



POLYTECHNIC OF MEĐIMURJE IN ČAKOVEC

COURSE SYLLABUS

ACADEMIC YEAR: 2020/2021

1. GENERAL COURSE INFORMATION

1.1 Course name	Fundamentals of kinesiology			
1.2 Study program/s	Undergraduate professional study Tourism and Sports Management			
1.3 Course status (O,E)	O	1.6 Mode of instruction (number of hours)	Lectures	30
1.4 Course code			Exercises	15
1.5 Course abbreviation	OSNKIN		Seminars	-
1.6 Semester	VI		E-learning	Merlin
1.7 ECTS	4	1.7 Place and time of instruction	The premises of the Polytechnic of Međimurje in Čakovec, according to the schedule published on the website	

2. TEACHING STAFF

2.1 Course leader/s-title	Doc.dr.sc. Nevenka Breslauer, prof.v.š.	contact	nbreslauer@mev.hr
	Tomislav Hublin, v.pred.	contact	thublin@mev.hr
2.2 Assistant/s- title		contact	
		contact	
		contact	
2.3 Instruction held by-title		contact	

3. COURSE DESCRIPTION

3.1 Course goals	After completing the course, the student will acquire knowledge about the procedures of system management in kinesiological activities.								
3.2 Prerequisites	There are no prerequisites								
3.3 Course outcomes	I1	Explain the interdisciplinarity and the very nature of kinesiological sciences							
	I2	Measure and analyze anthropological characteristics							
	I3	Analyze and explain changes in anthropometric characteristics							
	I4	Analyze and explain changes in motor skills							
	I5	Identify and interpret changes in motor skills							
	I6	Identify and interpret health changes under the influence of an exercise program							
3.4 Course content	The course covers contents related to kinesiology as a science, anthropological characteristics and the impact of physical exercise on anthropological characteristics and the impact of exercise on health								
3.5 Types of coursework	X	Lectures	X	Exercises		Blended e-learning	X	Individual activities	Laboratory
		Seminars and workshops		Distant learning		Field classes		Multimedia and network	Mentorship
		Other							
3.6 Language of instruction	Croatian/English								
	2,00	Class attendance			Seminars			Essay	

