

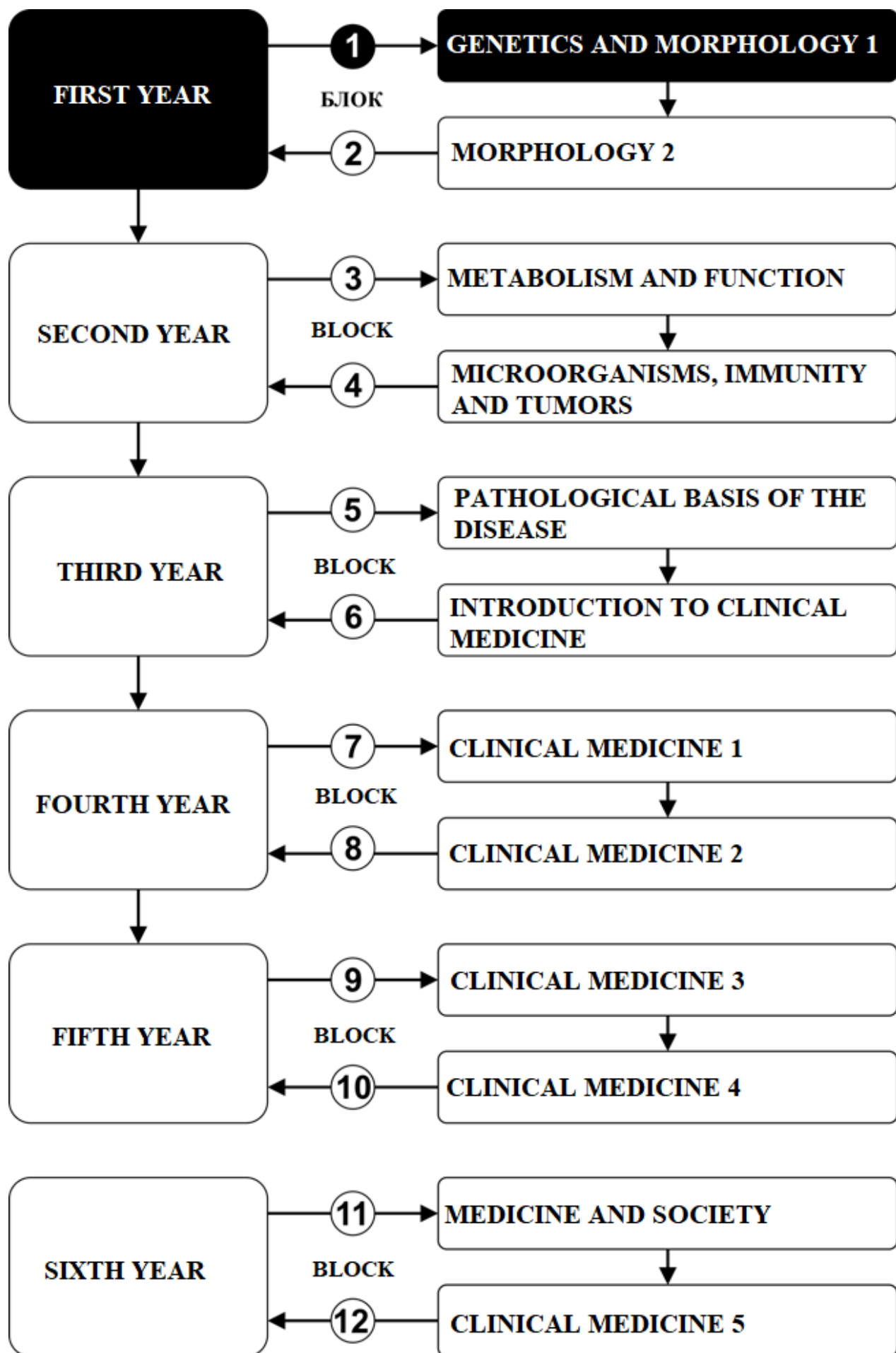


PHYSICAL EDUCATION

FIRST YEAR

year 2024/2025.

PHYSICAL EDUCATION



Subject:

PHYSICAL EDUCATION

The course is evaluated with 3 ECTS. There are 4 active classes per week (1 class of theory and 2 classes of work in a small group).

PROFESSORS AND ASSOCIATES:

PB	Name and surname	Email	Title
1.	Emilija Stojanović	stojanovic.emilija@yahoo.com	Assistant professor
2.	Miloš Glišić	miloskg92@gmail.com	Assistant

SUBJECT CONTENT:

No	Module	Week	Professors
1	Exercise and Health, Elective activities	15	Emilija Stojanović

EVALUATION:

The grade is equivalent to the number of points achieved (see table). Points are earned as follows::

ATTENDANCE - THEORETICAL CLASSES: In this way, a student can earn up to 20 points

ATTENDANCE - PRACTICAL CLASSES: In this way, a student can earn up to 20 points

ACTIVITY DURING THEORETICAL AND PRACTICAL CLASSES: In this way, a student can earn up to 30 points

MODULE		MAXIMAL POINTS			
		activity	tests	Final test	Σ
1	Attendance – theoretical classes	20	/	/	
2.	Attendance – practical classes	20			
3.	Activity	30			
2	Final exam	40	/	/	
Σ		100	/	/	100

The final mark is formed as follows::

In order to pass the course, the student must collect a minimum of 51 points.

