

Faculty for Sport and Physical Education / PHYSICAL EDUCATION / Camping and Outdoor Activities

Course:	Camping and Outdoor Activities			
Course ID	Course status	Semester	ECTS credits	Lessons (Lessons+Exercises+Laboratory)
6789	Mandatory	6	4	1+2+1
Programs	PHYSICAL EDUCATION			
Prerequisites	There are no prerequisites required for signing up for this course			
Aims	Acquainting with and mastering "small" sports and activities during the collective stay in non-standard conditions.			
Learning outcomes	Once the student passes the exam , will be able to : 1. Reviewing the natural circumstances that promote and contribute to the growth and development of the organism. 2. The master camp facilities in the function of the security of travel and movement in nature. 3. He knows the basic techniques , rules and equipment in alpinism . 4. Demonstrates the ability to climb on artificial and natural rock . 5. He knows the importance of map reading and orientation in nature. 6. The master applied rowing, diving , snorkelling and scuba diving . 7. Knows the basics of windsurfing and water skiing .			
Lecturer / Teaching assistant	Doc. dr Jovica Petković			
Methodology	Lectures, practical lectures, exercises, seminar papers, consultations.			
Plan and program of work				
Preparing week	Preparation and registration of the semester			
I week lectures	The impact of natural stimuli on the human organism.			
I week exercises	The impact of natural stimuli on the human organism.			
II week lectures	Camping objects with the purpose of a safe stay and moving in nature			
II week exercises	Camping objects with the purpose of a safe stay and moving in nature			
III week lectures	Tents, kinds, types, grounds preparation, setting up a tent.			
III week exercises	Tents, kinds, types, grounds preparation, setting up a tent.			
IV week lectures	Alpinism - (basic technique, rules and equipment			
IV week exercises	Alpinism - (basic technique, rules and equipment			
V week lectures	Mid-term exam			
V week exercises				
VI week lectures	Climbing to a natural and artificial cliff.			
VI week exercises	Climbing to a natural and artificial cliff.			
VII week lectures	Free climbing, climbing with ropes tied into the cliff, descending by using a rope			
VII week exercises	Free climbing, climbing with ropes tied into the cliff, descending by using a rope			
VIII week lectures	Dangers in the mountain, saving the injured and first aid			
VIII week exercises	Dangers in the mountain, saving the injured and first aid			
IX week lectures	Reading maps and orientation in the nature.			
IX week exercises	Reading maps and orientation in the nature.			
X week lectures	Second exam			
X week exercises				
XI week lectures	Foundations of windsurfing and water skiing (technique and methodology			
XI week exercises	Foundations of windsurfing and water skiing (technique and methodology			
XII week lectures	Applied rowing, driving a motorboat			
XII week exercises	Applied rowing, driving a motorboat			
XIII week lectures	Snorkelling and autonomous diving			
XIII week exercises	Snorkelling and autonomous diving			

XIV week lectures	Third Exam					
XIV week exercises						
XV week lectures	Final exam					
XV week exercises						
Student workload	Weekly: 4 credits x 40/30 = 5 hours 30 min. Structure of the workload: 1 hour of theoretical lectures 1 hour of practical lectures 2 hours of exercises 30 min. of independent work including consultations. During the semester: Lectures and final exam: 5.50 x 16 = 88 hours. Necessary preparations before the start of the semester 2 x (5 hours 30 min.) = 11 hours. Total hours for the course: 4 x 30 = 120 hours Additional work for the course from 0 to 30 hours (the remaining time of the two first elements to the total workload for the course) Structure of the load: 88 hours (teaching) + 11 hours (preparation) + 21 hours (additional work)					
Per week			Per semester			
4 credits x 40/30=5 hours and 20 minuts 1 sat(a) theoretical classes 1 sat(a) practical classes 2 excercises 1 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 and exercises and do three exams.			
Consultations			tuesday, 12:30			
Literature			Vučković S., Z. Savić: Aktivnosti u prirodi, Niš, 2002 Bijelić B.: Aktivnosti u planinama, Nikšić, 2005 Živković Z.: Priroda alpinizam aklimatizacija i logorovanje, Beograd,1979			
Examination methods			Participation 6 points; 3 exams 10 points each; practical assessment of knowledge and skills up to 15 points, Final exam 50 points. The passing grade is achieved if the student cumulatively earns 51 points.			
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