

Z006	Obligatory - Semesters 1, 2, 3, and 4	Physical Education	L+P+S 0+2+0	ECTS 1
------	---	---------------------------	----------------	-----------

Course objectives of a physical education course in higher education are as follows:

1. to learn new motor skills,
2. to develop basic theoretical and practical motor skills,
3. to prevent the process of premature loss of characteristics and capabilities due to physical inactivity,
4. to train students for individual physical exercise, and
5. to promote exercise and sports.

Course prerequisites. Adopted motor skills and acquired motor and functional abilities of the current elementary and secondary education.

Syllabus.

Consists of a set of various kinesiology activities that can be divided into basic and specialized curriculum. Students make choices with regard to their interest, level of motor skills, level of ability, health status and material conditions at the university and the Department. The basic programme consists of kinesiology activities (athletics, basketball, football, volleyball, dance structures, swimming, handball, table tennis, etc.), while special programs consist of activities that have been less common in the curricula of primary and secondary schools (ice skating, fitness, aerobics, beach volleyball, mountain hiking tours, tennis, karate, taekwondo, squash, bowling, etc.).

Expected learning outcomes.

After the completion of the course, students are expected to:

- know the difference between anaerobic and aerobic training;
- recognize the impact of each exercise on the muscle group;
- prepare training and training load according to their possibilities;
- demonstrate the complex of warm-up exercises;
- apply the knowledge and principles of regular exercise in their leisure time;
- calculate body mass index;
- arrange their own exercise program;
- compare their own results with the PE standards and other students.

Teaching methods and student assessment. The classes are held from Semester 1 to Semester 4 with the total of 30 hours each (2 hours of exercise a week). Exercises are mandatory. During the semester, students can attend classes more than once a week. With respect to the principle of variety, students need to come to any form of teaching at least once: sports hall, fitness room, swimming pool, ice rink, outdoor courts, university competition. Any content by its complexity, duration of activities and distance from the Department has a different workload or numeric value expressed in points 0.5 to 3.0. A 30% absence is allowed. Students who attend 70% of exercises or gather 21 points are entitled to lecturer's signature after each semester. Students who are exempt from practical exercises should submit a medical certificate and then write a seminar paper to qualify for the signature. The same applies to students who attend less than 50% of exercises. Students who score less than 15 points for no particular reason, and skip less than 50% of exercises are not entitled to the signature.

Can the course be taught in English: Yes.

Basic literature:

1. Pearl, B., Moran G. T. (2009). *Trening s utezima*, Gopal d.o.o, Zagreb

Recommended literature:

1. Caput – Jogunica, R., Bagarić I., Babić D., Ćurković S., Špehar N., Alikalfić V. *Nastavni plan i program tjelesne i zdravstvene kulture u visokom obrazovanju*. Zagreb, 2007.

2. Vukić, Ž., Jančić S., Vukić Ž. (1997). Model ustroja nastave tjelesne i zdravstvene kulture i športa na visokim učilištima. Osijek, Ekonomski fakultet Osijek.
3. Delija K., K. Pleša (2004). Vrednovanje u području edukacije. In: V. Findak (ed.), 13. ljetna škola kineziologa Republike Hrvatske, Rovinj, 2004. (pp. 22-28). Hrvatski kineziološki savez
4. Findak, V. (1999). Metodika tjelesne i zdravstvene kulture. Zagreb: Školska knjiga.
5. Findak, V. (2004). Vrednovanje u području edukacije, sporta i sportske rekreacije. In: V. Findak (ed.), 13. ljetna škola kineziologa Republike Hrvatske, Rovinj, 2004. (pp. 12-20). Hrvatski kineziološki savez
6. Volčanšek, B. (1996). Sportsko plivanje. Fakultet za fizičku kulturu, Zagreb.
7. Janković, V., N . Marelić (1995). Odbojka. Zagreb: Fakultet za fizičku kulturu Sveučilišta u Zagrebu.
- Milanović, D. (ed.) (1996). Fitness. Zbornik radova međunarodnog znanstveno-stručnog savjetovanja o fitnessu, 5. zagrebački sajam sporta, Fakultet za fizičku kulturu, Zagreb.