

Z015	<b>Physical Education II</b>	P	S	E	ECTS 2
		0	0	4	

### Course objectives.

1. to present basic characteristics of transformational operators (contents, methods and workload), aimed at acquiring and training general and biotic motoric skills and the development of motoric skills with students of different levels of fitness.
2. to develop new theoretical and practical motor skills and training of the existing,
3. to enable students to learn about basic theoretical background on the influence of physical activities on health and its role in primary prevention of acute non-contagious diseases and knowledge about necessary type, intensity and duration of physical activity for the prevention of a particular acute disease,
4. to train students for individual and group physical exercise,
5. to observe the body structure and prevent obesity,
6. to integrate developing skills, body fitness, health, nutritiousness and leisure time organization
7. to promote exercise and sports.

**Course prerequisites.** None.

### Sadržaj predmeta.

The core of the course 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 mostly from the fitness programme and less from the following activities (athletics, basketball, football, volleyball, dance structures, swimming, handball, table tennis, etc.), while the additional programmes consist of activities performed on different sports premises and facilities according to defined rules of attendance (ice skating, swimming, aerobics, dancing, chess, hiking tours, tennis, table tennis, martial sports, bowling, "GPS" activities, etc.)

### EXPECTED LEARNING OUTCOMES

No.	LEARNING OUTCOMES
1.	know the difference between anaerobic and aerobic training;
2.	recognize the impact of each exercise on the muscle group;
3.	prepare training and training load according to their possibilities;
4.	demonstrate the complex of warm-up stretching exercises
5.	apply kinesiology- transformational procedures with the aim of health preservation
6.	understand the adaptations of different systems of organs to physical activity
7.	arrange their own exercise program
8.	Integrate basic knowledge in kinesiology and apply it practically
9.	use the acquired motoric knowledge and skills in sport- recreational and competitive activities
10.	use modern devices and tools in practice

**COUPLING OF THE EXPECTED LEARNING OUTCOMES, TEACHING PROCESS ORGANIZATION AND THE EVALUATION OF THE TEACHING OUTCOMES**

TEACHING PROCESS ORGANIZATION	ECTS	LEARNING OUTCOMES **	STUDENT ACTIVITY*	EVALUATION METHOD	SCORE	
					min	max
Attending exercises	1	1-10	Attending and doing exercises, pair work, assistance	Attendance sheets, observing activities at exercises	0	30
Additional activities at the Department (aerobics, dancing)		2,9	Participation in activities, group work	Attendance sheets by a demonstrator	0	30
Additional activity at the Department (chess)		9	Participation in activities, group work	Attendance sheets by the activity leader	0	10
University sports competitions and training sessions		3,8,9	Participation in training sessions and matches	Attendance sheets by the activity leader, match minutes	0	30
University extra-curricular activities ( swimming, skating, areobics, martial sports, traditional dancing)		3,9	Individual and group exercise	Attendace sheets	0	30
Norms		6,9	Performing motoric skills and achievements	Standards and normatives	0	10
Cyclic movements (walking, jogging, bycycle riding,..)		1-10	Individual exercise	GPS tracking	0	5
Other activities (Primatijada, DDK, volunteering at sports events)		3,8,9	Participation in competitions and organizing student sports events	Match minutes, volunteering cards and DDK	0	10
UKUPNO	1				20	30

**Teaching methods and exercise assessment.** Classes are held in Semester 1 and 2 with the total of 30 hours each (2 hours of exercise a week). Exercises are mandatory. The majority of classes are held in the fitness center at the Department of Mathematics, and partially on outdoor playgrounds and premises in the vicinity of the Department. Participation in every of the mentioned activities brings a certain number of points which contribute to learning outcomes achievement. A 30% absence is allowed. Students who attend 70% of exercises or gather 20 points are entitled to lecturer's signature after each semester. At the end of the semester students are obliged to complete Final record notes for the verification of the signature. Final record notes is a document in which a student keeps records of his/her activities (date and time when he/she was attending exercises, where and what he the student did in these activities). 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 30- 50% of exercises. Students who score less than 15 points for no particular reason, and skipped around 50% of exercises are not entitled to the signature in the course Physical Education.

**Može li se predmet izvoditi na engleskom jeziku:** Yes

**Osnovna literatura:**

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

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5. Mišigoj-Duraković, M. (2003). *Značaj tjelesne aktivnosti i sporta za zdravlje*, u: *Interna medicina*, ur. B. Vrhovac i sur, 3.obnovljeno izdanje. Zagreb: Naprijed, 12-14.
6. Volčanšek, B. (1996). *Sportsko plivanje*. (Udžbenik)Fakultet za fizičku kulturu, Zagreb.
7. Janković, V., N. Marelić (1995). *Odbojka*. Zagreb:Fakultet za fizičku kulturu Sveučilišta u Zagrebu.
8. Milanović, D. (ur.) (1996). *Fitnes*. Zbornik radova međunarodnog znanstveno-stručnog savjetovanja of fitnesu, 5. zagrebački sajam sporta, Fakultet za fizičku kulturu, Zagreb.
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