



# UNIVERSITY OF NIŠ

**Course Unit Descriptor**

**Faculty**

**Faculty of Sport and Physical Education**

## GENERAL INFORMATION

Study program	Basic Academic Studies, Physical Education and Sport
Study Module (if applicable)	
Course title	Swimming
Level of study	<input checked="" type="checkbox"/> Bachelor academic <input type="checkbox"/> Master's <input type="checkbox"/> Doctoral
Type of course	<input checked="" type="checkbox"/> Obligatory <input type="checkbox"/> Elective
Semester	<input type="checkbox"/> Autumn <input checked="" type="checkbox"/> Spring
Year of study	Second
Number of ECTS allocated	7
Name of lecturer/lecturers	Tomislav Okičić, Ph.D, full professor; Dejan Madić, Ph.D, full professor
Teaching mode	<input checked="" type="checkbox"/> Lectures <input checked="" type="checkbox"/> Group tutorials <input type="checkbox"/> Individual tutorials <input type="checkbox"/> Laboratory work <input type="checkbox"/> Project work <input type="checkbox"/> Seminar <input type="checkbox"/> Distance learning <input type="checkbox"/> Blended learning <input checked="" type="checkbox"/> Other

## PURPOSE AND OVERVIEW (max. 5 sentences)

*Students have gained theoretical and practical knowledge and skills, which will be applied in practice (curricular and extracurricular activities in school and in sports clubs as well).*

## SYLLABUS (brief outline and summary of topics, max. 10 sentences)

Historical development of swimming (history of swimming, swimming in the Olympics, World Cup and European Championship), biomechanics of swimming (hydrostatics, hydrodynamics). Training of the swimming techniques: freestyle, breaststroke, backstroke, butterfly. Training of non-swimmers (methodology, organization). Basics of snorkeling (head in diving, feet in diving, dive out). Improvement of the swimming techniques (freestyle, backstroke, breaststroke, butterfly, individual medley). Training and development of the race elements (start, turn, gliding, finishing), training in swimming (development of sports form, macro and micro planning, selection, means and methods for the development, control and monitoring of the results). Rescue of drowning persons (organization of the rescue services, operational steps of the drowning persons rescue).

## LANGUAGE OF INSTRUCTION

Serbian (complete course)       English (complete course)       Other \_\_\_\_\_ (complete course)

Serbian with English mentoring       Serbian with other mentoring \_\_\_\_\_

#### ASSESSMENT METHODS AND CRITERIA

Pre exam duties	Points	Final exam	points
Theory	5	Practical examination	15
Practicals	5	Oral examination	15
Colloquium 1	16		
Colloquium 2	22		
Colloquium 3	20		
Interactive teaching	2	<b>OVERALL SUM</b>	<b>100</b>

\*Final examination mark is formed in accordance with the Institutional documents