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| **DŽEMAL BIJEDIĆ UNIVERSITY MOSTAR**  **TOURISM STUDIES** | | | | |
| **Course title:** | **RECREATIONAL ACTIVITIES IN TOURISM** | | **Course ID: ST314** | |
| **Study level, year of study, semester** | First cycle | | year: III / semester: II | |
| **Course instructor:** | associate professor, Damir Đedović | | | |
| **Contact details:** | Adress: Nastavnički fakultet Univerziteta „Džemal Bijedić“ u Mostaru, E-mail: damir.djedovic@unmo.ba | | | |
| **Total number of classes:** | Weekly number of lectures: 2 | Weekly number of exercises: 2 | | Total number: 60 |
| **ECTS Credits:** | 5 ECTS | | | |
| **Degree:** | Bachelor of Tourism Management | | | |
| **Course status:** | Elective | | | |
| **Prerequisites for taking the course:** |  | | | |
| **Course attendance limitations:** | Only for students of Tourism Studies | | | |
| **Explanation ECTS credits:** | The number of ECTS points accounts for the number of classes necessary for fulfilment of course duties and preparation for exam. | | | |
| **Course objectives:** | After successfully completing the program commitments, the student will be trained in theoretical and practical knowledge of recreational activities in the field of tourism. | | | |
| **Explanation of general and specific competences / outcomes:** | 1. Systematization of sports recreation programs  2. Program basis of sports recreation  3. The concept, definition and principles of recreational recreation  4. Scientific and theoretical foundations of modern sports recreation programs  5. Sports programs for aerobic orientation  6. Organized sports recreation programs (fitness centers)  7. Classification of work for the purposes of sports recreation  8. Sports recreation and tourism  9. Facilities and facilities and models for sports and recreational offer in tourism  10. Individual programs in sports recreation  11. Models of interval aerobic programs  12. Categorization of programmed active vacations with the effects of sports recreation  13. Model of organizing sports recreation outside the place of residence  14. Socially entertaining activities  15. The system of organizing sports recreation at the international level | | | |
| **Plan of activities:** | Lectures, practical exercises, experimental exercises, demonstrations, etc. | | | |
| **Teaching methods and means:** | - | | | |
| **Other obligation of students:** | Colloquiums, practical, written,  1. Attendance to the teaching process (lectures 5 and exercises 5) - max. 10%  2. Class activity - 10%  3. Practical work - 20%.  4. First written test (first colloquium) - 10%  5. Seminar work-10%  6. Final Written Test (Second Colloquium) -40% | | | |
| **Grading:** | 1. Systematization of sports recreation programs  2. Program basis of sports recreation  3. The concept, definition and principles of recreational recreation  4. Scientific and theoretical foundations of modern sports recreation programs  5. Sports programs for aerobic orientation  6. Organized sports recreation programs (fitness centers)  7. Classification of work for the purposes of sports recreation  8. Sports recreation and tourism  9. Facilities and facilities and models for sports and recreational offer in tourism  10. Individual programs in sports recreation  11. Models of interval aerobic programs  12. Categorization of programmed active vacations with the effects of sports recreation  13. Model of organizing sports recreation outside the place of residence  14. Socially entertaining activities  15. The system of organizing sports recreation at the international level | | | |
| **Readings:** | 1.Hadžikadunić, M. i saradnici (2002). Sportska rekreacija. Sarajevo:FASTO  2.Nurković, N. i saradnici (2006). Boravak u prirodi. Mostar: Nastavnički fakultet.  3. Andrijašević, M. (1994). Modeli sportsko rekreativnih aktivnosti. Zagreb: HSSR. | | | |
| **Quality control:** | Anonymous poll among students | | | |