3.7 Monitoring students' work (enter the number of ECTS credits for each activity so that the total number of ECTS credits is equal to the total ECTS value of the course, 1 ECTS = 30 hours)		Class activity		Project		Report/paper																														
	1,00	Midterm exams	1,00	Practical task		Continuous knowledge check																														
		Written exam		Experimental work																																
		Oral exam		Research																																
3.8 Assessment and evaluation of students' work during classes and at the final exam	<table border="1"> <thead> <tr> <th>Activity specification</th> <th>Percent %</th> <th>Points</th> </tr> </thead> <tbody> <tr> <td colspan="3" style="text-align: center;">Assessment during instruction</td> </tr> <tr> <td>Attendance</td> <td>5%</td> <td>5</td> </tr> <tr> <td>Class activity</td> <td>5%</td> <td>5</td> </tr> <tr> <td>Seminar/ project/ essay</td> <td>30%</td> <td>30</td> </tr> <tr> <td>Midterm exam 1</td> <td>30%</td> <td>30</td> </tr> <tr> <td>Midterm exam 2</td> <td>30%</td> <td>30</td> </tr> <tr> <td colspan="3" style="text-align: center;"><i>Exam assessment for the students who failed to fulfil all the obligatory requirements during the semester</i></td> </tr> <tr> <td>Written exam</td> <td>60%</td> <td>60</td> </tr> <tr> <td>Total:</td> <td>100%</td> <td>100</td> </tr> </tbody> </table>						Activity specification	Percent %	Points	Assessment during instruction			Attendance	5%	5	Class activity	5%	5	Seminar/ project/ essay	30%	30	Midterm exam 1	30%	30	Midterm exam 2	30%	30	<i>Exam assessment for the students who failed to fulfil all the obligatory requirements during the semester</i>			Written exam	60%	60	Total:	100%	100
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3.9 Assessment criteria – analysis per learning outcomes	Ways of evaluating learning outcomes																																			
		Attendance	Activity	Mid-term exam 1	Mid-term exam 2	Practical work	Total																													
	Outcome 1	2	1	10			13																													
	Outcome 2	2	1	10		5	18																													
	Outcome 3	2	1	10		5	18																													
	Outcome 4	2	1		10	5	23																													
	Outcome 5	2	1		10	5	20																													
	Outcome not-related	2	1		10		13																													
	Total		2				2																													
		12	8	30	30	20	100																													
<p>Grading of outcomes (in order to pass the mid-term exam/exam the student must achieve at least 50% points for each learning outcome)</p> <p>Points Grade</p> <p>89 – 100 excellent (5)</p> <p>76 – 88 very good (4)</p> <p>63 – 75 good (3)</p> <p>50 – 62 pass (2)</p> <p>0 – 49 fail (1)</p>																																				
3.10 Specific features related with taking the course	<p>If the student collects 50% of the points of each outcome directly access orally exam. If a student does not achieve a sufficient number of points on the midterm exam, he cannot take the next midterm exam.</p> <p>Once won points in intermediate exams for each learning outcome are no longer deleted unless the student decides to correct the result for each learning outcome, whereby the points won until then are deleted and newly achieved points for that learning outcome are entered. A student cannot access the exam period if he / she has not submitted and presented seminar paper. The final grade is obtained on the oral part of the exam.</p> <p>Full-time students are required to attend at least 70% of the total number of hours of lectures and exercises in order to exercise the right to take the exam. Part-time students are required to attend at least 30% of the total number of hours of lectures and exercises in order to exercise the right to take the exam.</p>																																			

