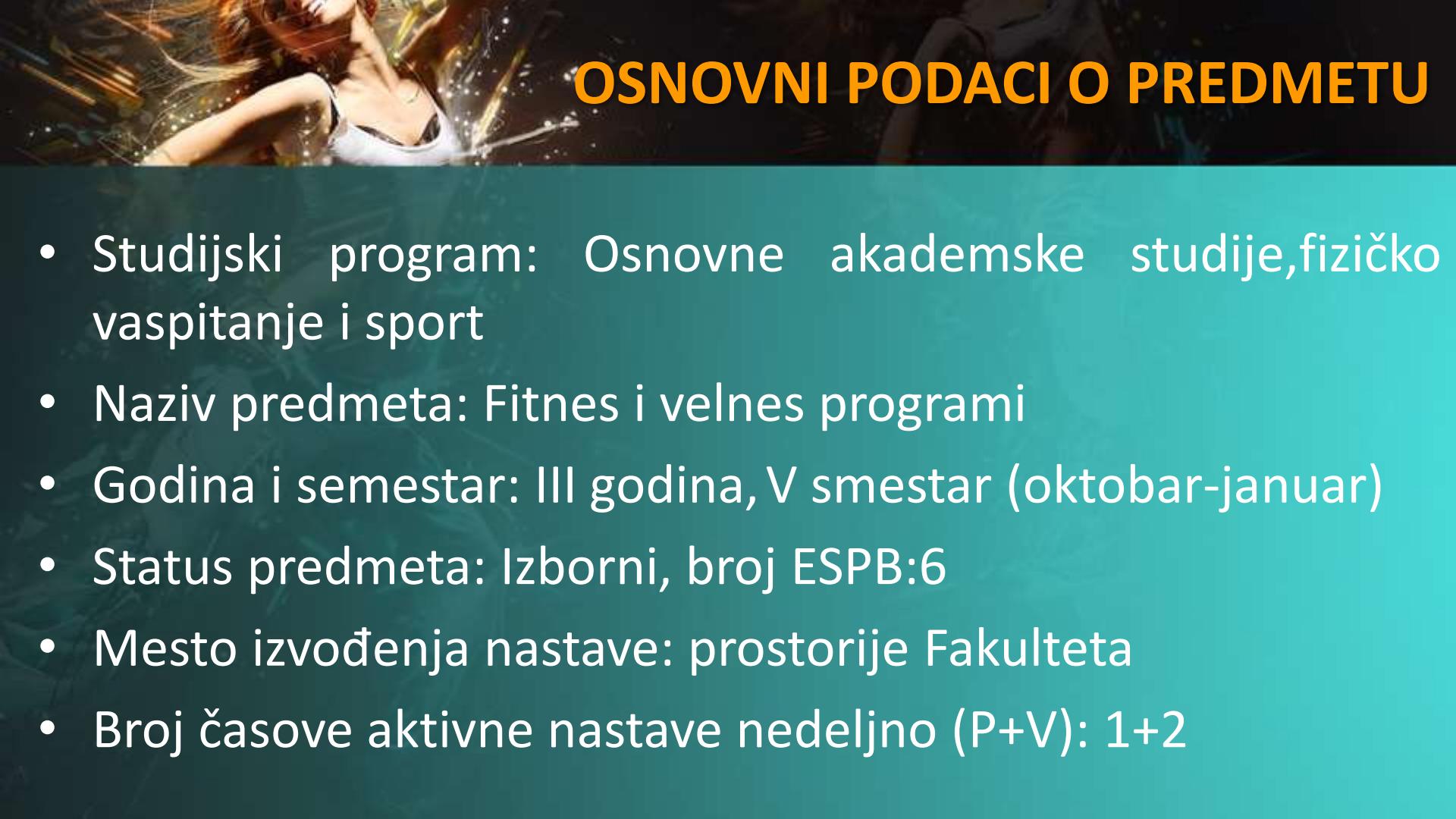


A dynamic illustration of a woman with long, flowing hair, wearing a light blue leotard and teal leggings, dancing in a futuristic setting. The background is filled with bright, glowing particles and streaks of light in shades of gold, orange, and blue, creating a sense of motion and energy.

Plan izvođenja nastave
na predmetu:

