

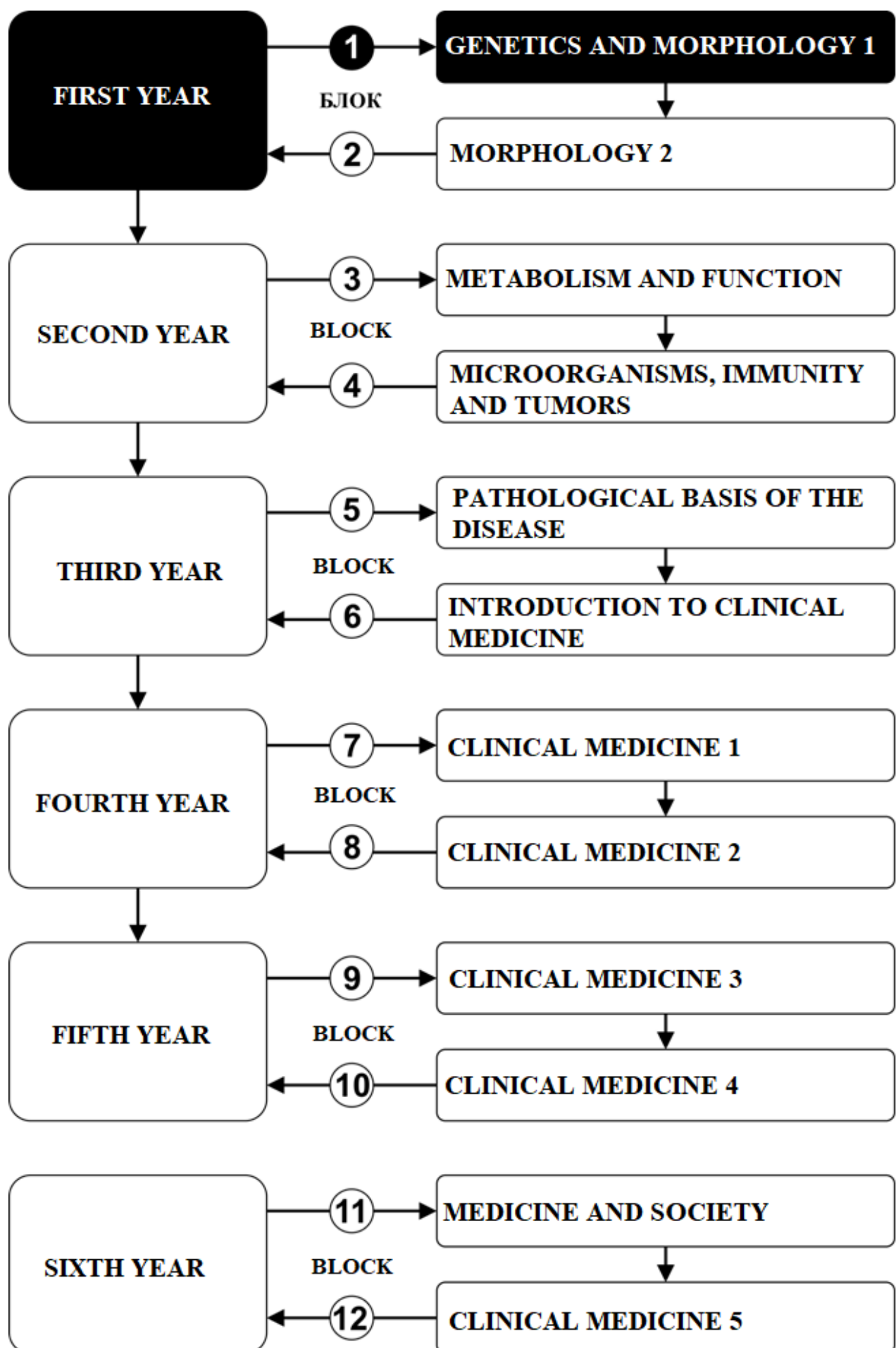


PHYSICAL EDUCATION

FIRST YEAR

year 2025/2026.

PHYSICAL EDUCATION



Subject:

PHYSICAL EDUCATION

The course (code IASM 6) is evaluated with 3 ECTS. There are 3 classes per week (1 active and 2 other).

