

Course: Basic Motor Skills

Type and level of studies: UAS
Study program: Class Teacher Education, Preschool Teacher Education
Teacher(s): Aleksandar Ignjatović
Language of instruction: English
ECTS: 5
Prerequisites: /
Semester: Fall semester



Course objectives:
 Within the course Basic motor skills, students are introduced to contemporary knowledge and the role of human motor abilities. They learn about the theoretical and practical significance of the following motor abilities: strength, force, speed, agility, balance, coordination, precision, flexibility, and endurance. The course familiarises students with tools and methods for improving anthropomotor abilities, as well as possibilities for increasing the level of various abilities at different stages of development. Students acquire knowledge of appropriate methods of evaluation.

Learning outcomes:
 The student understands the importance of motor abilities for proper physical growth and development. They comprehend the application and significance of anthropomotorics through its manifestations in physical culture (physical education, sport, and recreation). The student applies modern technologies and methodologies in the process of developing motor abilities and becomes capable of critically using professional literature.

Course contents:
 Introduction to basic terms and concepts used to explain the efficiency of human movement (1). The importance, role, and classification of motor abilities (2). Strength and power (3). Speed (4). Agility (5). Flexibility (6). Coordination (7). Balance (8). Precision (9). Endurance (10). Tests for assessing motor abilities: strength, speed, and agility (11). Tests for assessing motor abilities: flexibility, balance, coordination, precision, and endurance (12). Application of various test batteries (13). Critical periods for the development of motor abilities (14). The importance of motor abilities for proper growth, development, and success in sports (15). Teaching methods include frontal instruction, group work, pair work, circuit training, and station-based exercises with the use of obstacle courses.

References:
 Johnstone, J. A., & Ramon, M. (2011). *Perceptual-Motor Activities for Children: An Evidence-Based Guide to Building Physical and Cognitive Skills*. Champaign, IL: Human Kinetics.
 Balyi, I., & Hamilton, A. (2004). *Growth, Physical Activity, and Motor Development in Prepubertal Children*. Champaign, IL: Human Kinetics.

Number of active teaching hours				Other classes
Lectures: 30	Seminars:	Project work:	Independent work: 30	

Teaching methods:
 Lectures are delivered with the aid of PowerPoint presentations on topics covered by the course content. Video clips are shown to demonstrate the performance of various forms of physical activity, exercises, and tests. Discussions are held with students on topics addressed within the course, focusing on the importance and influence of different forms of physical activity on health, physical growth, and development.

Examination methods (maximum 100 points)

Exam prerequisites	No. of points:	Exam prerequisites	No. of points:
student's activity during lectures	10	oral examination	30
practical classes/tests	10	written examination	40
seminars/home work	10	project presentation	
project		portfolio	
other		Other	

Grading system		
Grade	Number of points	Description
10	91 – 100	Excellent
9	81 – 90	Exceptionally good
8	71 – 80	Very good
7	61 – 70	Good
6	51 – 60	Passing
5	≤50	Failing