

### **Standard No.3: The Goals of the Study Program**

The study program has clearly defined goals.

The main goal of the study program is to prepare competent professionals in the field of exercise application in maintaining and improving health, as well as for therapeutic purposes. It is expected that graduate students possess the knowledge and skills necessary to design various exercise programs for medical purposes, as well as for analysis, monitoring, evaluation and correction of these exercise programs, depending on the obtained results.

Students acquire knowledge and skills necessary to evaluate the epidemiological importance of exercise, the influence of physical activity and exercise on morphological, functional and psychological characteristics of people, the connection of exercise modality and health effects, effects of individually measured, programmed and controlled physical activity on the conservation and health enhancement, on the proper growth and development of children, on the improvement of functional capacity (in the training purposes), on specificity of exercise program in regard to gender (women), age (children, elderly), different physiological states (pregnancy, lactation), on specificity of exercise program in special populations (people with disabilities, motor and cognitive disability) and in patients with chronic non-infectious diseases (obesity, diabetes, cardiovascular and respiratory diseases, anxiety, depression, etc.).

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