

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 skills 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 <i>Theoretical classes</i> 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). <i>Practical classes</i> 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. Zatsiorsky, 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: (<i>mentoring system for small classes</i>)	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				

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