

The new Vocationally Oriented Master Curriculum in Physical Education, Physical Activity and Health at University of Novi Sad (75 ECTS, 2 semesters)

Educational aims and description of the program

An integrated program of study that aims to promote knowledge primarily in health, prevention of chronic disease and general well-being, as well as managing psycho-social and cultural dimensions in everyday life. The program enables students to effectively communicate and work in inter-disciplinary and multi-disciplinary environment (Table 7).

Based on evidence from the research and good practice, students will be able to develop individual skills of planning, dosing and controlling exercise program and its implementation. 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. The master in Physical Activity and Kinesiotherapy is a vocational oriented master of exercise science degree program. This vocational master program aims to equip PE teachers with additional competencies and consequently enable them broader job opportunities. The wide range of subjects in health aspects of physical activity and research methodology aim to provide students with advanced knowledge in wide area of health topics such as nutrition, advanced exercise physiology, dimensions of health related fitness etc. Students will also participate in considerable amount of practical classes and internship which will provide them with practical skills and abilities to conduct various health-related exercise treatment for different populations (youth, elderly, health-compromised adults).

The studies are conducted within one school year (two semester), which normally starts on 1 October and lasts 12 calendar months. 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 Final Master Thesis is planned and regulated for this Master Academic Studies.

Table 7. V.O. Master of Science in Physical Education, Physical Activity and Health (as approved by the University of Novi Sad)

Course type	Subject C = Compulsory E = Elective	1 st semester	2 nd semester	ECTS 1 ECTS = 25 hours	Student workload (hours)					
					lectures	Practical teaching	Internship / Practice/RW	Individual work	Exam	Total hours
C1	Foundations of Physical Activity and Public Health	X		5	40	20	10	50	5	125
C2	Nutrition for health and wellbeing	X		4	36	24	5	30	5	100
C3	Advanced Exercise Physiology	X		5	40	20	10	50	5	125
C4	Applied Health and Fitness Psychology	X		4	36	24	5	30	5	100
E	Elective subject group 1 (two choices among the following courses): 1. Lifespan Motor Development 2. Healthy Aging 3. Sedentary Behavior and Public Health	X		12	100	60	50	80	10	300
C5	Exercise Testing and Prescription		X	5	40	20	10	50	5	125
C6	Research and experimental design in health and fitness		X	5	40	20	10	50	5	125
C7	Physical education for lifelong fitness		X	5	40	10	30	40	5	125
E	Elective subject group 2 (two choices among the following courses): 4. Exercise Prescription for Youth 5. Exercise Prescription in Aging Populations 6. Exercise Prescription for Lifestyle Diseases 7. Client Interaction and Professional Development 8. Health Fitness Management 9. Adapted Physical Activity 10. Biomechanics of Musculoskeletal Injury		X	10	50	95	50	45	10	250
C	Master Thesis		X	20			300	190	10	500
	Total			75	422	293	480	615	65	1875

RW = Research work

The curriculum reflects all the specificities of discipline (physical education, health and physical fitness), set goals and purpose of the study program. The structure of the study program is regulated by the compulsory subjects in the fields of Social and Humanities Sciences, and the remaining subjects are mostly interdisciplinary. A set of compulsory subjects is the same for all students and consists of 7 subjects. After completing compulsory subjects students choose 4

elective courses of the offered 10 subjects. The aims of the Study Program Master Academic Studies in Physical Activity and Kinesiotherapy enables the achievement of specific competences, including the development of



creative skills and the mastering of different practical skills which are necessary for the realization of professional work.

The aims are defined in the following way:

- integration of knowledge related with physical education, health and physical activity;
- design, implementation, and evaluation of physical activity in different populations.
 - students should be able to identify the benefits and risks of physical activity interventions and to formulate appropriate and measurable program objectives;
- ability to communicate and undertake multidisciplinary approaches, methods and theories of special significance for the prevention of disease such as hypokinesia;
- creation of the appropriate basis knowledge as a foundation for enrolling in doctoral studies within the scientific field;
- to equip students with critical judgment of the current research evidence relating to:
 - the relationship between physical activity and health;
 - determinants of physical activity;
 - measurement of physical activity;
 - considerations for specific and diverse populations and
 - physical activity policies.
- to encourage students to consider the broader implications of physical inactivity on local and global challenges.

