

Faculty for Sport and Physical Education / SPORTS JOURNALISTS AND TRAINERS /
Antropomotorics

Course:	Antropomotorics			
Course ID	Course status	Semester	ECTS credits	Lessons (Lessons+Exercises+Laboratory)
10144	Mandatory	3	6	3+2+0
Programs	SPORTS JOURNALISTS AND TRAINERS			
Prerequisites	There are no prerequisites required for signing up for this course			
Aims	Throughout the course students are acquainted with anthropomotorics 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 jumping and throwing athletic disciplines, their development, biomechanics, as well as their methodological approach to training and competition rules.			
Learning outcomes	1. Interpret the basic terminological notions in the area of anthropomotorics 2. Identify the regulations of expressing motor abilities 3. Classify the basic theoretical knowledge of human motor abilities 4. Apply theoretical and practical knowledge of the development of basic and specific motor abilities of human beings 5. Independently shape, prepare and practically realise the body exercise programme in relation to growth, age and individual abilities of those who exercise 6. Explain the notions of early specialisation, sensitive periods, selection and long-term sports development			
Lecturer / Teaching assistant	Prof. dr Kemal Idrizović			
Methodology	Theoretical and practical lectures, exercises, observation classes, consultations.			
Plan and program of work				
Preparing week	Preparation and registration of the semester			
I week lectures	Notion and essence of sport, anthropological status;			
I week exercises				
II week lectures	Historical overview, theoretical foundations and classification of anthropomotorics, demonstrative and latent motor space;			
II week exercises				
III week lectures	Muscular activity as the essence of movement (nervous system and muscular activity, chemism and energetic;			
III week exercises				
IV week lectures	Essential motor abilities;			
IV week exercises				
V week lectures	Force and strength, speed and endurance in sport;			
V week exercises				
VI week lectures	Flexibility, coordination, balance and precision in sport;			
VI week exercises				
VII week lectures	Mid-term exam			
VII week exercises				
VIII week lectures	Particularities of motor abilities depending on the sports activity;			
VIII week exercises				
IX week lectures	The phenomenon of development and mastering (increasing) motor abilities;			
IX week exercises				
X week lectures	Selection in sport and its dependence on motor abilities, early specialisation of motor abilities;			
X week exercises				
XI week lectures	Mastering (increasing) the basic and specific motor abilities;			
XI week exercises				
XII week lectures	Motor diagnostic;			
XII week exercises				

XIII week lectures	Morphological characteristics, functional abilities and their relation to motor abilities;					
XIII week exercises						
XIV week lectures	Second exam					
XIV week exercises						
XV week lectures	Revision of the teaching contents presented in the course of the theoretical and practical lectures and exercises;					
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: 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)					
Per week			Per semester			
6 credits x 40/30=8 hours and 0 minuts 3 sat(a) theoretical classes 0 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 and exercises			
Consultations						
Literature			Idrizović, K. (2018). Metodika antropomotorike. Univerzitet Crne Gore. Idrizović, Dž., Idrizović, K. (2001). Osnovi antropomotorike. Univerzitet Crne Gore. Perić, D. (1997). Uvod u sportsku antropomotoriku. Beograd: Sportska akademija. 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«.			
Examination methods			- In-class participation 10 points. - Mid-term exams 20 points, 40 points in total. - Final exam 50 points. - The passing grade is achieved if the student cumulatively earns 51 points and regularly attends the classes.			
Special remarks						
Comment						
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