**UNIVERZITET CRNE GORE**

**FAKULTET ZA SPORT I FIZIČKO VASPITANJE**

**Master akademski studijski program: Fizička kultura i zdravi stilovi života**

**Prijemni ispit**

**Sadržaj i struktura prijemnog ispita**

* Prijemni ispit se polaže praktično u vidu normi
* Maksimalan broj bodova na prijemnom ispitu je 50

NORME ZA PRIJEMNI ISPIT

**MUŠKARCI**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Bodovi** | **Zgibovi****(nadhvatom)** | **Skok u dalj** **(cm)** | **Propadanja na razboju** | **100 m** | **Kuperov test****(12 minuta)** |
| **6** | 15-16 | 250 | 20-21 | 13.00 | 2600m-2800m |
| **7** | 17-18 | 260 | 22-23 | 12.80 | 2800m-3000m |
| **8** | 19-20 | 270 | 24-25 | 12.60 | 3000m-3200m |
| **9** | 21-22 | 280 | 26-27 | 12.40 | 3200m-3400m |
| **10** | 23-24 | 290 | 28-29 | 12.20 | 3400m-3600m |

**Ž E N E**

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| --- | --- | --- | --- | --- | --- |
| **Bodovi** | **Zgibovi****(podhvatom)** | **Skok u dalj** **(cm)** | **Sklekovi na tlu** | **100 m** | **Kuperov test****(12 minuta)** |
| **6** | 3-4 | 200 | 10-11 | 14.80 | 2200m-2400m |
| **7** | 5-6 | 210 | 12-13 | 14.60 | 2400m-2600m |
| **8** | 7-8 | 220 | 14-15 | 14.40 | 2600m-2800m |
| **9** | 9-10 | 230 | 16-17 | 14.20 | 2800m-3000m |
| **10** | 11-12 | 240 | 18-19 | 14.00 | 3000m-3200m |