Learning outcomes (“Dublin Descriptors”)

Knowledge and understanding

By the end of the program, students will achieved a range of learning outcomes related to knowledge and understanding, research, personal and intellectual independence. These will include:

- knowledge and understanding of the relation of physical activity to health and motor function during the lifespan. Students will be able to explain how exercise impacts health in both, healthy and diseased populations;
- students should be able to identify benefits and risks of physical activity interventions and formulate appropriate and measurable program objectives;
- a knowledge of the role of physical activity on health, as well as prevention and treatment of chronic disease;
- a comprehensive understanding of and the ability to critique the methods for assessing health-related physical fitness;
- a comprehensive knowledge of the most important issues relating to physical activity in specific populations (youth, older adults and lifestyle diseased people);
- an awareness of current international physical activity policies regarding health-related physical fitness;
- an ability to identify problems and appropriate research methods relating to health-related physical fitness;
- the ability to promote physical activity research, practice, and policies.

Applying knowledge and understanding

This professional master program aims to train PE teachers with additional responsibilities and thereby enable them to wider employment opportunities. A wide range of subjects in the health aspects of physical activity and research methodology aims to provide students with advanced knowledge in health issues such as diet, exercise psychology advanced, adaptive exercise, etc. Graduates will be able to independently investigate and analyze the impact and importance of individual programs as well as programmed and controlled exercise aimed at preserving and improving the health and exercise program designed specifically for therapeutic purposes and implementation of rehabilitation after injury or illness.

By successfully completing Master Academic Studies Study Program, students acquire general skills:

- ✓ knowledge and understanding of physical education, physical activity and health;
- ✓ ability to solve specific problems within the field of physical education, both recreational and professional sports 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, health and exercise fitness;
- ✓ 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.

Making judgements

The acquisition of specific knowledge and professional skills will guarantee the graduates to develop independence in understanding and focusing on the specific problems connected with planning, organising, coordinating or conducting physical activity programs specially meant to different population such as working with children, people with chronic disease and in progress of rehabilitation.

The importance of promoting exercise in order to prevent diseases associated with sedentary lifestyle which is increasingly present in everyday life. The preservation of health and prevention of disease through physical activity sector is of vital interest to society, because in addition to the benefits for the individual - self-realization, learning and development, interpersonal skills, active and constructive use of leisure time, physical activity can contribute to the multi-prosperity and development of the society.

Communication skills

The program is specifically designed to increase the communication skills of the students to the international perspective of job market in area of physical activity.

Learning skills

To give to the graduate autonomous learning skills is one main goals of the program. This learning skills will beneficial both for professional use and for the research purpose.

Employment and professional opportunities

Advanced course obtained through research experience of the master thesis will empower students for the doctoral level. Besides working as physical education teachers, students will also be prepared to pursue the wide variety of career possibilities in area of sport, school organization, health-related institutions such as geriatric centers, hospitals, health-oriented gyms, wellness centers, non-communicable diseases centers.

Qualification, admission rules

Based upon the general admission regulations for master programs there are the following admission requirements for the Master in Physical Activity and Kinesiotherapy:

- candidates for admission to graduate academic master studies in the field of physical education and health related physical fitness should have completed the basic graduate studies (degree not less than 240 ECTS) in physical education and sports, as well as persons who are under previous legislation ended a four-year study in related fields;
- the right of entry candidate who has acquired the rankings ranked in the framework of the planned number of students for admission (30), as the funding within the budget and self-financing;
- all candidates who meet the requirements for admission to master studies are scored and ranked based on the criteria in the single list;
- candidates who have completed undergraduate studies in other socio-humanities, have the right to enroll after the differential exams.

Duration of program and qualification awarding

The duration of the program is one year (2 semesters). To obtain the Master degree in Physical Activity and Kinesiotherapy, students must carry out 55 ECTS through compulsory end elective courses as well as 20 ECTS for master thesis. The total annual load of students in ECTS is 75 ECTS, and the active classes disposal is 750 hours.

Classes are held in Serbian and English.

Quality assurance



The Study Program represents a compact structure which is realized in two semesters with 75 points. In order to successfully pass each exam (subject), students must fulfill clearly determined pre-exam obligations, which represent a prerequisite for each final exam. The content of courses/subjects is compatible with the content of Master Academic Studies Study Programs in the field of Physical Education and Sport in other Higher Education Institutions.

The Study Program is in accordance with a number of accredited Master Programs in foreign Higher Education Institutions within European education region, such as:

- *University of Rome “Foro Italico”- Italy*
- *Norwegian School of Sport Science in Oslo-NOR - Norway*
- *University of Vienna - Austria*
- *The University of Southern Denmark in Odense - Denmark*
- *German Sport University in Cologne - Germany*