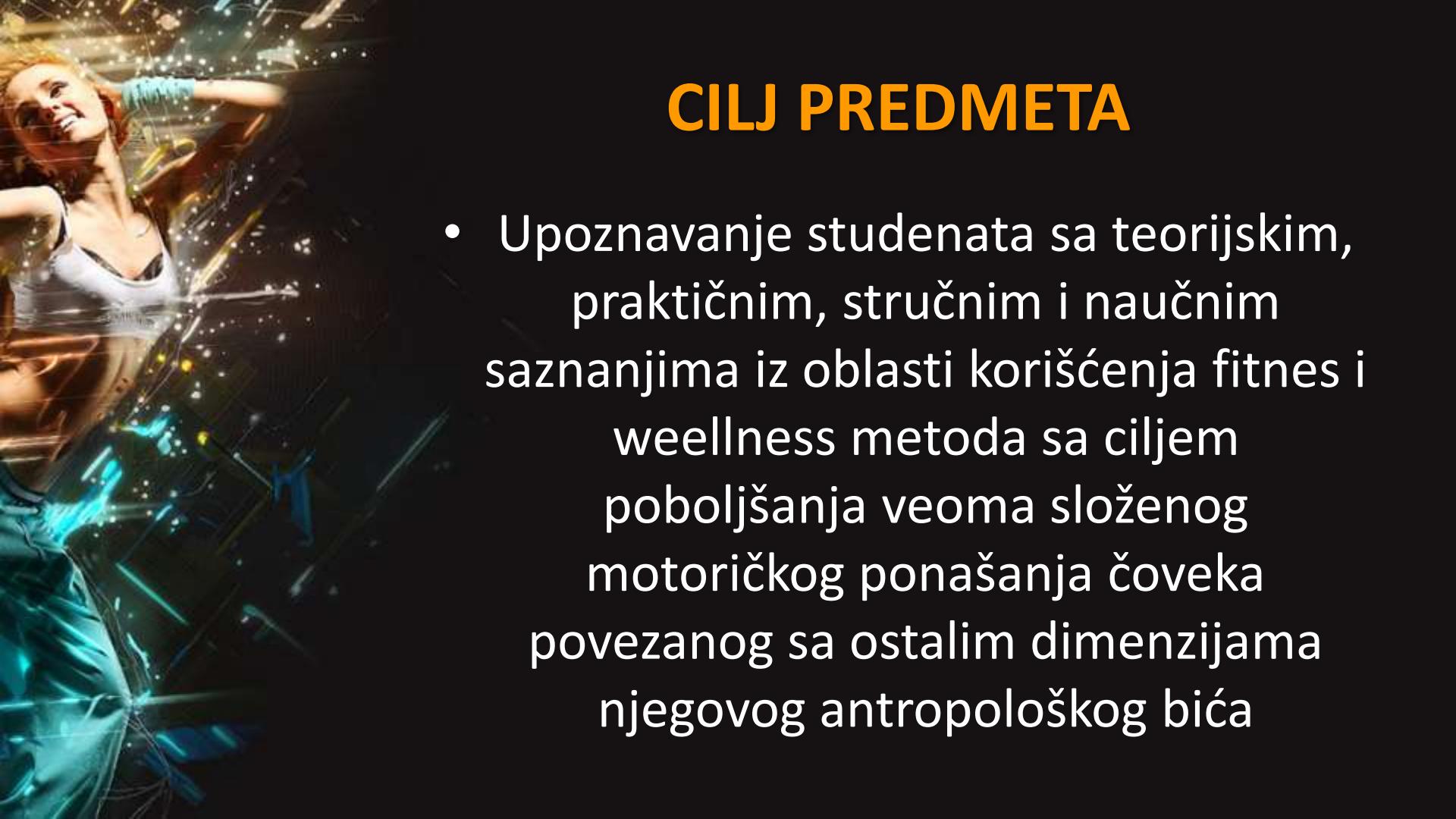
FITNES I VELNES PROGRAMI

Prof. dr Katarina Herodek



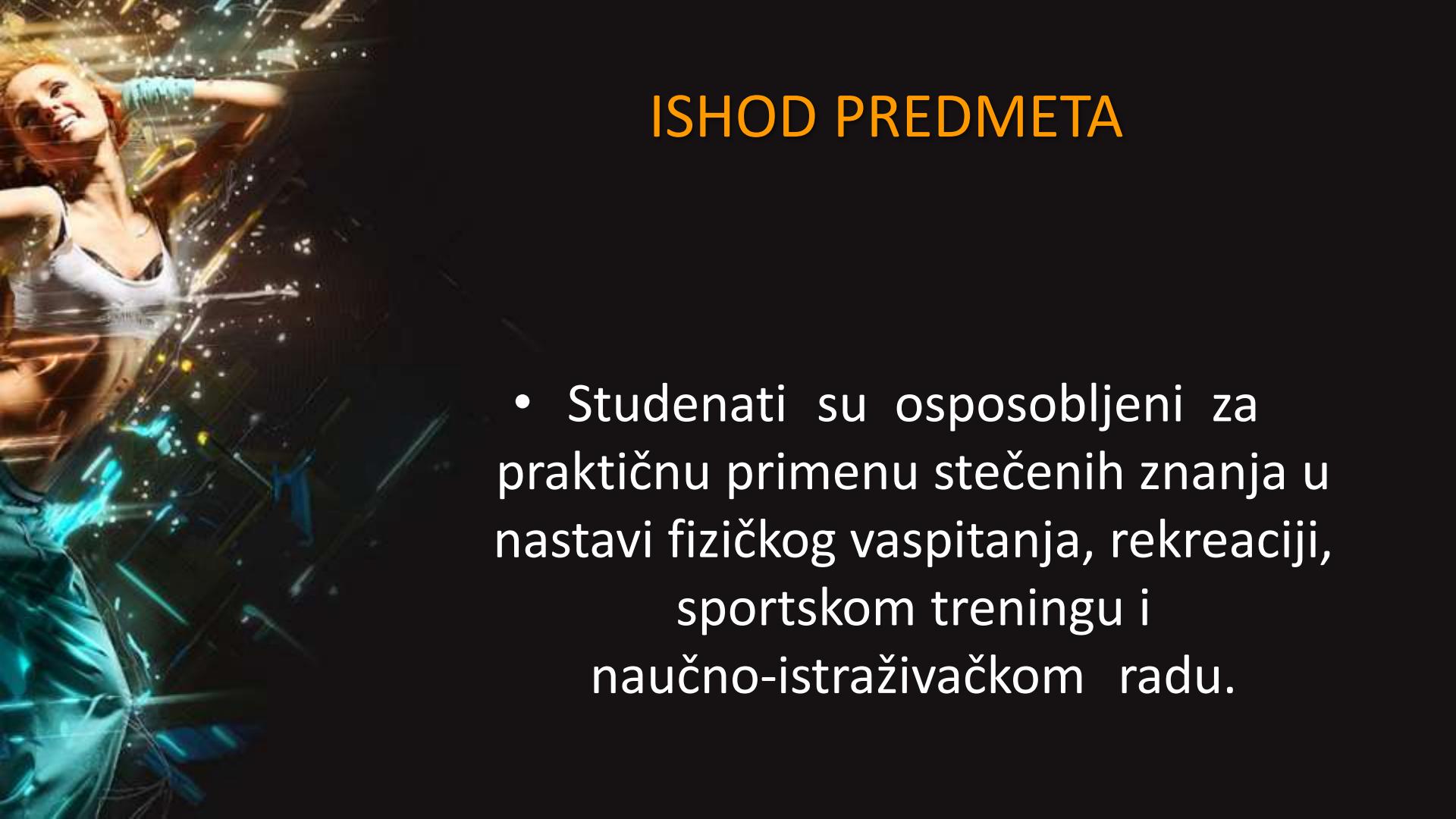
OSNOVNI PODACI O PREDMETU

- Studijski program: Osnovne akademske studije,fizičko vaspitanje i sport
- Naziv predmeta: Fitnes i velnes programi
- Godina i semestar: III godina, V smestar (oktobar-januar)
- Status predmeta: Izborni, broj ESPB:6
- Mesto izvođenja nastave: prostorije Fakulteta
- Broj časove aktivne nastave nedeljno (P+V): 1+2



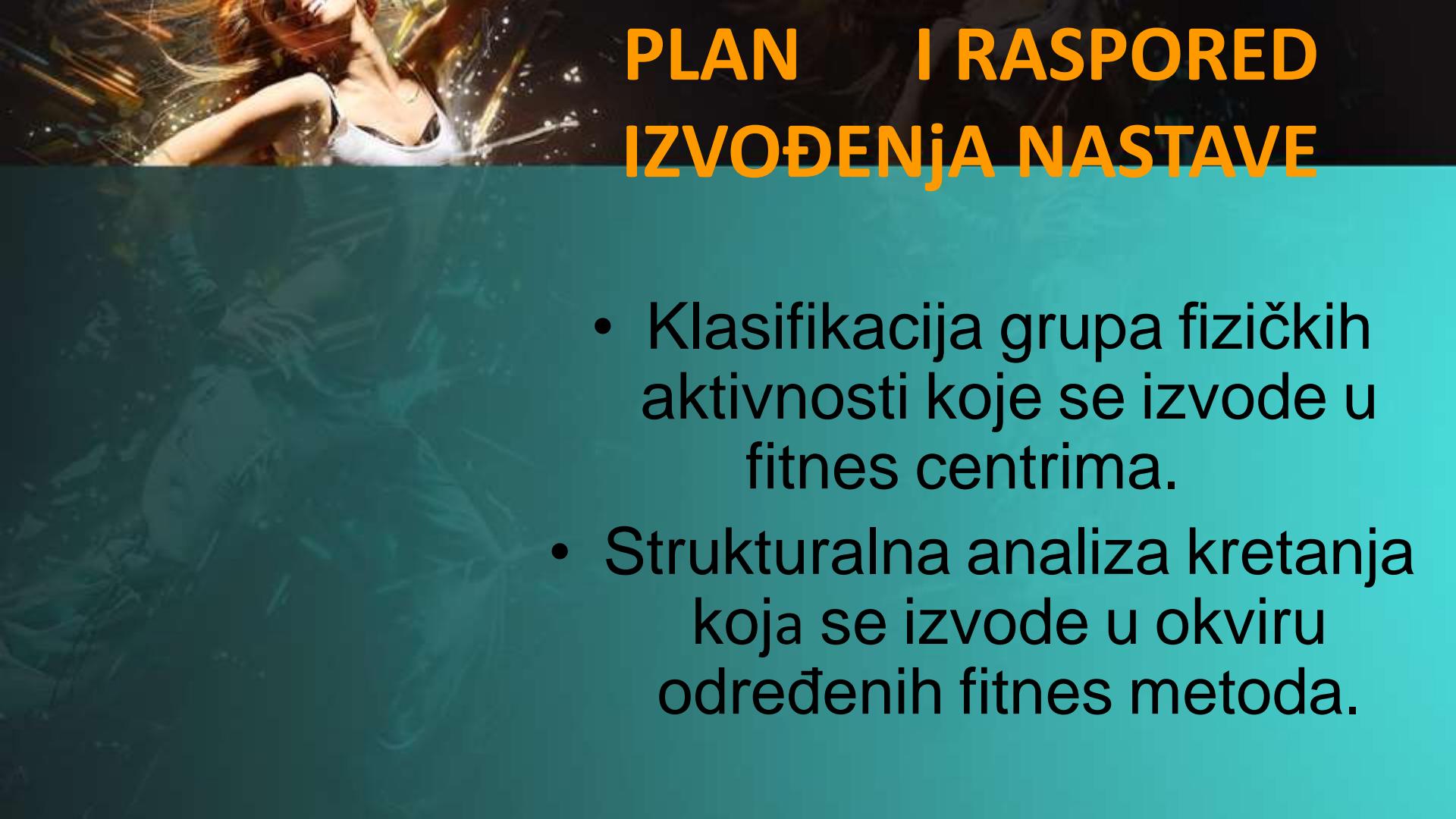
CILJ PREDMETA

- Upoznavanje studenata sa teorijskim, praktičnim, stručnim i naučnim saznanjima iz oblasti korišćenja fitnes i weellness metoda sa ciljem poboljšanja veoma složenog motoričkog ponašanja čoveka povezanog sa ostalim dimenzijama njegovog antropološkog bića



ISHOD PREDMETA

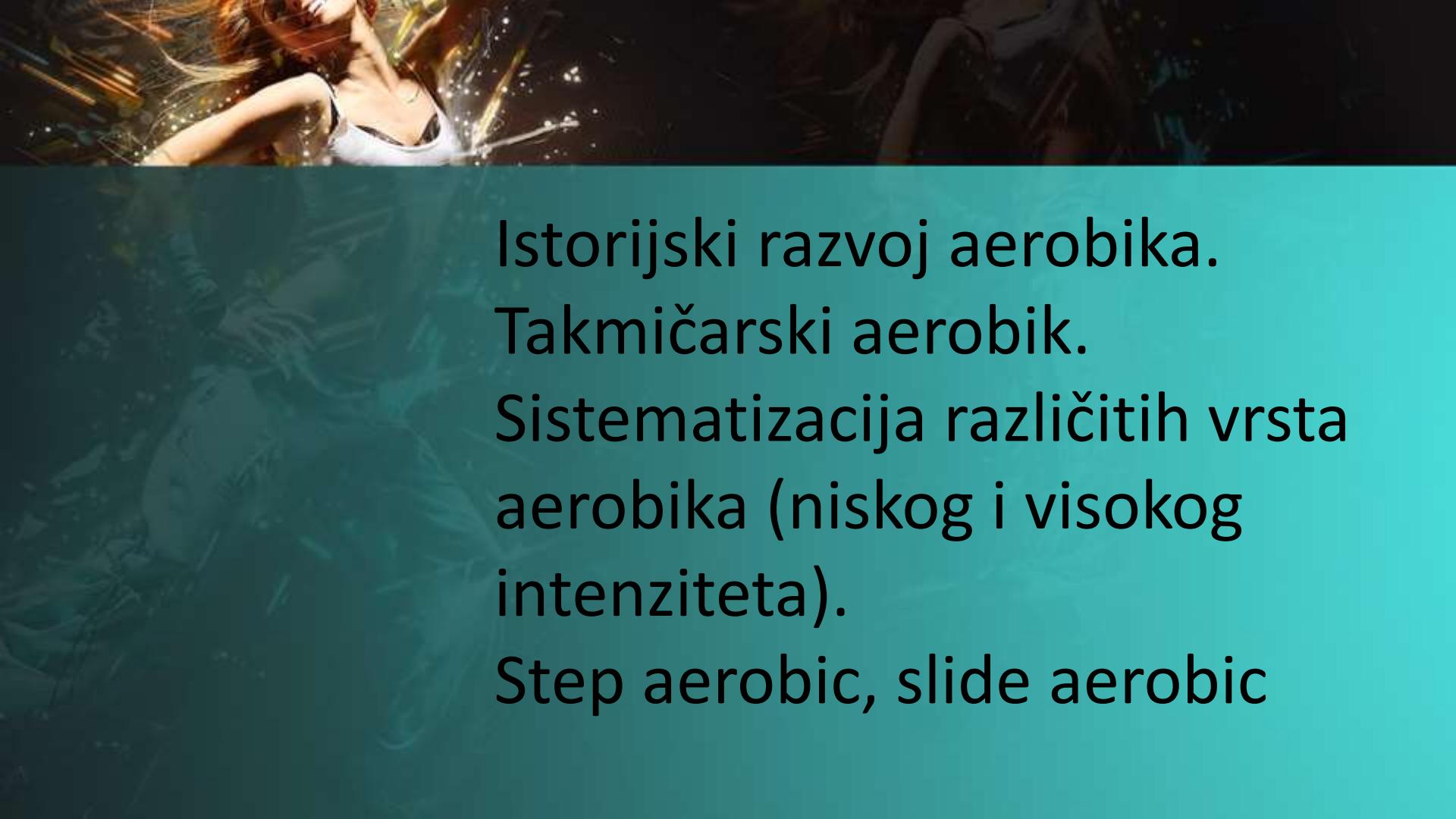
- Studenati su sposobljeni za praktičnu primenu stečenih znanja u nastavi fizičkog vaspitanja, rekreaciji, sportskom treningu i naučno-istraživačkom radu.