	<p>If the student has not fulfilled all the obligations set by the course, he is obliged to attend the lectures again and meet the conditions for taking the exam. Attendance can be offset by online tuition, organised webinars and added assignments given by teachers. One lesson lasts 45 minutes, and several hours form a teaching unit. Absence from one teaching unit is counted as one absence. Delays and apologies are recorded separately. In that case, if the student missed more than 50% of classes, and has a justifiable reason/apology, the request should be submitted to the Department Council, which then decides on the justification of student absences with the obligatory opinion of the course leader.</p>						
3.11 Students obligations	<p>Full-time students are required to attend at least 70% of the total number of hours of lectures and exercises in order to exercise the right to take the exam. Part-time students are required to attend at least 30% of the total number of hours of lectures and exercises in order to exercise the right to take the exam. If the student has not fulfilled all the obligations set by the course, he is obliged to attend the lectures again and meet the conditions for taking the exam. Attendance can be offset by online consultations, organized webinars, and added assignments given by teachers. One lesson lasts 45 minutes, and several hours form a teaching unit. Absence from one teaching unit is counted as one absence. Delays and apologies are recorded separately. In the event that a student is absent from more than 50% of classes, and has a justifiable reason / apology, a request should be submitted to the Department Council, which then decides on the justification of student absences with the obligatory opinion of the course leader.</p>						
3.12 Written assignments	<p>Seminar papers must be computer written and may have a maximum of 12 text cards (Times New Roman, font 12) from introduction to conclusion, together with pictures, table appendices, etc. Seminar papers must have an adequate title page, content, marked pages and literature. The seminar paper should be divided into chapters and contain a list of references and a list of figures and tables and graphs and finally a summary / conclusion in the size of 250 words. The student guarantees the authenticity of the work with his signature.</p>						
3.13 Required reading	<table border="1"> <tr> <td>1.</td> <td>Breslauer, N., T. Hublin, M. Zegnal Koretić (2013). Osnove kineziologije, Priručnik za studente stručnog studija Menadžmenta turizma i sporta. Međimursko veleučilište u Čakovcu</td> </tr> <tr> <td>2.</td> <td>Katić, R., D. Bonacin(2001). Kineziologija za sva vremena, Split</td> </tr> </table>	1.	Breslauer, N., T. Hublin, M. Zegnal Koretić (2013). Osnove kineziologije, Priručnik za studente stručnog studija Menadžmenta turizma i sporta. Međimursko veleučilište u Čakovcu	2.	Katić, R., D. Bonacin(2001). Kineziologija za sva vremena, Split		
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3.14 Additional reading	<table border="1"> <tr> <td>1.</td> <td>Katić, R., N. Rogulj (2005). Osnove kineziologije –priručnik za praćenje nastave i pripremanje ispita. Visoka škola u Splitu, Split</td> </tr> <tr> <td>2.</td> <td>Rogulj, N., V. Papić, V. Srhoj (2000). Proposal of a novel methodological approach to the tactics analysis in sport games. Zbornik radova 3rd International scientific conference "Kinnesiology new perspectives", Opatija str. 628-631.</td> </tr> <tr> <td>3.</td> <td>Malacko, J. D. Doder (2008). Tehnologija sportskog treninga i oporavka, Pokrajinski zavod za sport, Novi Sad.</td> </tr> </table>	1.	Katić, R., N. Rogulj (2005). Osnove kineziologije –priručnik za praćenje nastave i pripremanje ispita. Visoka škola u Splitu, Split	2.	Rogulj, N., V. Papić, V. Srhoj (2000). Proposal of a novel methodological approach to the tactics analysis in sport games. Zbornik radova 3rd International scientific conference "Kinnesiology new perspectives", Opatija str. 628-631.	3.	Malacko, J. D. Doder (2008). Tehnologija sportskog treninga i oporavka, Pokrajinski zavod za sport, Novi Sad.
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4 ADDITIONAL COURSE INFORMATION							
4.1 Quality control	<p>The quality of the program, teaching process, teaching skills and level of mastery of the material will be established by conducting a written evaluation based on questionnaires, and in other standardised ways and in accordance with the by-laws of the Polytechnic of Međimurje in Čakovec.</p>						
4.2 Contact the teacher	<p>Students can contact the teacher during the office hours and during classes, while for short questions and explanations they can contact him/her any day during working hours by coming in person or by landline. It is also possible to ask questions by e-mail, which will be answered in 48 hours at the latest. It is</p>						

	desirable for students to come as often as possible for any possible questions during the teacher's office hours.
4.3 Information about the course	It is the obligation of each student to be regularly informed about the course. All notifications about the classes or possible postponement of classes will be posted on the bulletin board and on the website of the Polytechnic at least 24 hours in advance.
4.4 Course contribution to the study program	To enable the student to independently: <ul style="list-style-type: none"> - Analyze the segments of sports preparation in the long-term process of development of human anthropological characteristics - Build a system of sports activities and activities within sports organizations

5. ANALYSIS OF COURSE TOPICS (the number of hours is equal to the number of lectures and exercises of the course)

LECTURES				
Hours	Topic and description	Method	Learning outcomes	Course outcome
1. 2.	Kinesiology - the science of movement, history and concept	Frontal work, pp presentation, discussion	Students will be able to: - define kinesiology as a science - discuss the role of modern kinesiology	I1
3. 4.	Structure of kinesiology and kinesiological activities	Frontal work, pp presentation, discussion	- explain the external and internal structure of kinesiology - explain the structure of kinesiological activities	I1
5. 6.	Anthropological characteristics - morphological characteristics and motor skills	Frontal work, pp presentation, discussion	- define and classify anthropological features -define morphological features -explain endogenous and exogenous factors of growth and development - define motor skills	I2 I4
7. 8.	Anthropological characteristics - functional abilities, cognitive abilities, conative abilities and social status	Frontal work, pp presentation, discussion	- define aerobic and anaerobic capacity -define cognitive traits - understand and explain conative properties	I2 I3
9. 10.	Influence of kinesiological stimuli on health	Frontal work, pp presentation, discussion	- define health - explain the impact of physical exercise on maintaining and improving health	I6
11. 12.	Motor knowledge	Frontal work, pp presentation, discussion	- understand the concept of motor knowledge - classify motor skills	I5
13. 14.	Motor learning	Frontal work, pp presentation, discussion	- explain the process of motor learning - explain the stages of motor	I5

