

POLYTECHNIC OF MEÐIMURJE IN ČAKOVEC

COURSE SYLLABUS								
		020/2021						
1. GENERAL COURSE INFO								
1.1 Course name	PHYSICAL EDUCATION II							
1.2 Study program/s	Undergraduate professional study Management of tourism and sports							
1.3 Course status (O,E)	0	1.6 Mode of	Lectures					
1.4 Course code		instruction	Exercises	30				
1.5 Course abbreviation	PE II	(number of	Seminars					
1.6 Semester	II	hours)	E-learning	Merlin				
1.7 ECTS	1	1.7 Place and	Sports Hall ir	n Čakovec,				
		time of	according to	the schedule				
		instruction	•	the website, field				
			classes					
2. TEACHING STAFF								
2.1 Course leader/s-title	Doc.dr.sc. Nevenka	contact	nbreslauer@	mev.hr				
	Breslauer							
	Tomislav Hublin, Senior	contact	thublin@me	v.hr				
	Lecturer							
2.2 Assistant/s- title		contact						
		contact						
2.3 Instruction held by-		contact						
title								
3. COURSE DESCRIPTION								
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3.1 Course goals	The basic goal of the cours	·		·				
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	kinesiological knowledge a encourage and train stude and implementation of the	nd learn new conve	entional motor e lifelong and c	skills in order to daily programming				
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	of e	knowledge and skills, improving the health and level of anthropological sof each student. The course teaches the principles of exercise through which student trained to create a program of independent exercise and develops the ha							udents are		
		ong exer		progr	aiii Oi iii	ue	pendent ex	EI CIS	e anu (develops	the habit of
3.5 Types of coursework	IIIE		CISE.				Blended e-		Individ	lual	
3.3 Types of coursework		Lectures	Х	Exerci	ses		learning		activit		Laboratory
		Seminars		Distar	+		Field		Multin	nedia	
		and		learni	-	Χ	classes		and		Mentorship
		workshop: Other	5						netwo	rk	
2.6 Language of		Other									
3.6 Language of instruction	Cro	atian/En	glish								
3.7 Monitoring students'		1				_				Τ_	
work (enter the	1	Class at	ttendan	ice		Se	minars			Essay	
number of ECTS		Class a	ctivity			Pro	oject			Report/	oaper
credits for each		2 4: 1:				_				Continue	ous
activity so that the		Midter	m exam	ıs		Pra	actical task			knowled	ge check
total number of		Writter	n exam			Ex	perimental wo	ork			
ECTS credits is equal											
to the total ECTS		Oral ex	am			ке	search				
value of the course,											
1 ECTS = 30 hours)											
3.8 Assessment and											
evaluation of			Activity	y specifi	cation		Percent 9	%	P	oints	
students' work				<u> </u>		nt c	luring instruct	ion			
		Atter	ndance				50%			50	
during classes and at the final exam			activity				35%			35	
tile iiilai exaiii			nar/ pro erm exa	oject/ es	say		15%			15	
			erm exa								
		Wilde			ent for the	cti	idents who fai	iled to	fullfil al	I the	
		obligatory requireme							٠.٠		
				obligat	ory requir		ents auring th	e sem	ester		
			ten exai	obligat	ory requir			e seme		100	
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			ten exai	obligat	ory requir			e seme		100	
3.9 Assessment criteria –			ten exai	obligat m		eme	100%			100	
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analysis per learning		Total	Atten	ways o	f evaluati Activity	ng I	100% earning outco Mid-term exam 1	omes Mid	-term	Practical	20
analysis per learning	Οι	Total	Atten	ways o	f evaluati Activity	ng I	100% earning outco	omes Mid	-term	Practical	20 25
analysis per learning	Ou Ou	Total	Atten 1 1	ways o	f evaluati Activity	ng I	earning outco Mid-term exam 1	omes Mid	-term	Practical	20
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analysis per learning	Ou Ou Ou Ou no To	tcome 1 tcome 2 tcome 3 tcome 4 tcome 5 tcome	Atten 1 1 1 1 5	Ways o dance 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	f evaluation Activity 10 10 5 10	ng I	earning outco Mid-term exam 1 5 5 5	omes Mid exa	-term am 2	Practical work	20 25 10 20 25 25
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analysis per learning outcomes	Ou Ou Ou Ou no To	Itcome 1 Itcome 2 Itcome 3 Itcome 5 Itcome t-related Itcourse is nowity and rea	Atten 1 1 1 1 5 ot evalualization	Ways o dance 0 0 0 0 0 uated, an of task	f evaluation Activity 10 10 5 10 35 and the aches in the classes	ng l	earning outco Mid-term exam 1 5 5 5 continuous and the second of the second outcoom.	omes Mid exa	-term am 2	Practical work	20 25 10 20 25 100 gh the
