

NAME OF THE COURSE		Physical Education and Sports				
Code	ECA008	Year of study	1.			
Course teacher	Daša Duplančić, prof.	Credits (ECTS)	2			
Associate teachers		Type of instruction (number of hours)	L	S	E	F
					60	
Status of the course	Required	Percentage of application of e-learning				
COURSE DESCRIPTION						
Course objectives	Enable acquisition of basic and specific motor skills, skills and skills as well as knowledge of the legality and benefits of the managed exercise process. Different kinesiological contents should optimally affect the overall anthropological and health status and student performance.					
Course enrolment requirements and entry competences required for the course	<ul style="list-style-type: none"> <li><b>Course enrolment requirements</b> are set by the Faculty's Statute and the Regulations of the core curriculum and studies.</li> </ul>					
Learning outcomes expected at the level of the course (4 to 10 learning outcomes)	<p>LEARNING OUTCOME OF THE COURSE: Integrate motor skills and self-exercising skills.</p> <p>INDIVIDUAL LEARNING OUTCOMES:</p> <ol style="list-style-type: none"> <li>Show creativity in motor expression and technical excellence in various motor skills and movement patterns.</li> <li>Apply concepts, principles, strategies, and tactics in the engine.</li> <li>Identify exercises to improve and increase the level of health status and fitness.</li> <li>Describe appropriate behavioral modalities in the social environment.</li> <li>Identify the value of sport and sport-recreational activities for health, enjoyment, challenge, affirmation and social interaction.</li> </ol>					
Course content broken down in detail by weekly class schedule (syllabus)			Topics		Sati	
	1	Introduction to program contents of the subject. The Effects of Physical Exercise on Health. The basics of managing the process of exercise in kinesiology. Concepts of frequency, intensity, duration and exercise choice.			4	
	2	Badminton. Complex of specific warming and stretching exercises. Basic elements of impact and motion techniques. Methodical exercises. Modified badminton games. Rules of the game and play in a single, mixed, and paris game. Badminton Competition Systems.			4	
	3	Handball. Complex of specific warming and stretching exercises. Basic techniques of movement, addition, shot. Methodical exercises of defense and attack. Modified handball games. Handball Competition Systems.			4	
	4	Fitness programs; Cardio fitness; The Simulators of Natural Forms of Movement the Basics and Exercise Modes. Transformational effects. Exercise / training zones. Planning and programming exercises / training.			4	
	5	Futsal; Complex of specific warming and stretching exercises. Basic techniques of moving, adding, receiving, silencing. Methodical exercises. Modified football games. Futsal Competition Systems.			4	

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	6	Health Fitness Programs; Health fitness / Wellbeing. Corrective gymnastics. LBP exercises and exercises for posture.				4
	7	Group fitness program; Pilates Mat. Pilates Ball. Basic Principles and Techniques Pilates Exercise Methods.				4
	8	Individual fitness exercises with external exercise; Weight Training. Free weights. Mechanical appliances / trainers. Basics, Methods and Modes of Work. Planning and programming exercises / training.				4
	9	Basketball. Complex of specific warming and stretching exercises. Basic Techniques of Movement, Addition, Shutdown. Methodical exercises of defense and attack. Modified basketball games. Basketball Competition Systems.				4
	10	Group fitness program; Body Weight Only; Exercise program with own weight., Without props. Transformational effects.				4
	11	Group fitness program; hi / lo aerobics. Step aerobic. New body. Basic Movement / Dance Structure.				4
	12	Table tennis. Complex of specific warming and stretching exercises. Basic elements of impact and motion techniques. Methodical exercises. Rules of the game and play in a single, mixed, and pairs game. TT Competition Systems..				4
	13	Volleyball. Complex of specific warming and stretching exercises. Basics of Techniques; Attitudes, Movements, Peak and Splinter Rejection., Service, Reception Spam, Block. Modified handball games. Volleyball Competition Systems..				4
	14	Individual / group programs on the move; Trim, Nordic Walking, Running, Rolling, Biking. Basics and Modes. Planning and programming exercises / training.				4
	15	Individual / group programs on the move; Fast walking, hiking. Basics and Modes. Planning and programming exercises / training.				4
Format of instruction	<input type="checkbox"/> lectures <input type="checkbox"/> seminars and workshops <input checked="" type="checkbox"/> exercises <input type="checkbox"/> <i>on line</i> in entirety <input type="checkbox"/> partial e-learning <input type="checkbox"/> field work		<input type="checkbox"/> independent assignments <input type="checkbox"/> multimedia <input type="checkbox"/> laboratory <input type="checkbox"/> work with mentor <input type="checkbox"/> (other)			
Student responsibilities	Regular attendance (at least 70%).					
Screening student work (name the proportion of ECTS credits for each activity so that the total number of ECTS credits is equal to the ECTS value of the course)	Class attendance	2	Research		Practical training	
	Experimental work		Report		(Other)	
	Essay		Seminar essay	2*	(Other)	
	Tests		Oral exam		(Other)	
	Written exam		Project		(Other)	

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Grading and evaluating student work in class and at the final exam	* By active participation in the course, the student is entitled to the signature. In the case of non-fulfillment of obligations due to an objective reason, the student can earn the right to sign the seminar.		
Required literature (available in the library and via other media)	<b>Title</b>	<b>Number of copies in the library</b>	<b>Availability via other media</b>
Optional literature (at the time of submission of study programme proposal)	Tjelesno vježbanje i zdravlje; (1999) M. Mišigoj-Duraković i sur. DBF. Badminton u školi (2000). Hrvatski badmintonski savez Osnove stolnog tenisa, Kondrić, M., Hudetz, R., Furjan-Mandić, G. (2010) Zagreb. Fitnes za sve, Anderson, B.		
Quality assurance methods that ensure the acquisition of exit competences	<ul style="list-style-type: none"> <li>• Registering students' attendance and success in carrying out their duties (lecturer)</li> <li>• Monitoring lectures and practice hours (Vice-Dean for Academic Affairs)</li> <li>• Students' performance analysis in each course (Vice-Dean for Academic Affairs)</li> <li>• Student questionnaire on the quality of the course lecturer and classes (University of Split, Quality Assurance Centre)</li> <li>• Examination is the instrument used to evaluate individual course outcomes by the course lecturer. The exam contents may be assessed periodically by the Vice-Dean for Academic Affairs in order to establish the adequacy of the testing methods.</li> </ul>		
Other (as the proposer wishes to add)			