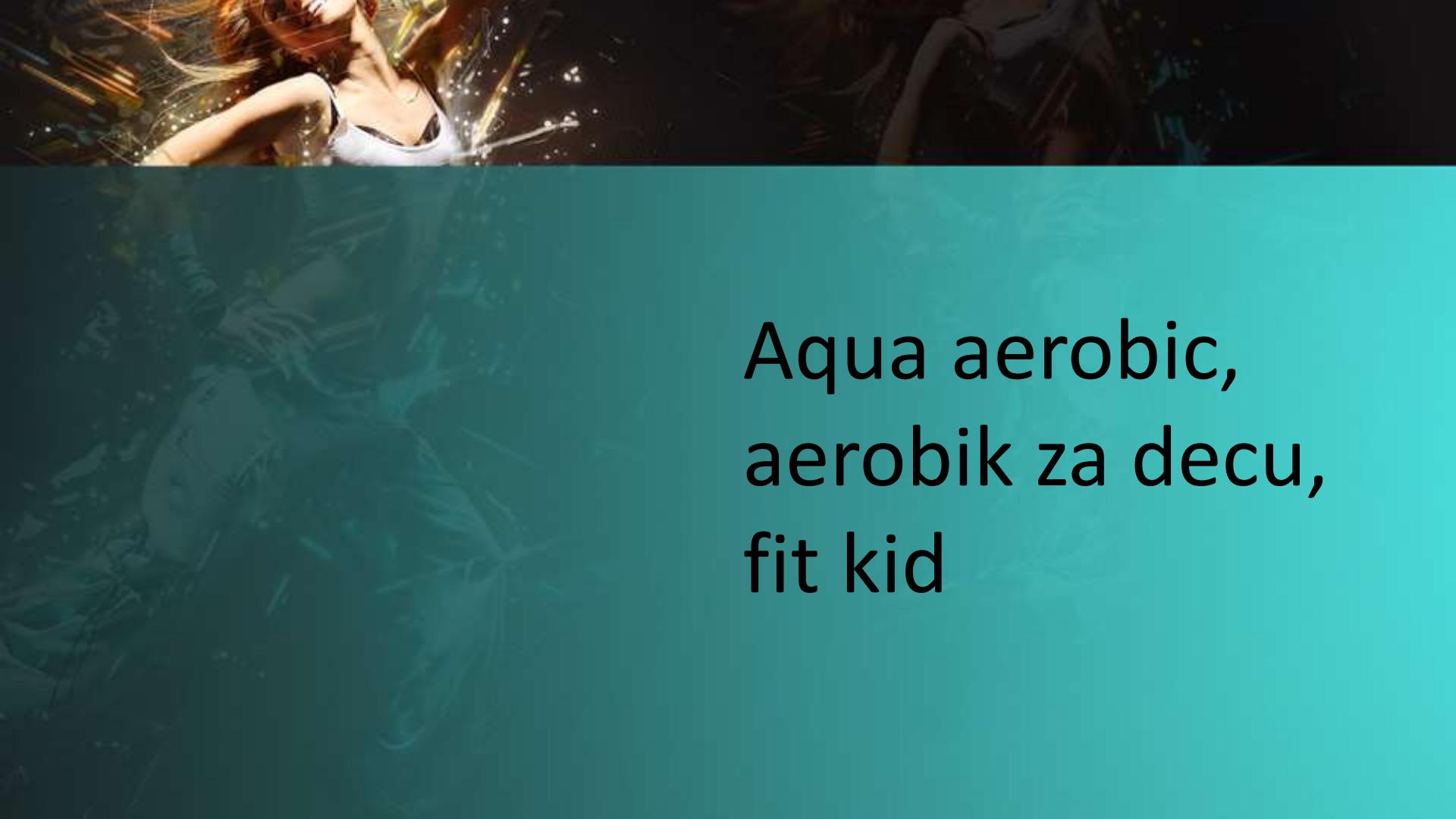
PLAN I RASPORED IZVOĐENjA NASTAVE

- Klasifikacija grupa fizičkih aktivnosti koje se izvode u fitnes centrima.
- Strukturalna analiza kretanja koja se izvode u okviru određenih fitnes metoda.

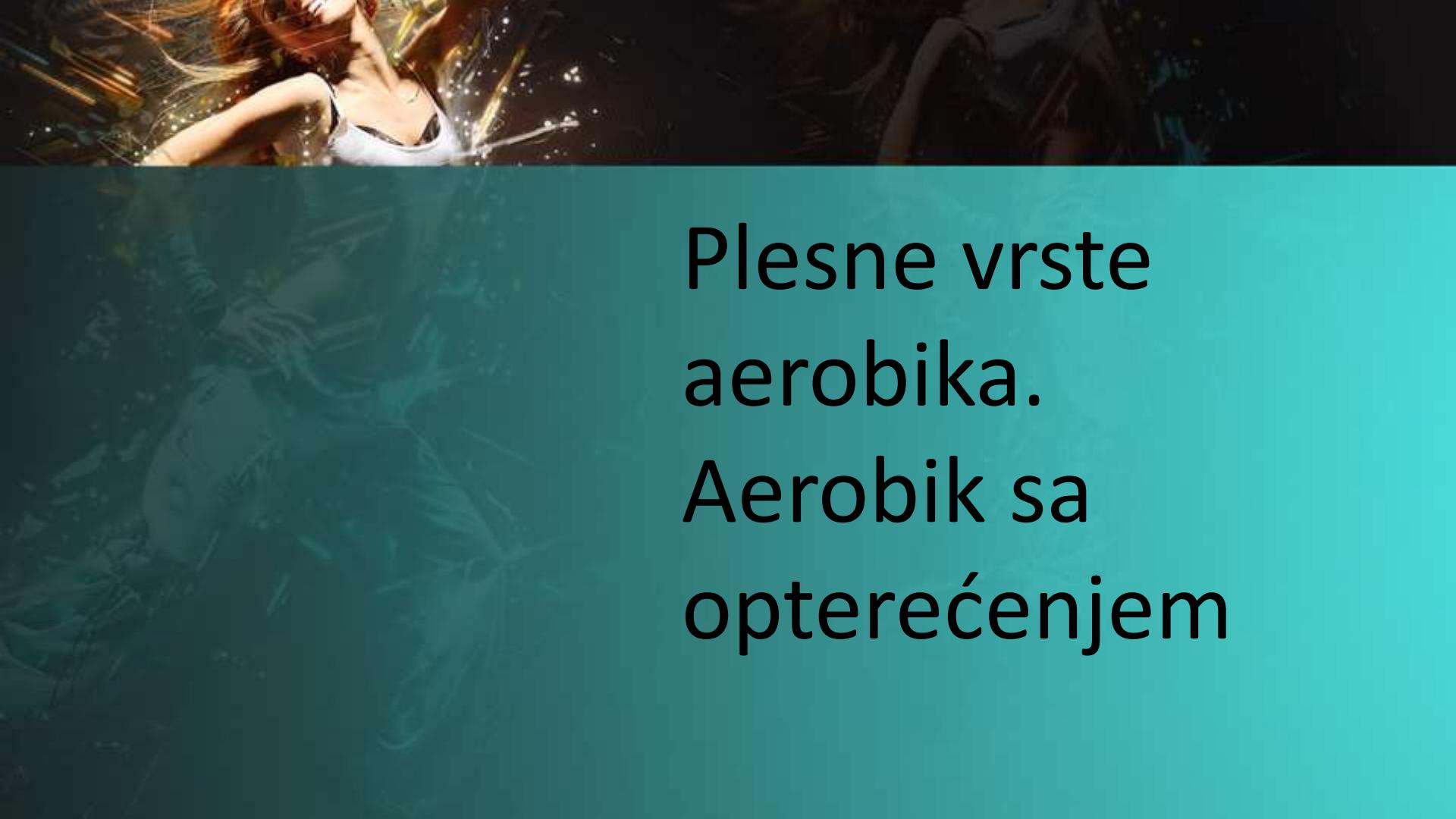
- Metodički postupci za usvajanje motoričkih znanja kroz određene fitnes metode

A woman in a white leotard is performing a dynamic aerobic move, possibly a slide or step, with colorful streamers trailing behind her. The background is dark and blurred.

