

Standard No.1: The Structure of the Study Program

Physical activity, health and exercise therapy

The study program contains elements regulated by the law.

Description of the structure and content of the study programme with methods of teaching programme

Master academic studies are organized in the border areas of medicine and to educate students who initially have different academic profile to effectively communicate and work in interdisciplinary and multidisciplinary environment.

Master academic study "Physical activity, health and exercise therapy" consists of obligatory and elective courses with a total of 60 ECTS during one academy year. A set of obligatory subjects is the same for all students, and consists of 7 modules with a total of 25 ECTS points. After the completion of obligatory modules students choose 3 elective courses (a total of 15 points) of the offered 22 items. Final written thesis is worth 20 ECTS, which all together account for 60 ECTS. The way the completion of master academic studies "Physical activity, health and exercise therapy" is a public defence of master thesis.

All courses have clearly defined goals, expected outcomes, content, as well as structure. Active teaching is performed in the form of theoretical classes (lectures), practical classes and seminars. Each course is defined by a certain number of ECTS credits, depending on the engagement and the tasks that the student needs to perform in order to achieve the goal and learning outcome. The student earns the points provided for the course after passing the final exam. The conditions for enrollment in the study program are clearly defined and in accordance with the Law and the Statute of the Faculty and are stated in the competition for enrollment which is located on the website of the Faculty. Prerogatives for transfer from other study programs are also defined. The right to enroll in Master's studies entitled Physical Activity, Health and Exercise Therapy have students who have completed: an integrated academic study program in medical sciences lasting 5-6 years (300-360 ECTS); or academic studies of the Faculty of Philosophy - Department of Psychology, Faculty of Sports and Physical Education and the Faculty of Special Education and Rehabilitation, which have achieved at least 240 ECTS at previous levels of study. Also, the mentioned study program can be enrolled by an applicant who has acquired higher education according to the regulations that were valid until the Law on Higher Education ("Official Gazette of RS", No. 76/05, 100/07 - authentic interpretation, 97/08, 44/10, 93/12, 89/13, 99/14, 45/15 - authentic interpretation, 68/15 and 87/16) in the field of: medicine, physical education and sports, special education and rehabilitation and psychology. Enrollment is based on a single ranking list. Criteria for the ranking list are the general average grade of completed studies (up to 60 points), duration of study (up to 10 points), motivational interview (up to 30 points) which is assessed through motivation for studies (1-5), creativity (1-5) and general impression (1-5). The grade given by the members of the commission is multiplied by 2. The assessment is performed by a three-member commission appointed by the Specialist Board after proposal of the study program council. Upon completion of the study, the title "Master of Sports and Therapeutic Physical Activities" is acquired, which is on the list of professional, academic and scientific titles determined by the National Council for Higher Education, which is on the NSVO website. The study program belongs to the academic IMT studies within the educational and scientific fields of medical and social humanities.

The study program provides the necessary knowledge and skills for analysis and improvement of the role of physical activity and exercise in maintaining and improving the quality of life associated with regular exercise, prevention and therapy of diseases. Based on evidence from research and good governance, students are developing skills of individual planning, dosing and control of exercise program and its implementation through the establishment in multidisciplinary teams.

Teaching methods include lectures realized through interactive presentations followed by active participation of students, visual aids and printed materials. Students are involved in the educational process and the discussions in small groups, where they actively share ideas, thoughts, ask questions and receive answers in the presence of teachers, who promote discussion. Case studies are used to display the real-life scenario in the area of individual exercises dosage for medical purposes; students read these case studies and then, refer, after individual work or work in small groups. "Brainstorming" ("vortex of ideas") during which the students expose their ideas, thoughts, perceptions and definitions of certain terms are occasionally used in order to stimulate their creativity and active involvement in the teaching process. Often, nominal group technique is used to achieve group consensus in solving given problems during teaching process. Testing by practical exam, essays - essays, submitted in writing form and then orally presented, are an important part of teaching, and their aim is to test the ability of students to organize and express their own ideas about the perceived scientific and practical problems. Final exams in certain subjects also include tests with the questions related to subjects, which have 5 possible answers of which only one is correct.

All information about this study program can be found on the website www.medicinasporta.med.bg.ac.rs

Record: Publication of institution (in print and electronic forms, web site of institution: <http://www.mfub.bg.ac.rs>

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