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| **Study program:** Class Teacher Education | | | | |
| **Type and level of studies:** Bachelor studies, first cycle degree program | | | | |
| **Course unit:** Basic motor skills | | | | |
| **Teacher in charge:** Aleksandar Ignjatovic, PhD, associate professor | | | | |
| **Language of instruction**: English | | | | |
| **ECTS:** 5 ECTS, elective | | | | |
| **Prerequisites:** ***/*** | | | | |
| **Semester:** Winter semester or summer semester (V or VI) | | | | |
| **Course unit objective**  In this course the basics motor skils students are familiarize with the knowledge and the role of human motor abilities. Students learn about the theoretical and practical significance of the following motor skills: strength, power, speed, agility, balance, coordination, precision, flexibility and endurance. Introducing the means and methods of improving motor skills capabilities as well as its ability to increase levels of different abilities in different age periods. | | | | |
| **Learning outcomes of Course unit**  The student understands the importance of motor skills for physical growth and development. Application and importance of motor skills development through physical education (physical education, sport, recreation), applies modern technology and methodology in the development of motor skills, to qualify for a critical use of literature. | | | | |
| **Course unit contents**  *Theoretical classes*  Composition and function of the locomotor apparatus. The functions and partitions of muscles and forms of muscle contraction. Theories and various categorizations of motor skills. Factors that determine the expression of different motor abilities (strength, power, speed, agility, balance, coordination, precision, flexibility and endurance).  *Practical classes*  Exercises - Means, methods and organizational forms of work that are applied in the development of motor skills (strength, power, speed, agility, balance, coordination, precision, flexibility and endurance).Research work | | | | |
| **Literature**   1. Lee, B. & Ferrigno, V.A. Training for speed, agility and quickness. IL: Human Kinetics, 2005. 2. Zatciorsky, V., Kreamer, WJ. Science and practice of strength training. IL: Human Kinetics, 2006. 3. Martin, S. Stretching smart, DK Publishing: NY, USA, 2005 | | | | |
| **Number of active teaching hours** | | | | **Other classes** |
| Lectures:  30 | Practice:  15 | Other forms of classes:  *(mentoring system for small classes)* | Independent work: |
| **Teaching methods:** Lectures, exercises, practical training, consultative teaching, research work - seminars, presentation of results | | | | |
| **Examination methods (** **maximum 100 points)** | | | | |
| **Exam prerequisites** | | **No. of points:** | **Final exam** | **No. of points:** |
| Student’s activity during lectures | | 10 | oral examination | 10 |
| practical classes/tests | | 20 | written examination | 20 |
| Seminars/homework | | 10 | tests | 30 |
| Project | |  |  |  |
| Other | |  |  |  |

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| **Grading system** | | |
| **Grade** | **Number of points** | **Description** |
| 10 | 91-100 | Excellent |
| 9 | 81-90 | Exceptionally good |
| 8 | 71-80 | Very good |
| 7 | 61-70 | Good |
| 6 | 51-60 | Passing |
| 5 | ≤50 | Failing |