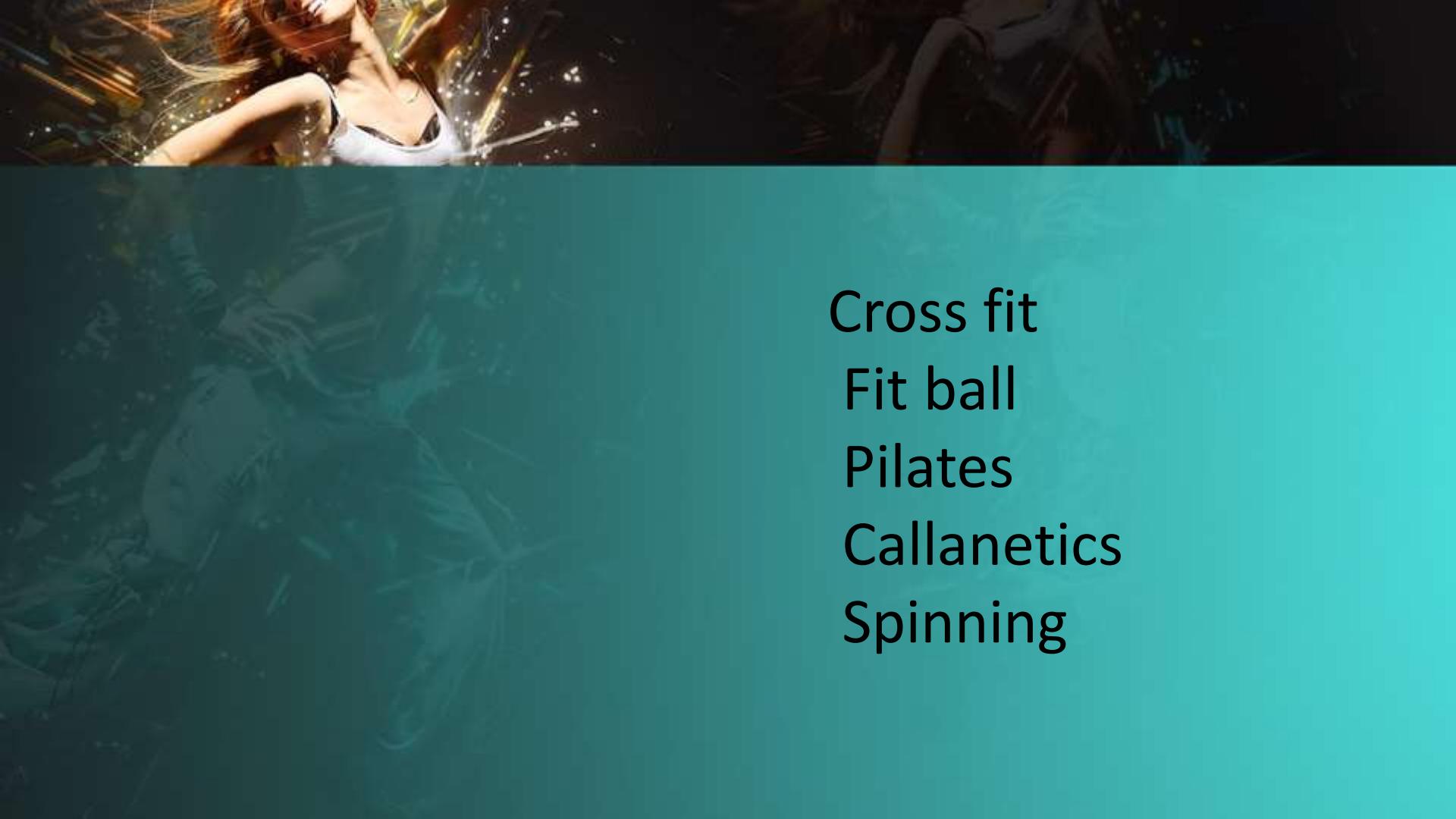
Istorijski razvoj aerobika.
Takmičarski aerobik.
Sistematizacija različitih vrsta
aerobika (niskog i visokog
intenziteta).
Step aerobic, slide aerobic

A woman with long dark hair is performing aqua aerobics in a swimming pool. She is wearing a white swimsuit and is in a dynamic pose, possibly a kick or a swim stroke. The water is clear and reflects the light. The background is dark, suggesting an indoor or night setting.

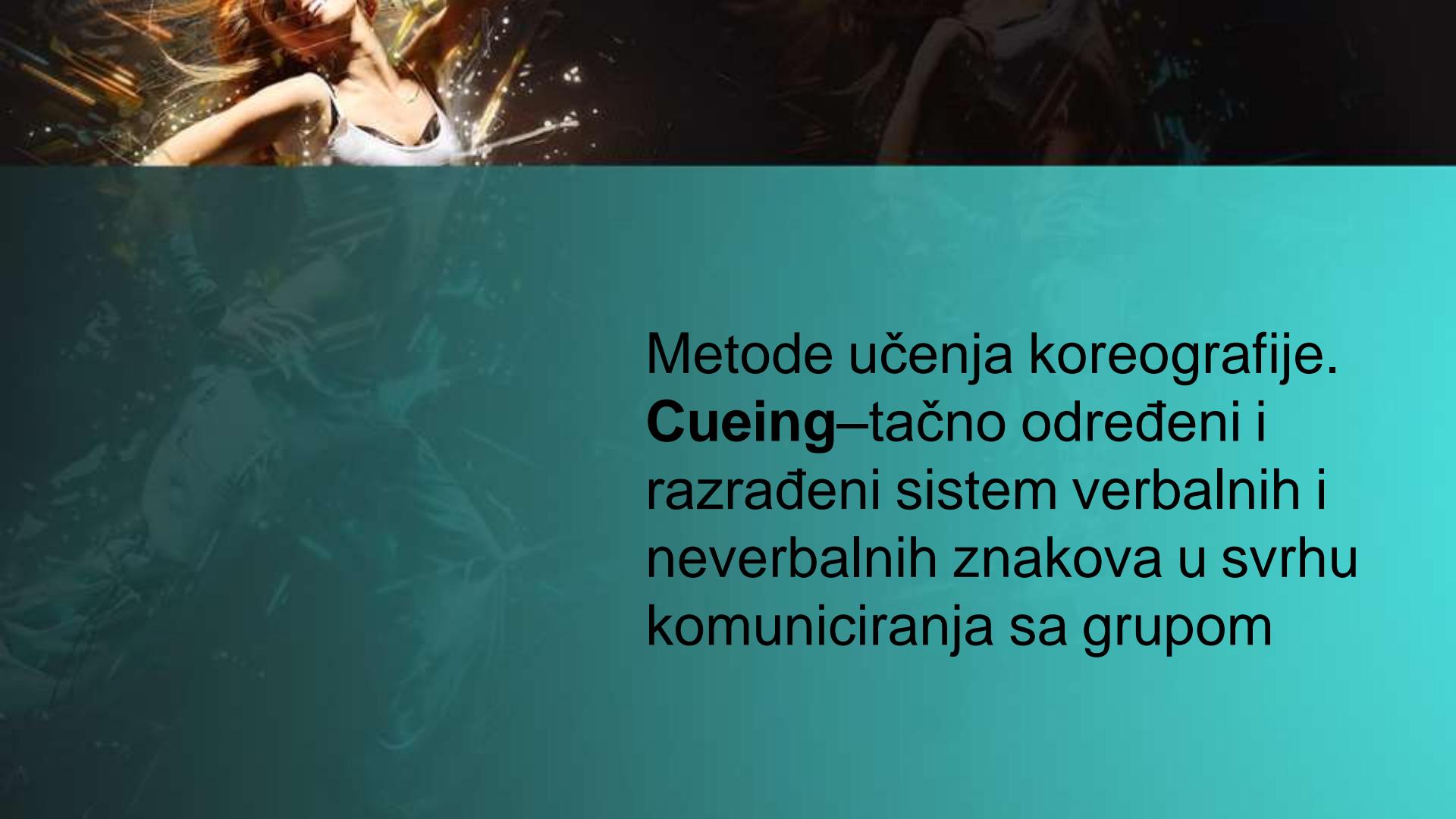
Aqua aerobic,
aerobik za decu,
fit kid



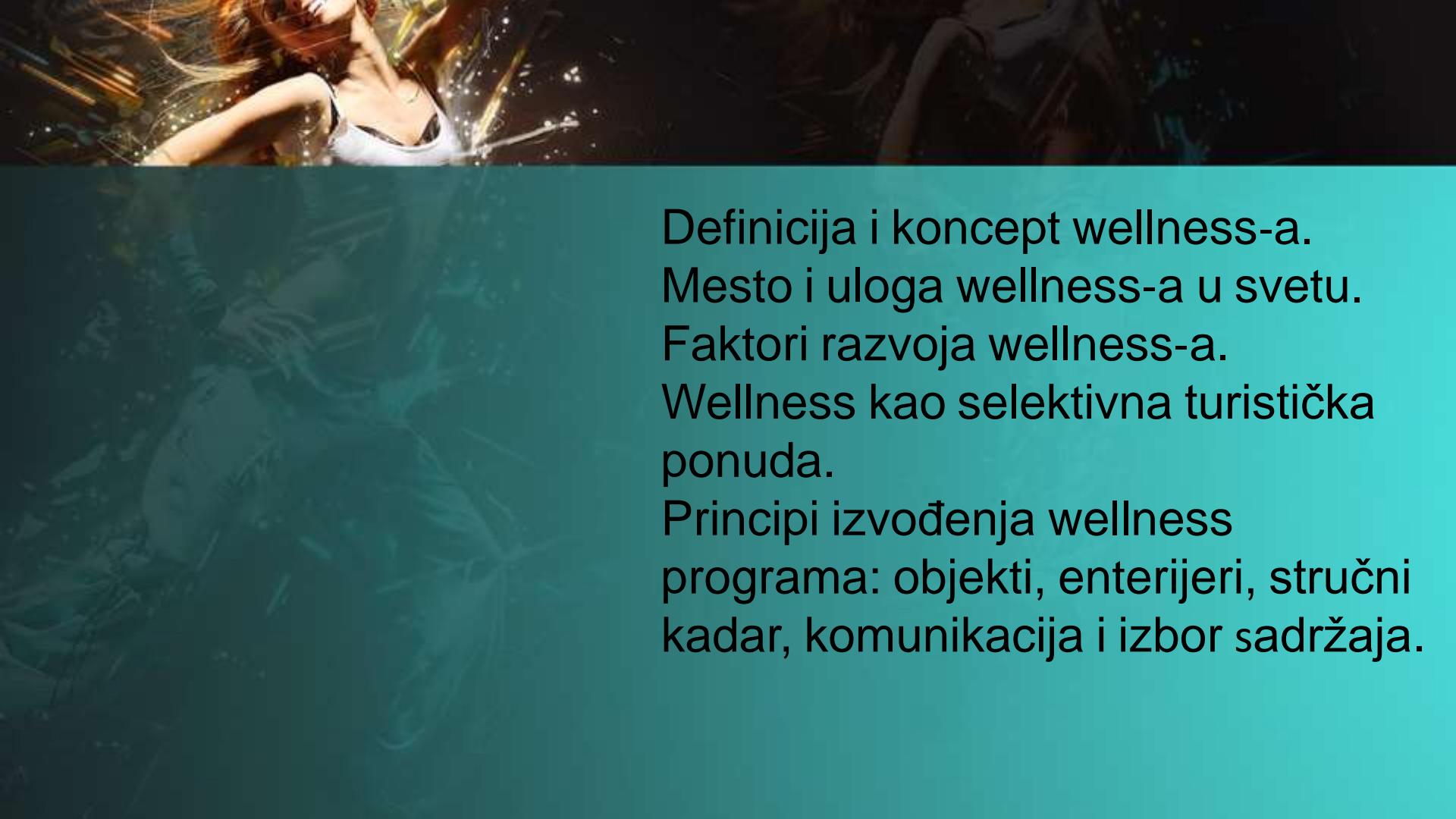
Plesne vrste
aerobika.
Aerobik sa
opterećenjem