			learning - apply motor learning methods	
15. 16.	Basics of a managed exercise process	Frontal work, pp presentation, discussion	- understand the concept of managed exercise process - define the tasks of physical exercise - understand the use of cybernetics in kinesiology	16
17. 18.	Research in kinesiology	Frontal work, pp presentation, discussion	- define areas of research in kinesiology - explain the stages of research in kinesiology	11
19. 20.	Planning and programming - planning the administrative process of exercise	Frontal work, pp presentation, discussion	- define the phases of planning and programming the managed exercise process - define the goal of physical exercise	16
21. 22.	Planning and programming - programming a managed exercise process	Frontal work, pp presentation, discussion	- explain the choice and distribution of exercise content - define the volume of exercise - explain the modalities and effects of physical exercise	16
23. 24.	The role of managers in kinesiology	Frontal work, pp presentation, discussion	- discuss the role of managers in kinesiology and sports in general - define the tasks and activities that the manager can carry out in the field of sports	11
25. 26.	Sports diagnostics	Frontal work, pp presentation, discussion	- explain the importance of sports diagnostics and monitoring of the managed exercise process - perform basic diagnostic procedures of morphological features - perform basic diagnostic procedures of functional abilities	12
27. 28.	Analysis of sports and diagnostic results	Frontal work, pp presentation, discussion	- interpret the results of measuring morphological characteristics - interpret the results of motor measurements - interpret the results of functional measurements - discuss the impact of various forms of movement on the anthropological status of people	12 14

29. 30.	Final lecture and distribution of signatures	Frontal work, pp presentation, discussion	- interpret the results of measuring anthropological status	13
EXERCISES/ SEMINARS				
Hours	Topic and description	Method	Learning outcomes	Course outcome
1.	Kinesiology - the science of movement, history and concept	Presentation, pp presentation	- explain the history of kinesiology,	11
2.	Structure of kinesiology and kinesiological activities	pp presentation, individual work	- explain the structure of kinesiological activities	11
3.	Anthropological characteristics - morphological characteristics and motor skills	Group work	- explain the impact of focused exercise on ability development	12 14
4.	Anthropological characteristics, functional abilities, cognitive abilities, conative abilities and social status	PP presentation, group work	- discuss the impact of physical exercise on social relationships	12 13
5.	Influence of kinesiological stimuli on health	PP presentation, group work	- explain the impact of physical exercise on maintaining and improving health	16
6.	Motor knowledge	Guided and independent task development	- classify motor skills	15
7.	Motor learning	PP presentation, group work	- apply motor learning methods	15
8.	Basics of a managed exercise process	PP presentation, personal examples	- define monitoring of the exercise process and the condition of the subject	16
9.	Research in kinesiology	Guided and independent task development	- explain and apply research phases in kinesiology	11
10.	Planning and programming - planning the administrative process of exercise	PP presentation, personal examples	- determine the condition of the subject	16
11.	Planning and programming - programming a managed exercise process	PP presentation, group work	- determine limiting factors	16
12.	The role of managers in kinesiology	Independent creation of tasks	- explain the modalities and effects of physical exercise	11
13.	Sports diagnostics	PP presentation, group work	- define the tasks and activities that the manager can carry out in the field of sports	12
14.	Analysis of sports and diagnostic results	Presentation, pp presentation	- perform basic diagnostic procedures of motor abilities	12 14

15.	Analysis of sports and diagnostic results	Presentation, pp presentation	- analyze and interpret the results of motor measurements	13
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