

COURSE		PHYSICAL EDUCATION AND SPORT II		
LECTURER		Prof. dr Nedeljko Vidović		
STUDY	STATUS	SEMESTER	NUMBER OF LESSONS L+E	ECTS
B - CE	Compulsory	2	0+2	0
OBJECTIVES				
<ul style="list-style-type: none"> □ Creating a permanent habit of daily exercise with purpose strengthen health and working abilities of students. 				
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				
<ul style="list-style-type: none"> □ The mandatory program: <ul style="list-style-type: none"> a) The effect of motion activities on the health of students; b) Activities of exercise facilities as individual programs of exercise during and after graduation; c) Physical load and pulse value during exercise; d) Aerobics, aerobic and anaerobic exercise. □ Swimming-basic program (a program for swimmers and non-swimmers); □ Optional programs: <ul style="list-style-type: none"> a) Daily exercise; b) Exercise of students with special needs; c) Yoga gymnastics. □ Monitoring, evaluation and assessment of functional and motor skills of students (final measurement). □ Involvement in sports competitions (University League). 				
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.				