

The new Vocationally Oriented Master Curriculum in Physical Education, Physical Activity and Health at University of Niš (70 ECTS, 2 semesters)

Educational aims and description of the program

This vocationally oriented Master program in Physical Education, Physical Activity and Health is a one year postgraduate program (70 ECTS) (**Table 6**). The purpose of the Study Program is in accordance with the basic tasks and aims of the Faculty of Sport and Physical Education.

The aims of the Study Program Master Academic Studies, Physical Education, Physical Activity and Health enable the achievement of specific competence. They include the development of creative skills and the mastering of different practical skills which are necessary for the realization of professional work, and above all in physical education, recreation and kinesiotherapy.

They are in accordance with the basic tasks and aims of the Faculty.

The aims are defined in the following way:

- integration of knowledge related with physical education, physical activity and health.
 - creation of the appropriate basis of knowledge as a foundation for enrolling in doctoral studies within the scientific field of physical education and sport,
 - preparation and training for the analyses and use of various types of scientific research, as well as for the participation in different projects within the field of physical education, recreation kinesiotherapy and health,
 - training for the purpose of using knowledge, skills and abilities within physical education, physical exercise and kinesiotherapy practice,
 - building the basis for permanent scientific, expert and professional education,
- enabling students to master the content of the subjects, so as to successfully write a master's thesis.

The purpose of the Study Program:

- is to ensure that Master in Physical Education and Kinesiotherapy are competent for independent work in the field of physical education, recreation, corrective exercise and health;
- is to ensure that they participate, both individually and with a mentor, in the realization of scientific and professional research projects within the scientific and educational field, as well as in other projects which have physical activity and health as their subject matter;
- is to ensure that they are capable of working on their individual professional development, which includes the possibility of individual education through enrolling in doctoral studies and further becoming a PhD in Physical Education and Sport.

The Study Program defines the list of compulsory and optional subjects with the approximate content. The studies are conducted in a classical way with the possibility of conducting some parts of the study by means of distance learning as a form of modern teaching.

The studies are conducted within one academic year which starts on 1 October and lasts 12 calendar months. The academic year normally has 42 working weeks: 30 weeks including lectures, practical and tutorial activities, individual study, and 12 weeks for consultations, exam preparation and exams. The academic year consists of two semesters – 15 weeks including lectures, with addition of 6 weeks per semester for exam preparation and exams. The studies are conducted according to the Study Plan determined by the Scientific Professional Council of the Faculty.

Each subject from the Study Program is expressed in ECTS points and the scope of the studies is expressed with the sum of the ECTS points. The sum of 70 ECTS points equals the overall student engagement within a 40-hour week during a school year (1 ECTS = 24-hour student workload).

Course type	Subject C = Compulsory E = Elective	1 st semester	2 nd semester	ECTS 1 ECTS = 24 hours	Student workload (hours)					
					Lectures	Practical teaching	Internship / Practice/RW	Individual work	Exam	Total hours
C1	Research and Experimental Design in Physical Education, Health and Fitness	X		6	24	24	48	43	5	144
C2	Foundations of Physical Activity and Public Health	X		6	48	24	28	39	5	144
C3	Advanced Exercise Physiology	X		5	24	24	28	39	5	120
C4	Applied Psychology on Health and Fitness	X		4	24	24	24	19	5	96
C5	Nutrition for Health and Wellbeing	X		4	24	24	24	19	5	96
E	Elective subject group 1 (one choice among the following courses): 1. Lifespan Motor Development 2. Exercise Biomechanics 3. Physical Education and Lifelong Fitness	X		5	24	24	48	19	5	120
C6	Exercise Testing, Prescription and Supervision		X	5	24	48	23	20	5	120
E	Elective subject group 2 (two choices among the following courses): 4. Sedentary Behavior and Public Health 5. Safe and Effective Exercise for Youth 6. Healthy Ageing and Exercise Prescription 7. Corrective Exercise Prescription for Lifestyle Disease 8. Adaptive Physical Activity		X	10	48	96	46	40	10	240
C7	Thesis-Related Study Research Work		X	5			40	80		120
C	Master Thesis		X	20			280	190	10	480
	Total			70	240	288	589	508	55	1680

RW = Research work

The Final Master Thesis is planned and regulated for this Master Academic Studies. The value of the defended Final Master Thesis is 20 ECTS points. Study Research Paper counts as a part of the Final Master Thesis so, the points determined for it can be added to the Final Master Thesis, which increases its value to 25 ECTS points.