A woman in a white leotard is performing a split leap in a studio. She is in mid-air, with one leg extended forward and the other bent at the knee. Her arms are outstretched to maintain balance. Colorful confetti or streamers are falling around her, creating a festive atmosphere. The background is dark, making the bright confetti stand out.

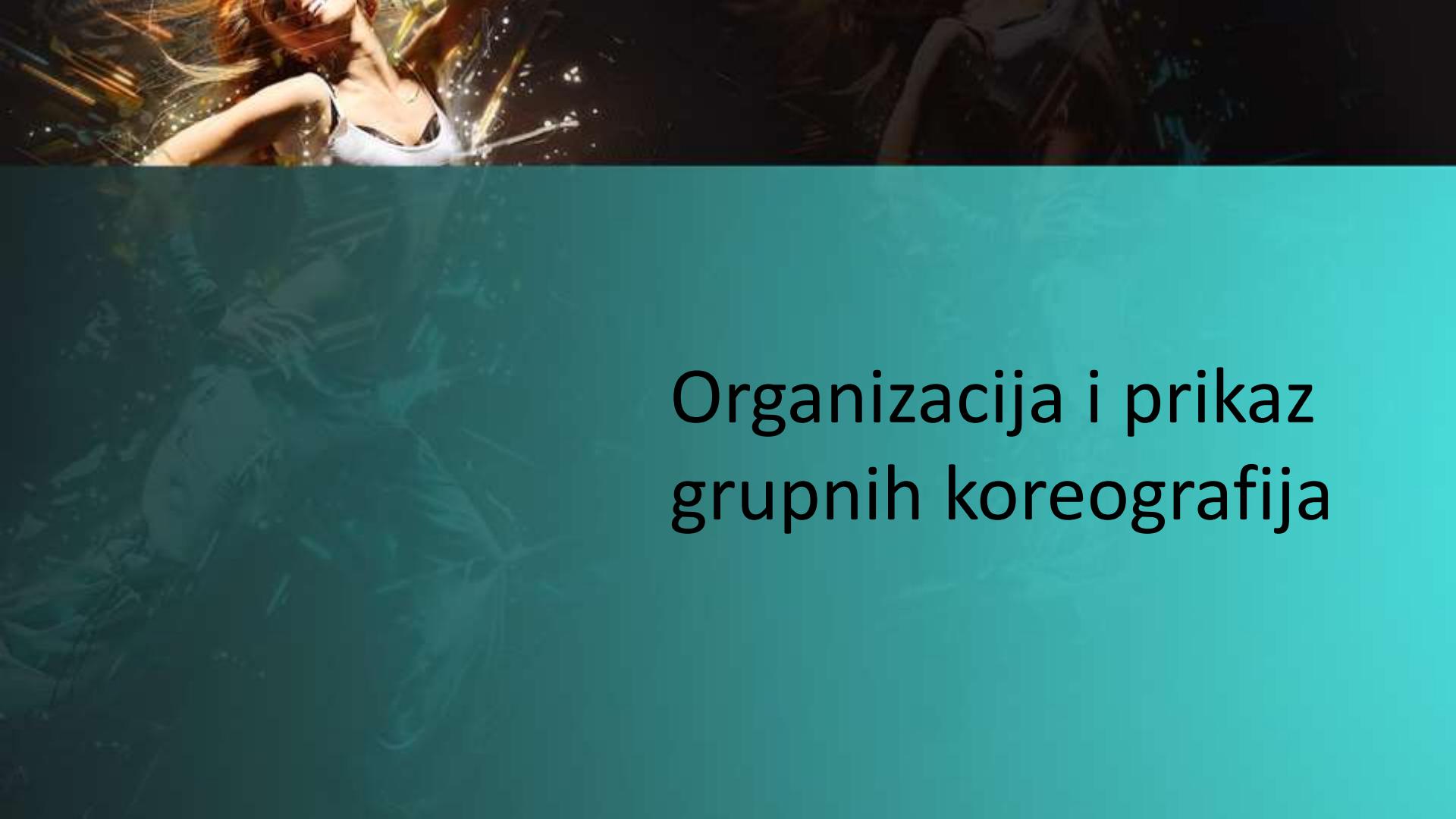
Cross fit
Fit ball
Pilates
Callanetics
Spinning

A woman in a white dress is performing a dance move, possibly a split or a low pose, with her arms raised. She is surrounded by numerous glowing, colorful particles that appear to be floating around her body, creating a dynamic and ethereal atmosphere. The background is dark, making the bright particles stand out.

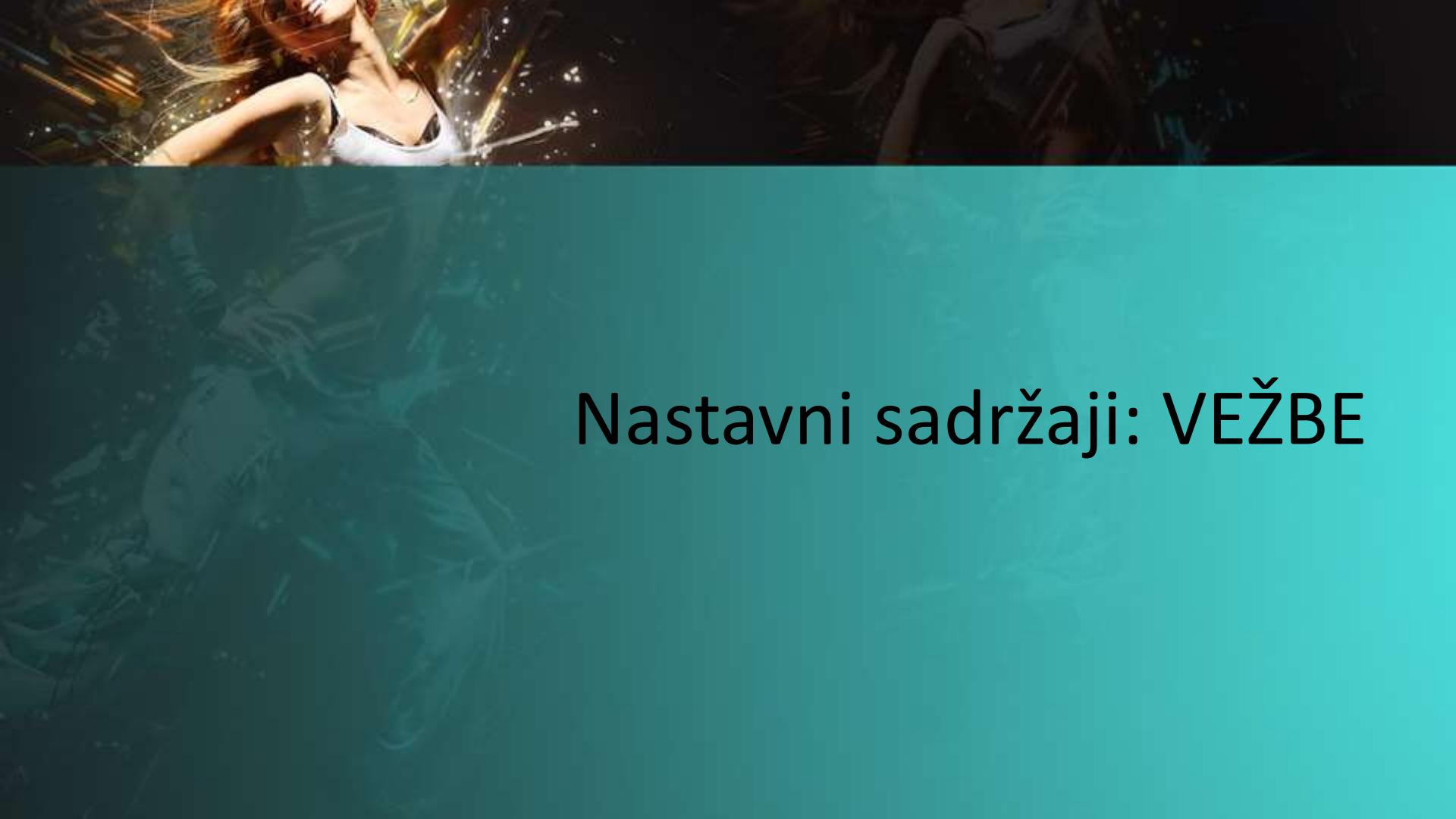
Metode učenja koreografije.
Cueing—tačno određeni i
razrađeni sistem verbalnih i
neverbalnih znakova u svrhu
komuniciranja sa grupom

The background of the slide features a photograph of a woman in a white bikini swimming underwater. She is positioned in the upper left corner, facing away from the viewer. Bubbles are visible around her, particularly in the upper right area where they appear to be rising. The water has a dark, tealish tint.

