

COURSE		PHYSICAL EDUCATION AND SPORT I		
LECTURER		Assoc. Prof. Nedeljko Vidović Ph.D.		
STUDY	STATUS	SEMESTER	NUMBER OF LESSONS L+E	ECTS
B - CE	Compulsory	1	0+2	0
OBJECTIVES				
<ul style="list-style-type: none"> □ Building and training complex character of students with specific resources and environment, which provide physical exercise, movement and sport in accordance with the new concept of study. 				
LEARNING OUTCOMES				
<ul style="list-style-type: none"> □ Students training activities for controlling the flow of exercise and self-determination of volume and load in swivel activity that is practiced. 				
COURSE CONTENT				
<p>The mandatory program:</p> <p>a) The objective and tasks of physical education (biological, social and sports);</p> <p>b) Control and self-control physical development and functional abilities;</p> <p>c) Impact of motion activities in the organic systems;</p> <p>d) The movement activities as a factor contributing to the renewal of intellectual and working capacity.</p> <p>Measurement and tests: body composition, functional and motor abilities (initial state).</p> <ul style="list-style-type: none"> □ Sport games-basic program: <ul style="list-style-type: none"> a) Basketball; b) Football; c) Volleyball. □ Optional programs: <ul style="list-style-type: none"> a) Activities in nature; b) Corrective exercise; c) Aerobic exercise. 				
RECOMMENDED LITERATURE				
<ol style="list-style-type: none"> 1. Vidović. N; Božur F., <i>Practicum for physical and health education of students</i>, Faculty of sport and physical education, University of Sarajevo, 2004. 2. Popović B., <i>The basic physical education</i>, Economic Fakulty, University of Sarajevo, 2003. 				
Examination: No exam.				