


Course: Theory and Methodology of Recreation Activities	
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:
Familiarisation with the organisation of recreational teaching, working in different spatial conditions, and managing both small and large groups. Observation and identification of various ways in which the educational function of the school is achieved through play and physical activities. Application of diverse teaching methods, forms of work, tools, and equipment to ensure optimal teaching outcomes. Training students to monitor, assess, and evaluate the results of their work.

Learning outcomes:
Students are qualified to conduct and organise sports and recreational classes in various spatial conditions. They are capable of implementing recreational teaching with different groups and recognising individual differences among pupils and participants. Students understand how to organise and adapt sports and recreational activities to individual needs and are familiar with the specific aspects of cooperation between teachers and parents in organising various forms of outdoor sports and recreational teaching.

Course contents:
The position of recreation within the system of physical culture (1); Importance and role of recreation (2); The impact of physical activity and fitness on health (3); Recreational physical activities aimed at improving the aerobic capacity of the organism (4); Recreational physical activities aimed at increasing muscular strength (5); Health, nutrition, and physical activity (6); Energy balance and programmes for the prevention and correction of overweight in children (7); Preparation, organisation, codes of conduct, and models of activities (8); Models of outdoor stays, organisation of work, and health protection (9); Sports and recreational activities during outdoor stays (10); Use of games without equipment in recreation (11); Use of games with equipment in recreation (12); Use of team sports activities in recreation (13); Use of individual sports activities in recreation (14); Student-selected activities – advantages and disadvantages (presentations and discussions) (15).

References:
Mallen, C., & Adams, L. (2008). Sport, Recreation and Tourism Event Management: Theoretical and Practical Dimensions. Oxford: Butterworth-Heinemann.
Sharkey, B. J., & Gaskill, S. E. (2007). Fitness and Health (6th ed.). Champaign, IL: Human Kinetics.

Number of active teaching hours				Other classes
Lectures: 15	Seminars:	Project work:	Independent work: 15	

Teaching methods:

Examination methods (maximum 100 points)			
Exam prerequisites	No. of points:	Exam prerequisites	No. of points:
student's activity during lectures	10	oral examination	20
practical classes/tests	10	written examination	40
seminars/homework	10	project presentation	
project	10	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