PROFESSORS AND ASSOCIATES:

PB	Name and surname	Email	Title
1.	Emilija Stojanović	stojanovic.emilija@yahoo.com	Assistant professor
2.	Miloš Glišić	miloskg92@gmail.com	Assistant

SUBJECT CONTENT:

No	Block	Week	Professors
1	First	15	Emilija Stojanović

EVALUATION:

The grade is equivalent to the number of points achieved (see table). Points are earned as follows::

ATTENDANCE - LECTURES: In this way, a student can earn up to 20 points

ATTENDANCE - OTHER CLASSES: In this way, a student can earn up to 20 points

ACTIVITY DURING LECTURES AND OTHER CLASSES: In this way, a student can earn up to 30 points

MODULE		MAXIMAL POINTS			
		activity	tests	Final test	Σ
1	Attendance – lectures	20	/	/	
2.	Attendance – other classes	20			
3.	Activity	30			
2	Final exam	40	/	/	
Σ		100	/	/	100

The final mark is formed as follows::

In order to pass the course, the student must collect a minimum of 51 points.

Achieved points	mark
0 - 50	5
51 - 60	6
61 - 70	7
71 - 80	8
81 - 90	9
91 - 100	10

LITERATURE

Block	Book	Authors	Publisher	Library
First	Physical activity and health: the evidence explained.	Adrienne Hardman, David Stensel	Routledge	(pdf)
First	Exercise physiology: theory and application into fitness and performance	Scott Powers, Edward Howley	McGraw Hill	(pdf)

PROGRAM

TEACHING UNIT 1 (FIRST WEEK):

Lectures: Physical activity and health

Other classes: Work in a small group – Elective physical activity

PHYSICAL ACTIVITY AND HEALTH

Lectures (1)	Other classes (2)
Physical activity and health – epidemiological data	Work in a small group (Elective physical activity – swimming, folklore, physical conditioning, aerobic, basketball, volleyball, handball, futsal, table tennis, chess)

TEACHING UNIT 2 (SECOND WEEK):

Lectures: Physical activity and health

Other classes: Work in a small group – Elective physical activity

PHYSICAL ACTIVITY AND MORTALITY

Lectures (1)	Other classes (2)
Physical activity and mortality – epidemiological data	Work in a small group (Elective physical activity – swimming, folklore, physical conditioning, aerobic, basketball, volleyball, handball, futsal, table tennis, chess)

TEACHING UNIT 3 (THIRD WEEK):

Lectures: Cardiovascular disease and physical activity

Other classes: Work in a small group – Elective physical activity

CARDIOVASCULAR DISEASE AND PHYSICAL ACTIVITY

Lectures (1)	Other classes (2)
Cardiovascular disease and physical activity	Work in a small group (Elective physical activity – swimming, folklore, physical conditioning, aerobic, basketball, volleyball, handball, futsal, table tennis, chess)

TEACHING UNIT 4 (FOURTH WEEK):

Lectures: Type 2 diabetes and physical activity

Other classes: Work in a small group – Elective physical activity

TYPE 2 DIABETES MELLITUS AND PHYSICAL ACTIVITY

Lectures (1)	Other classes (2)
Type 2 diabetes and physical activity	Work in a small group (Elective physical activity – swimming, folklore, physical conditioning, aerobic, basketball, volleyball, handball, futsal, table tennis, chess)

TEACHING UNIT 5 (FIFTH WEEK):

Lectures: Obesity and physical activity

Other classes: Work in a small group – Elective physical activity

OBESITY AND PHYSICAL ACTIVITY

Lectures (1)	Other classes (2)
Obesity – epidemiological data	Work in a small group (Elective physical activity – swimming, folklore, physical conditioning, aerobic, basketball, volleyball, handball, futsal, table tennis, chess)

TEACHING UNIT 6 (SIXTH WEEK):

Lectures: Metabolic syndrome and physical activity

Other classes: Work in a small group – Elective physical activity

METABOLIC SYNDROME AND PHYSICAL ACTIVITY

Lectures (1)	Other classes (2)
Metabolic syndrome and physical activity	Work in a small group (Elective physical activity – swimming, folklore, physical conditioning, aerobic, basketball, volleyball, handball, futsal, table tennis, chess)

TEACHING UNIT 7 (SEVENTH WEEK):

Lectures: Skeletal health

Other classes: Work in a small group – Elective physical activity

SKELETAL HEALTH

Lectures	Other classes (2)
Skeletal health and physical activity	Work in a small group (Elective physical activity – swimming, folklore, physical conditioning, aerobic, basketball, volleyball, handball, futsal, table tennis, chess)

TEACHING UNIT 8 (EIGHTH WEEK):

Lectures: Ageing

Other classes: Work in a small group – Elective physical activity

AGEING

Lectures (1)	Other classes (2)
Ageing and physical activity	Work in a small group (Elective physical activity – swimming, folklore, physical conditioning, aerobic, basketball, volleyball, handball, futsal, table tennis, chess)

