

Study program: Class Teacher Education, Boarding School Teacher Education				
Type and level of studies: Bachelor studies, first cycle degree program				
Course unit: Physical and health education				
Teacher in charge: Aleksandar Ignjatovic, PhD, assistant professor				
Language of instruction: English				
ECTS credits and course status: 3 ECTS, mandatory				
Prerequisites: /				
Semester: Summer semester (IV)				
Course unit objective Enabling students to achieve the objectives and tasks of physical and health education; Defining curriculum content of kinesiology activities teaching, learning about human psychosomatic dimensions.				
Learning outcomes of Course unit Student understands the value of the physical and health education through the application of different forms of physical culture (physical education, sport, and recreation), application of modern technology in the process of physical exercise and in planning and programming of selected activities, to qualify for a critical use of literature.				
Course unit contents <i>Theoretical classes</i> Historical development of physical culture and system of exercise. Important terms in physical culture, new technologies in kinesiology, theories and laws of physiology development, physical, biological, psychological and sociological aspects of physical education. <i>Practical teaching: Exercises</i> The effect of physical exercise on the human body, students learns the natural and constructed forms of movement, application of different elements, organization forms and exercises in physical education - physical education, sport (sports games), recreation (sports and recreation elements), analysis of the effects of different exercise program.				
Literature 1.Green, K. & Hardman, K. Physical Education: Essential Issues, SAGE Publications Company, London, 2005. 2. Crowther, N. B. Sport in ancient times. Praeger Publishers, Westport, USA, 2007. 3. Hoffman, SJ. Introduction to kinesiology (4th ed), Human Kinetics, Champaign, IL, USA, 2012.				
Number of active teaching hours				Other classes: /
Lectures : 30	Practice: 30	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/	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