Out of the total number of ECTS, 35 ECTS belong to seven compulsory subjects, 35 to elective subjects including the ECTS for Master's thesis (20 ECTS) and the study research work directed to the preparation of the Master's thesis (5 ECTS). The structure of the compulsory subjects includes academic-general subjects, theoretical-methodological subjects, scientific-professional and professional-applicable subjects

The prerequisites for enrollment for each subject, in case there are any, are given within the specification of each subject.

Learning outcomes (“Dublin Descriptors”)

Knowledge and understanding

Systematic and planned teaching process ensures quality, modern, specific scientific and expert applicable knowledge and skills in the field of physical education, physical activity and health. Effective realization of planned teaching is directed towards the acquisition of specific knowledge and skills necessary for professional work and development of Master in Physical Education and Kinesiotherapy.

This knowledge is necessary for Master Teachers and their professional engagement:

- in the planning and realization of PE teaching process in schools;
- in the planning and realization of exercise and training plans for the health reasons;
- in the planning and realization of physical activities in organizations which use physical activity in their field of work;
- in realization of the work with people who need adaptive exercise.

Applying knowledge and understanding

After having finished the Study Program Master Academic Studies, Physical Education, Physical Activity and Health, students acquires the competence of a Master in Physical Education and Kinesiotherapy for the purpose of:

- using knowledge, abilities, skills, organization and professional work:
 - in conceiving, directing and monitoring fitness programs for children, adults and special groups;
 - in kinesiotherapy of special adult and children category;

- relating basic knowledge and using research results in the development of scientific and professional achievements,
- solving problems using scientific methods and procedures in physical education, recreation and corrective exercise;
- continuing education with doctoral studies, using scientific information at the third level of studies.

Learning and Communication skills

By mastering the Study Program, students acquire general and subject-specific skills which further enable them to do quality work within expert, professional, scientific and art scope of work.

By successfully completing the Master of Science Study Program, students acquire general skills:

- the analyses and the synthesis, as well as the prediction of different solutions to specific questions and the consequences of these solutions;
- mastering different ways of research and processes related with research;
- critical and self-critical approach to problems and the use of knowledge in practice;
- establishing communication with local and wider social environment;
- professional ethics.

Students who successfully finish the VO Master of Science in Physical Education, Physical Activity and Health acquire subject-specific skills:

- knowledge and understanding of physical education, physical activity and health;
- ability to solve specific problems within the field of physical education, recreation and kinesiotherapy using appropriate procedures;
- ability to relate basic knowledge from different fields and being able to implement it;
- ability to follow and use new tendencies within the field of physical education, recreation and kinesiotherapy;
- ability to develop specific skills necessary in professional work related with physical education and the use of physical activity for health and corrective purposes;
- ability to use information technologies while acquiring knowledge.

Employment and professional opportunities

Faculty of Sport and Physical Education has signed Cooperation Agreements with the one of the largest Health Centre in the Balkans - Health Centre Niš and with Special Rehabilitation Hospital Ribarska Banja, enabling the young experts to have the best professional practice training, as well as a chance to get employment in the Physical Education, PA and Health sector, in accordance with the job market needs. The intention is to retain the best and the high quality students in Serbia and to make them future cornerstone of the Serbian progress and professional development.

Qualification, admission rules

Anybody who has completed the Basic Academic Studies within the scientific-educational field of Physical Education and Sport and has obtained not less than 240 ECTS (Serbia) or 180 ECTS points (in EU), can enroll for the Master of Science in Physical Education, Physical Activity and Health. The overall individual achievement of each student is also evaluated.

Duration of program and qualification awarding

The VO Master of Science in Physical Education, Physical Activity and Health last one academic year (2 semesters, 70 ECTS). The academic title that the students obtain after completing their studies is Master Teacher of Physical Education and Kinesiotherapy.

Quality assurance

In order to ensure the quality of the VO Master of Science in Physical Education, Physical Activity and Health, the monitoring, control and the implementation of the measures of the improvement of the quality of the Study Program (curriculum, classes, teaching staff, evaluation, references, resources etc.) is defined by the process of self-evaluation which is in the responsibility of the Committee for the Ensuring, Control and Improvement of Quality and the Committee for Student Evaluation of Studies, consisting of the representatives of both teaching and non-teaching staff.



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These activities and procedures are, by rule, conducted in determined intervals, at least three times a year, and in reality even more often. Students play an active part in controlling, evaluating and improving all processes through their representatives in committees and boards, as well as through surveys conducted at the end of each school year.