TEACHING UNIT 9 (NINTH WEEK):

Lectures: Hazards

Other classes: Work in a small group – Elective physical activity

HAZARDS

Lectures (1)	Other classes (2)
Hazards and physical activity	Work in a small group (Elective physical activity – swimming, folklore, physical conditioning, aerobic, basketball, volleyball, handball, futsal, table tennis, chess)

TEACHING UNIT 10 (TENTH WEEK):

Lectures: Public health

Other classes: Work in a small group – Elective physical activity

PUBLIC HEALTH

Lectures (1)	Other classes (2)
Public health	Work in a small group (Elective physical activity – swimming, folklore, physical conditioning, aerobic, basketball, volleyball, handball, futsal, table tennis, chess)

TEACHING UNIT 11 (ELEVENTH WEEK):

Lectures: Strength and conditioning

Other classes: Work in a small group – Elective physical activity

STRENGTH AND CONDITIONING

Lectures (1)	Other classes (2)
Strength and conditioning	Work in a small group (Elective physical activity – swimming, folklore, physical conditioning, aerobic, basketball, volleyball, handball, futsal, table tennis, chess)

TEACHING UNIT 12 (TWELFTH WEEK):

Lectures: Adaptation

Other classes: Work in a small group – Elective physical activity

ADAPTATION

Lectures (1)	Other classes (2)
Adaptation	Work in a small group (Elective physical activity – swimming, folklore, physical conditioning, aerobic, basketball, volleyball, handball, futsal, table tennis, chess)

TEACHING UNIT 13 (SEVENTH WEEK):

Lectures: Supercompensation

Other classes: Work in a small group – Elective physical activity

SUPERCOMPENSATION

Lectures (1)	Other classes (2)
Supercompensation	Work in a small group (Elective physical activity – swimming, folklore, physical conditioning, aerobic, basketball, volleyball, handball, futsal, table tennis, chess)

TEACHING UNIT 14 (SEVENTH WEEK):

Lectures: Sources of energy

Other classes: Work in a small group – Elective physical activity

SOURCES OF ENERGY

Lectures (1)	Other classes (2)
Sources of energy	Work in a small group (Elective physical activity – swimming, folklore, physical conditioning, aerobic, basketball, volleyball, handball, futsal, table tennis, chess)

TEACHING UNIT 15 (FIFTEENTH WEEK):

Lectures: Recapitulation

Other classes: Work in a small group – Elective physical activity

RECAPITULATION

Lectures (1)	Other classes (2)
Recapitulation	Work in a small group (Elective physical activity – swimming, folklore, physical conditioning, aerobic, basketball, volleyball, handball, futsal, table tennis, chess)

LESSON SCHEDULE FOR THE SUBJECT PHYSICAL EDUCATION

Blocl	week	type	Unit name	Prof.
1	1	L	Physical activity and health	Emilija Stojanović
1	1	O	Elective physical activity	Miloš Glišić
1	2	L	Physical activity and mortality	Emilija Stojanović
1	2	O	Elective physical activity	Miloš Glišić
1	3	L	Cardiovascular disease	Emilija Stojanović
1	3	O	Elective physical activity	Miloš Glišić
1	4	L	Type 2 diabetes and physical activity	Emilija Stojanović
1	4	O	Elective physical activity	Miloš Glišić
1	5	L	Obesity	Emilija Stojanović
1	5	O	Elective physical activity	Miloš Glišić
1	6	L	Metabolic syndrome	Emilija Stojanović
1	6	O	Elective physical activity	Miloš Glišić
1	7	L	Skeletal health	Emilija Stojanović
1	7	O	Elective physical activity	Miloš Glišić
1	8	L	Ageing	Emilija Stojanović

1	8	O	Elective physical activity	Miloš Glišić
1	9	L	Hazards	Emilija Stojanović
1	9	O	Elective physical activity	Miloš Glišić
1	10	L	Public Health	Emilija Stojanović
1	10	O	Elective physical activity	Miloš Glišić
1	11	L	Strength and Conditioning	Emilija Stojanović
1	11	O	Elective physical activity	Miloš Glišić
1	12	L	Adaptation	Emilija Stojanović
1	12	O	Elective physical activity	Miloš Glišić
1	13	L	Supercompensation	Emilija Stojanović
1	13	O	Elective physical activity	Miloš Glišić
1	14	L	Sources of energy	Emilija Stojanović
1	14	O	Elective physical activity	Miloš Glišić
1	15	L	Recapitulation	Emilija Stojanović
1	15	O	Elective physical activity	Miloš Glišić