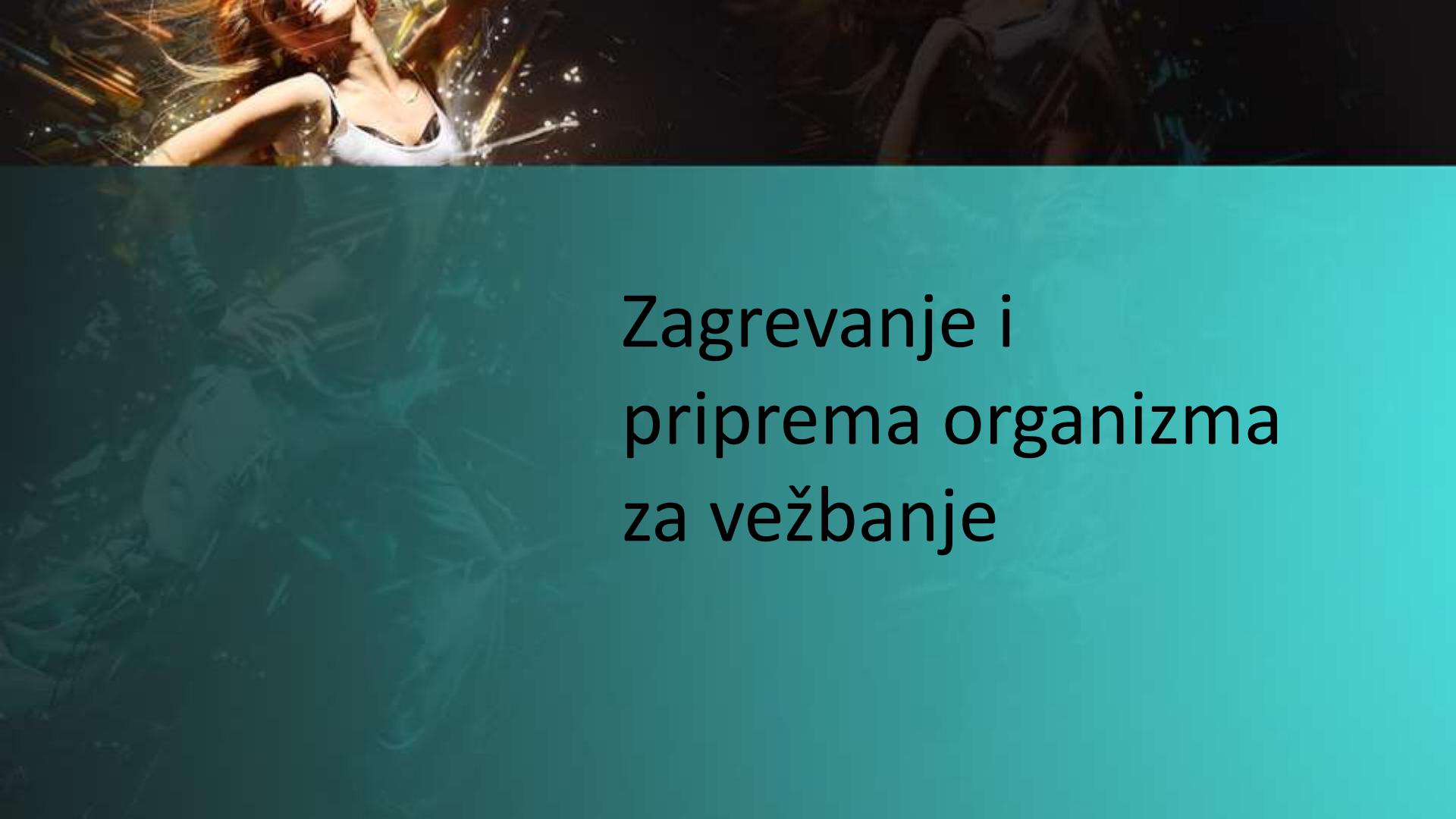
Definicija i koncept wellness-a.
Mesto i uloga wellness-a u svetu.
Faktori razvoja wellness-a.
Wellness kao selektivna turistička ponuda.
Principi izvođenja wellness programa: objekti, enterijeri, stručni kadar, komunikacija i izbor sadržaja.

The background image shows a woman in a white, flowing dress performing a dynamic dance move. She is surrounded by numerous small, glowing particles that appear to be moving with her, creating a sense of motion and energy. The lighting is dramatic, with strong highlights on her dress and the particles.

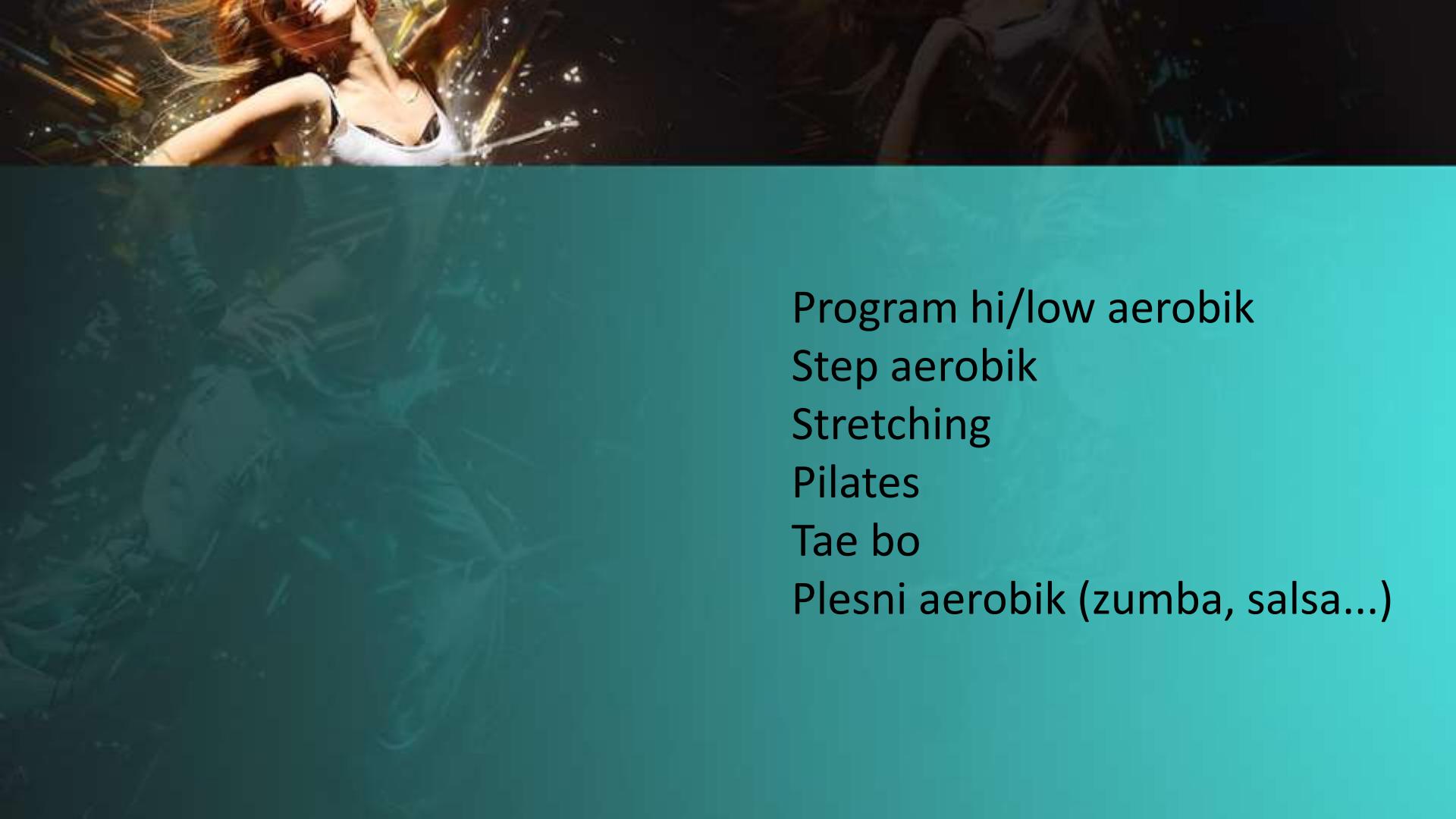
Organizacija i prikaz grupnih koreografija

The background of the slide features a woman with long, flowing hair, wearing a white, form-fitting dress. She is captured in a dynamic pose, seemingly dancing or falling through a dark space filled with glowing, colorful particles and streaks of light, possibly representing energy or data flow.