Achieved points	mark
0 - 50	5
51 - 60	6
61 - 70	7
71 - 80	8
81 - 90	9
91 - 100	10

LITERATURE

Module	Book	Authors	Publisher	Library
Exercise and Health	Physical activity and health: the evidence explained.	Adrienne Hardman, David Stensel	Routledge	(pdf)
The influence of exercise on organ systems	Exercise physiology: theory and application into fitness and performance	Scott Powers, Edward Howley	McGraw Hill	(pdf)

PROGRAM

TEACHING UNIT 1 (FIRST WEEK):

Theoretical classes: Physical activity and health

Practical classes: Work in a small group – Elective physical activity

PHYSICAL ACTIVITY AND HEALTH

Theory (1)	Practice (2)
Physical activity and health – epidemiological data	Work in a small group (Elective physical activity – swimming, folklore, physical conditioning, aerobic, basketball, volleyball, handball, futsal, table tennis, chess)

TEACHING UNIT 2 (SECOND WEEK):

Theoretical classes: Physical activity and health

Practical classes: Work in a small group – Elective physical activity

PHYSICAL ACTIVITY AND MORTALITY

Theory (1)	Practice (2)
Physical activity and mortality – epidemiological data	Work in a small group (Elective physical activity – swimming, folklore, physical conditioning, aerobic, basketball, volleyball, handball, futsal, table tennis, chess)

TEACHING UNIT 3 (THIRD WEEK):

Theoretical classes: Cardiovascular disease and physical activity

Practical classes: Work in a small group – Elective physical activity

CARDIOVASCULAR DISEASE AND PHYSICAL ACTIVITY

Theory (1)	Practice (2)
Cardiovascular disease and physical activity	Work in a small group (Elective physical activity – swimming, folklore, physical conditioning, aerobic, basketball, volleyball, handball, futsal, table tennis, chess)

TEACHING UNIT 4 (FOURTH WEEK):

Theoretical classes: Type 2 diabetes and physical activity

Practical classes: Work in a small group – Elective physical activity

TYPE 2 DIABETES MELLITUS AND PHYSICAL ACTIVITY

Theory (1)	Practice (2)
Type 2 diabetes and physical activity	Work in a small group (Elective physical activity – swimming, folklore, physical conditioning, aerobic, basketball, volleyball, handball, futsal, table tennis, chess)

TEACHING UNIT 5 (FIFTH WEEK):

Theoretical classes: Obesity and physical activity

Practical classes: Work in a small group – Elective physical activity

OBESITY AND PHYSICAL ACTIVITY

Theory (1)	Practice (2)
Obesity – epidemiological data	Work in a small group (Elective physical activity – swimming, folklore, physical conditioning, aerobic, basketball, volleyball, handball, futsal, table tennis, chess)

TEACHING UNIT 6 (SIXTH WEEK):

Theoretical classes: Metabolic syndrome and physical activity

Practical classes: Work in a small group – Elective physical activity

METABOLIC SYNDROME AND PHYSICAL ACTIVITY

Theory (1)	Practice (2)
Metabolic syndrome and physical activity	Work in a small group (Elective physical activity – swimming, folklore, physical conditioning, aerobic, basketball, volleyball, handball, futsal, table tennis, chess)

TEACHING UNIT 7 (SEVENTH WEEK):

Theoretical classes: Skeletal health

Practical classes: Work in a small group – Elective physical activity

SKELETAL HEALTH

Theory (1)	Practice (2)
Skeletal health and physical activity	Work in a small group (Elective physical activity – swimming, folklore, physical conditioning, aerobic, basketball, volleyball, handball, futsal, table tennis, chess)

TEACHING UNIT 8 (EIGHTH WEEK):

Theoretical classes: Ageing

Practical classes: Work in a small group – Elective physical activity

AGEING

Theory (1)	Practice (2)
Ageing and physical activity	Work in a small group (Elective physical activity – swimming, folklore, physical conditioning, aerobic, basketball, volleyball, handball, futsal, table tennis, chess)

TEACHING UNIT 9 (NINETH WEEK):

Theoretical classes: Hazards

Practical classes: Work in a small group – Elective physical activity

HAZARDS

Theory (1)	Practice (2)
Hazards and physical activity	Work in a small group (Elective physical activity – swimming, folklore, physical conditioning, aerobic, basketball, volleyball, handball, futsal, table tennis, chess)