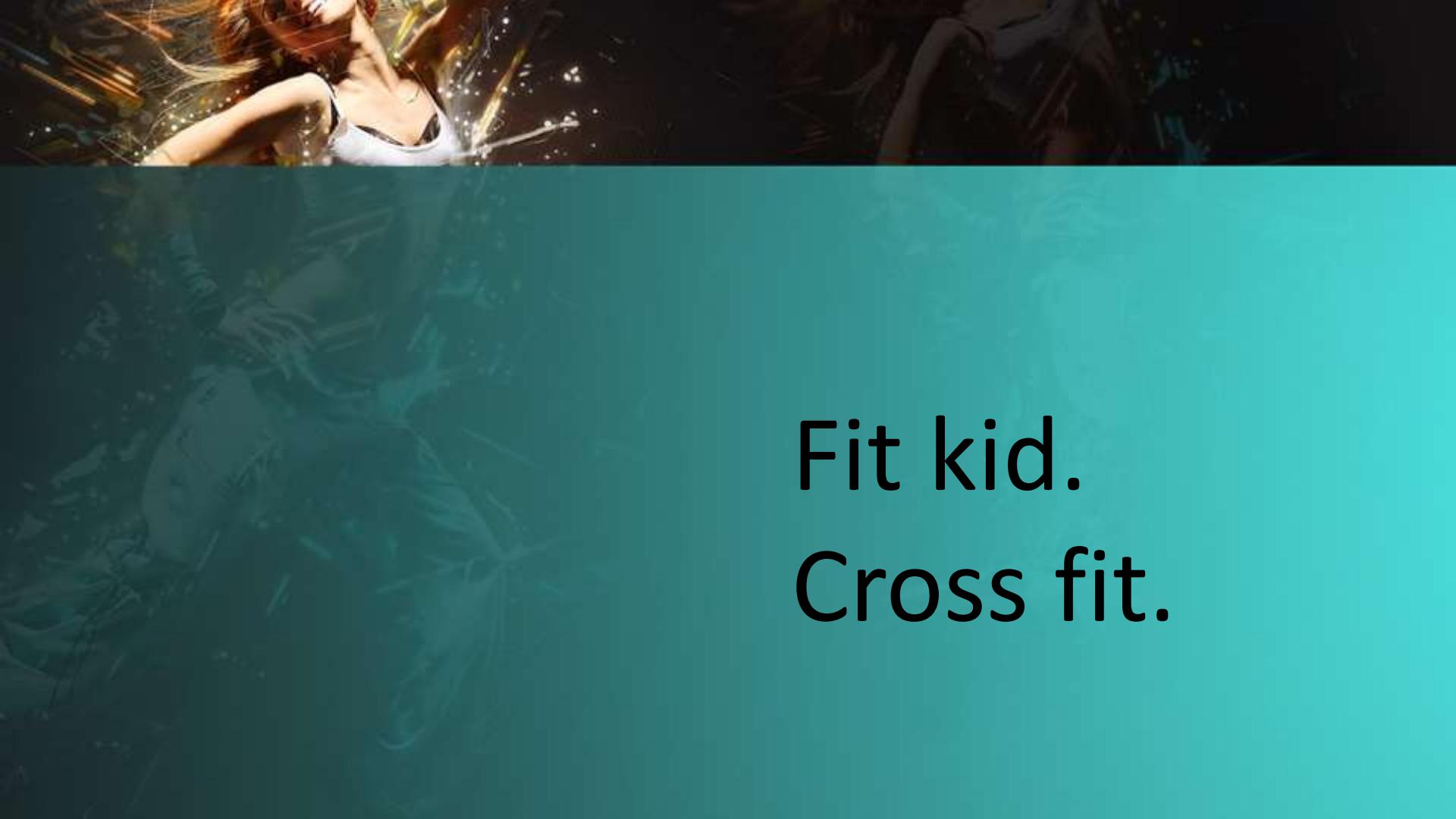
Nastavni sadržaji: VEŽBE

A woman in a white leotard is captured in mid-air, performing a dynamic dance move. Her body is arched, and her arms are extended. A trail of glowing, colorful particles follows the movement of her arms and legs, creating a sense of motion and energy. The background is dark, making the bright particles stand out.

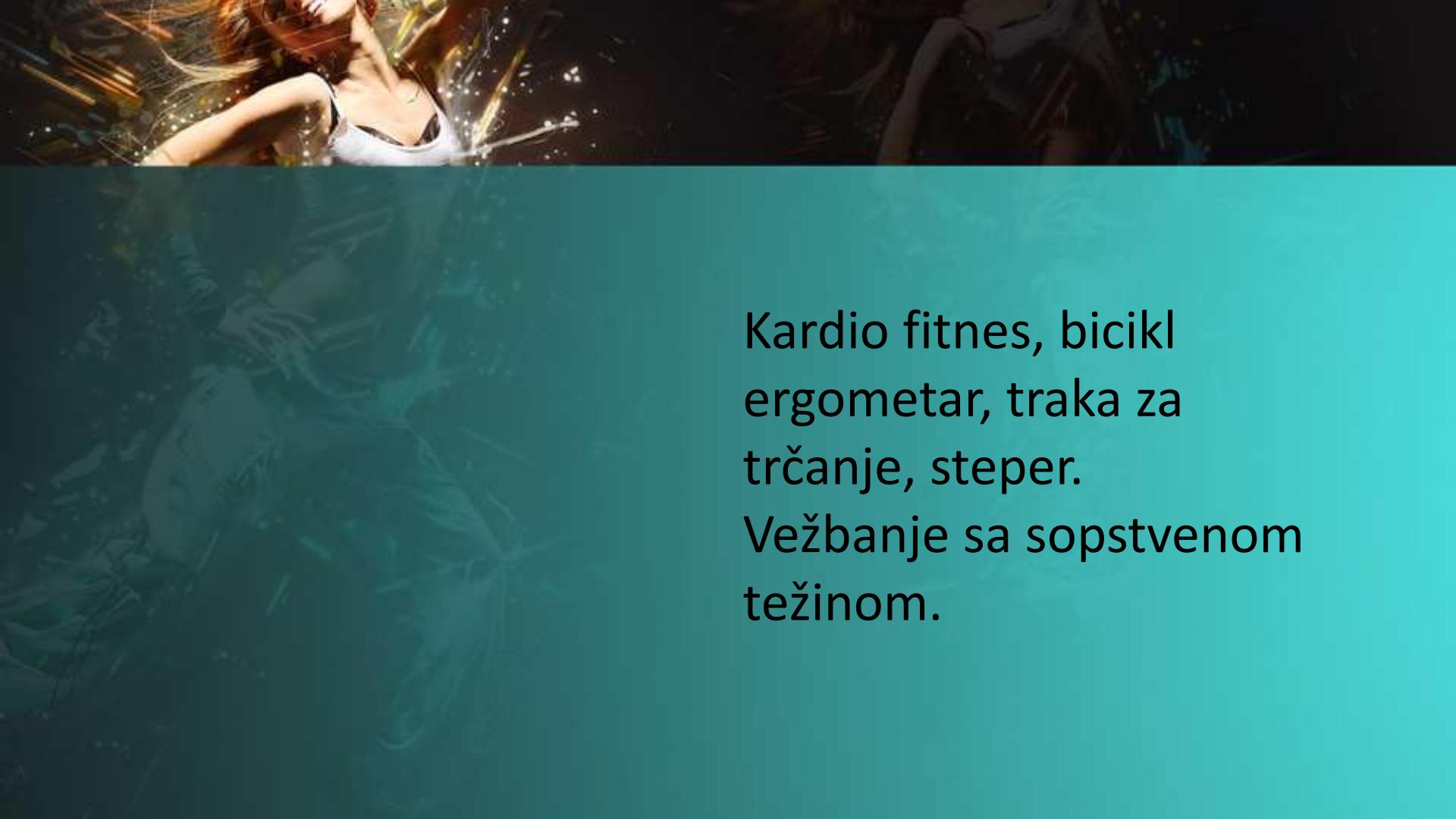
Zagrevanje i
priprema organizma
za vežbanje



Program hi/low aerobik
Step aerobik
Stretching
Pilates
Tae bo
Plesni aerobik (zumba, salsa...)

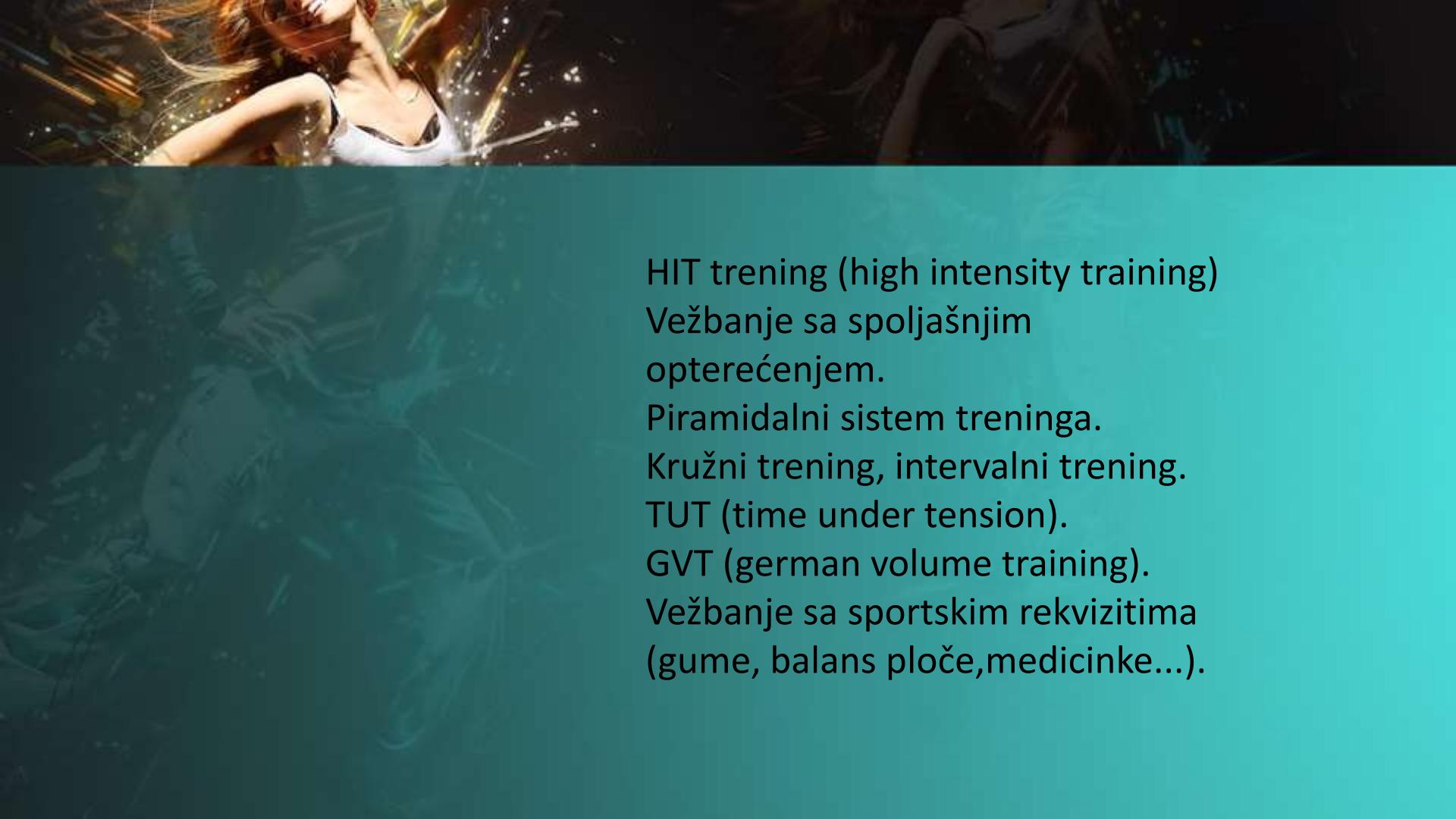
A woman with long, light-colored hair is performing a handstand on a dark, textured surface. She is wearing a white tank top and dark leggings. Her body is straight, and she is looking down at her hands. There are many small, glowing particles or stars scattered around her, particularly in the upper left corner.