TEACHING UNIT 10 (TENTH WEEK):

Theoretical classes: Public health

Practical classes: Work in a small group – Elective physical activity

PUBLIC HEALTH

Theory (1)	Practice (2)
Public health	Work in a small group (Elective physical activity – swimming, folklore, physical conditioning, aerobic, basketball, volleyball, handball, futsal, table tennis, chess)

TEACHING UNIT 11 (ELEVENTH WEEK):

Theoretical classes: Strength and conditioning

Practical classes: Work in a small group – Elective physical activity

STRENGTH AND CONDITIONING

Theory (1)	Practice (2)
Strength and conditioning	Work in a small group (Elective physical activity – swimming, folklore, physical conditioning, aerobic, basketball, volleyball, handball, futsal, table tennis, chess)

TEACHING UNIT 12 (TWELFTH WEEK):

Theoretical classes: Adaptation

Practical classes: Work in a small group – Elective physical activity

ADAPTATION

Theory (1)	Practice (2)
Adaptation	Work in a small group (Elective physical activity – swimming, folklore, physical conditioning, aerobic, basketball, volleyball, handball, futsal, table tennis, chess)

TEACHING UNIT 13 (SEVENTH WEEK):

Theoretical classes: Supercompensation

Practical classes: Work in a small group – Elective physical activity

SUPERCOMPENSATION

Theory (1)	Practice (2)
Supercompensation	Work in a small group (Elective physical activity – swimming, folklore, physical conditioning, aerobic, basketball, volleyball, handball, futsal, table tennis, chess)

TEACHING UNIT 14 (SEVENTH WEEK):

Theoretical classes: Sources of energy

Practical classes: Work in a small group – Elective physical activity

SOURCES OF ENERGY

Theory (1)	Practice (2)
Sources of energy	Work in a small group (Elective physical activity – swimming, folklore, physical conditioning, aerobic, basketball, volleyball, handball, futsal, table tennis, chess)

TEACHING UNIT 15 (FIFTEENTH WEEK):

Theoretical classes: Recapitulation

Practical classes: Work in a small group – Elective physical activity

RECAPITULATION

Theory (1)	Practice (2)
Recapitulation	Work in a small group (Elective physical activity – swimming, folklore, physical conditioning, aerobic, basketball, volleyball, handball, futsal, table tennis, chess)

SCHEDULE

MONDAY

“Just Gym”

08:00 – 11:00

PRACTICAL CLASSES

Day	Time	Place	Group
Monday	08:00-08:45	Just Gym	I, II
Monday	08:45-09:30	Just Gym	III, IV
Monday	09:30-10:15	Just Gym	V, VI
Monday	10:15-11:00	Just Gym	VII, VIII

Additional activities

Time	Time	Place	Activity type
*		Шумарице	Walking
Early december*	*		Sports day

*Exact date will be subsequently determined

Dates for sports sections are published on subject bulletin board

CLASSES SCHEDULE

LESSON SCHEDULE FOR THE SUBJECT PHYSICAL EDUCATION

module	week	type	Unit name	Prof.
1	1	T	Physical activity and health	Emilija Stojanović
1	1	P	Elective physical activity	Miloš Glišić
1	2	T	Physical activity and mortality	Emilija Stojanović
1	2	P	Elective physical activity	Miloš Glišić
1	3	T	Cardiovascular disease	Emilija Stojanović
1	3	P	Elective physical activity	Miloš Glišić
2	4	T	Type 2 diabetes and physical activity	Emilija Stojanović
2	4	P	Elective physical activity	Miloš Glišić
2	5	T	Obesity	Emilija Stojanović
2	5	P	Elective physical activity	Miloš Glišić
2	6	T	Metabolic syndrome	Emilija Stojanović
2	6	P	Elective physical activity	Miloš Glišić
2	7	T	Skeletal health	Emilija Stojanović
2	7	P	Elective physical activity	Miloš Glišić
2	8	T	Ageing	Emilija Stojanović

2	8	P	Elective physical activity	Miloš Glišić
2	9	T	Hazards	Emilija Stojanović
2	9	P	Elective physical activity	Miloš Glišić
2	10	T	Public Health	Emilija Stojanović
2	10	P	Elective physical activity	Miloš Glišić
2	11	T	Strength and Conditioning	Emilija Stojanović
2	11	P	Elective physical activity	Miloš Glišić
2	12	T	Adaptation	Emilija Stojanović
2	12	P	Elective physical activity	Miloš Glišić
2	13	T	Supercompensation	Emilija Stojanović
2	13	P	Elective physical activity	Miloš Glišić
2	14	T	Sources of energy	Emilija Stojanović
2	14	P	Elective physical activity	Miloš Glišić
2	15	T	Recapitulation	Emilija Stojanović
2	15	P	Elective physical activity	Miloš Glišić