Fit kid.
Cross fit.

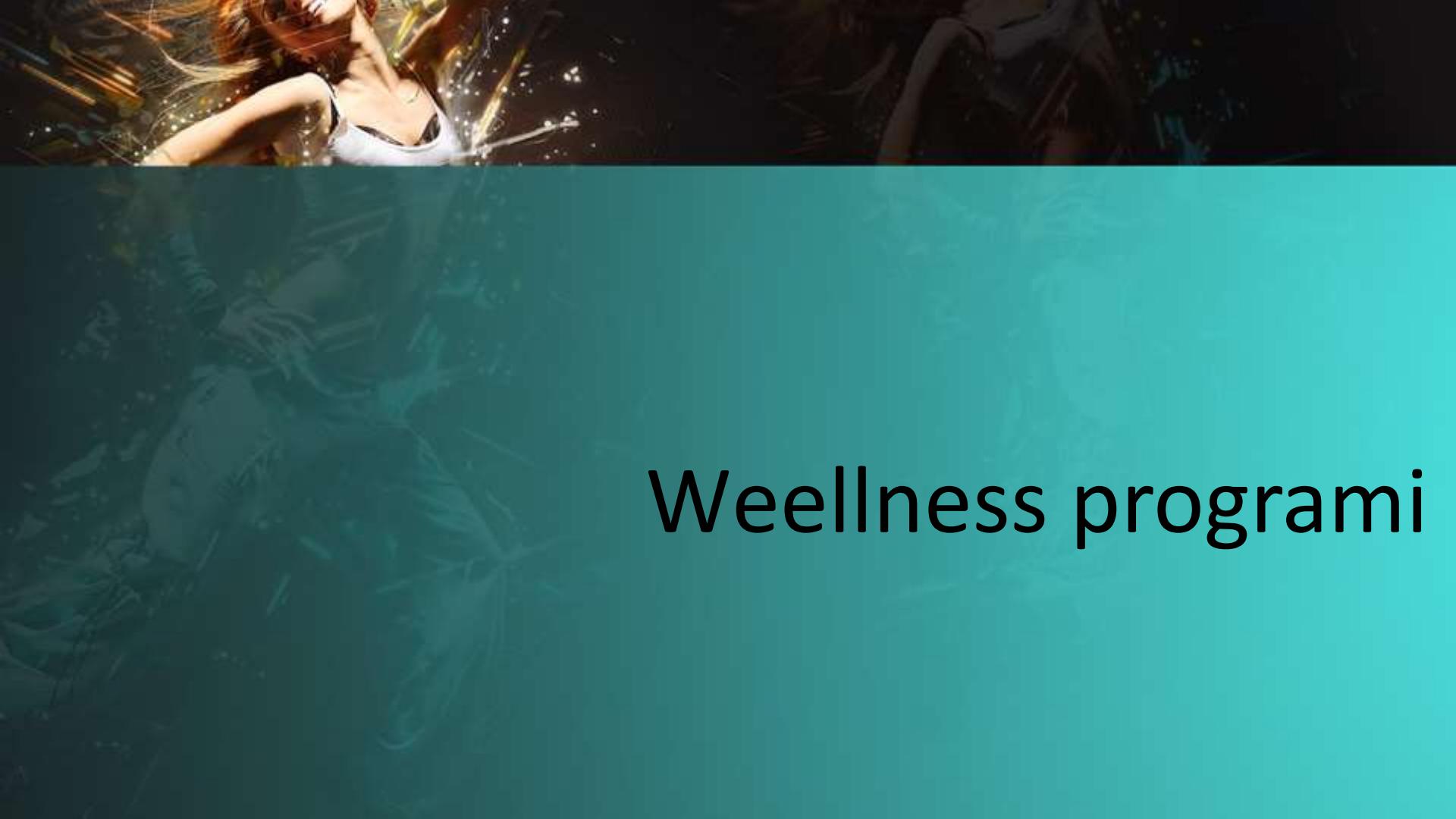


Kardio fitnes, bicikl
ergometar, traka za
trčanje, steper.

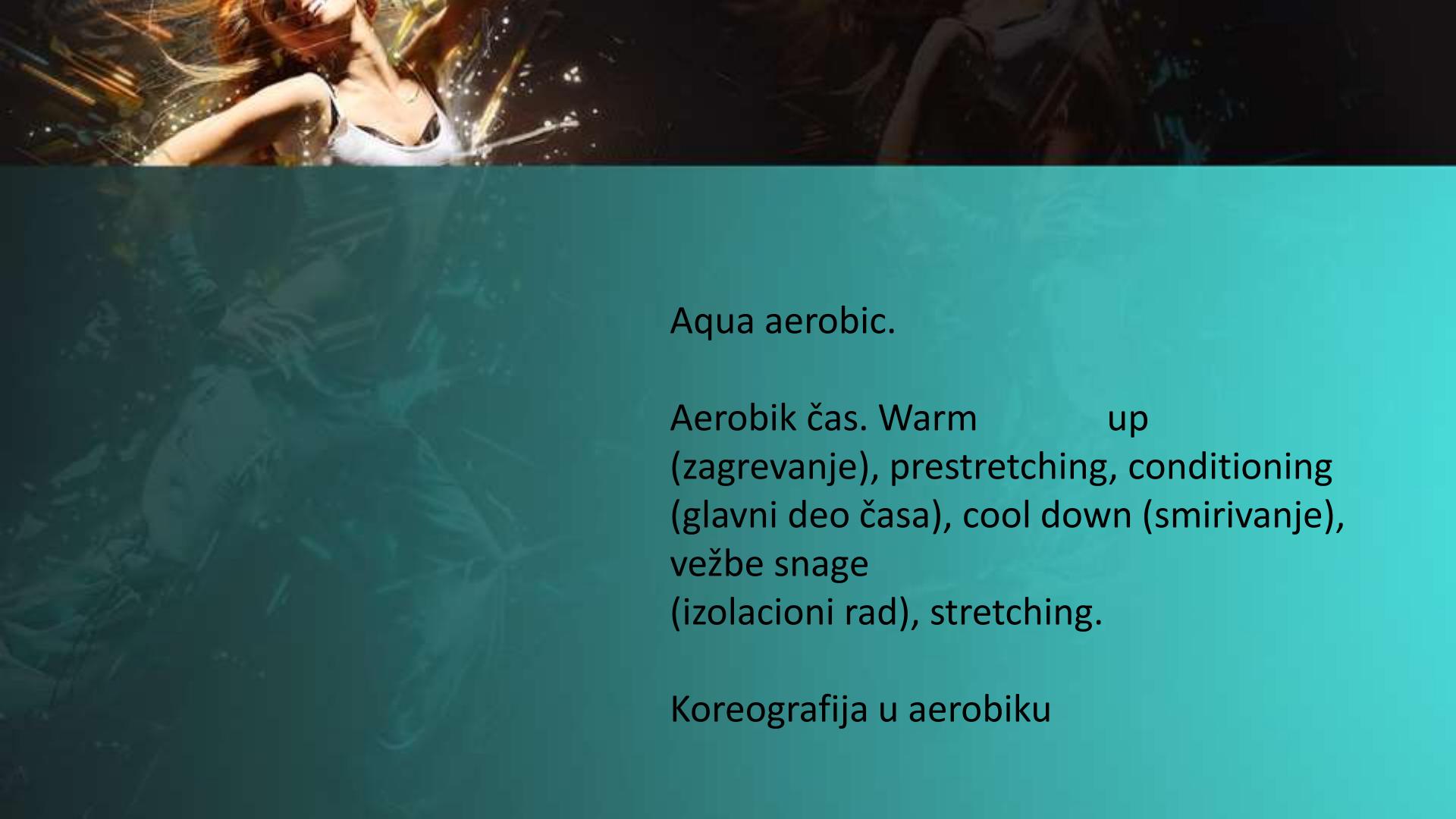
Vežbanje sa sopstvenom
težinom.



HIT trening (high intensity training)
Vežbanje sa spoljašnjim
opterećenjem.
Piramidalni sistem treninga.
Kružni trening, intervalni trening.
TUT (time under tension).
GVT (german volume training).
Vežbanje sa sportskim rekvizitima
(gume, balans ploče, medicinke...).

A woman in a white dress is swimming in a pool at night. The water is dark, and there are many glowing particles and light streaks around her, creating a magical and dreamlike atmosphere.

Weellness programi

A woman with long dark hair is performing aqua aerobics in a swimming pool. She is wearing a white swimsuit and is in a dynamic pose, possibly a kick or a kickback. The water is clear and reflects the surrounding environment. The background is slightly blurred, showing other people and poolside elements.

Aqua aerobic.

Aerobik čas. Warm up
(zagrevanje), prestretching, conditioning
(glavni deo časa), cool down (smirivanje),
vežbe snage
(izolacioni rad), stretching.

Koreografija u aerobiku