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analysis per learning outcomes 3.10 Specific features related with taking	Ou Ou Ou Ou no To The activ Stu spo atte	ttcome 1 ttcome 2 ttcome 3 ttcome 4 ttcome 5 ttcome t-related tal course is n vity and readents act rts compendance, progress	Atten Atten 1 1 1 1 sot evalualization: ively petitic stude and p	Ways o dance 0 0 0 0 0 0 to	f evaluation Activity 10 10 5 10 35 Ind the aches in the classing the classing the course vities and appropriate proble	ng I	100% earning outco Mid-term exam 1 5 5 5 5 cement of outco oom. ses (exercise registration ctive and co is provided	omes Mid exa	is moni xtracu m kee	Practical work tored throu rricular action of the secondary action of the se	20 25 10 20 25 10 20 25 100 gh the
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	lecturer, and students exercise the right to sign by participating in the following				
	activities:				
	1. Teach Physical Education and Health,				
	2. Additional activities organized or in which the Sports Association of Students				
	of the Polytechnic of Međimurje participates, which includes:				
	- Sports tournaments within the Polytechnic,				
	- Rafting on the Mura,				
	- Manifestation "Swimming to the light",				
	- BIMEP - Bicycles on Međimurje roads,				
	- Cross of the City of Čakovec				
	- Performance for the representation of the Polytechnic in competitions of				
	higher education institutions				
	- Participation in trainings of sports teams of the Polytechnic				
	- Voluntary blood donation				
	3. Active and categorized athletes (according to the COC) with the presentation				
	of appropriate certificates in agreement with the subject teacher may be				
	exempted from teaching or part of the teaching of Physical Education and				
	Health, but if necessary they must participate in competitions individually or				
	for Polytechnic teams.				
	4. Students who are exempted from teaching Physical and Health Culture due				
	to health problems are required to write a seminar paper for signature. The				
	topic of the paper is determined in agreement with the subject teacher.				
	Students who do not meet the above conditions lose the right to sign.				
3.11 Students obligations	Full-time students are required to attend at least 70% of the total number of				
3.11 Students obligations	hours of practice in order to be eligible for the signature and 1ECTS.				
	Part-time students are required to attend at least 30% of the total number of				
	hours of practice in order to be eligible for the signature and 1ECTS. Categorized				
	athletes with the submitted categorization (1st-3rd categories) receive the				
	right to sign from the COC. Exempted for health reasons (throughout the				
	semester) they write a seminar paper in order to exercise the right to sign.				
	If the student has not fulfilled all the obligations provided by the course, he is				
	obliged to attend the course again and meet the conditions for obtaining a				
	signature and 1ECTS.				
	Absences can be compensated by active participation in organized				
	competitions with a certificate of participation. 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.				
3.12 Written	Seminar papers (only for students who are exempt from exercise for health				
assignments	reasons) must be computer written and may have eight to ten text cards (Times				
	New Roman, font 12) from introduction to conclusion, together with pictures,				
	appendices to tables, etc. 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 of up to 250 words. The student				
	guarantees the authenticity of the work with his signature.				
3.13 Required reading	N. Breslauer: Tjelesna i zdravstvena kultura, Skripta za studenta prve i				
	1. druge godine stručnih studija na Međimurskom veleučilištu u Čakovcu,				
	Međimursko veleučilište u Čakovcu, Čakovec, 2013.				
3.14 Additional reading	1.				
JIT Additional Teading	+				

	Neljak, B., Caput - Jogunica, R. (2009); Kineziološka metodika u visoko						
		obrazovanju, Kineziološki fakultet, Sveučilište u Zagrebu					
	2.	Tudor O. Bompa, PhD (2006): Periodizacija- teorija i metodologija					
	۷.	treninga, Gopal Zagreb					
	2	Dragan Milanović (1997): Priručnik za sportske trenere, Fakulte					
] 3.	fizičku kulturu, Sveučilište u Zagrebu					
	4.	Zvonimir Šatalić, Maroje Sorić, Marjeta Mišigoj-Duraković (2015.); Sportska prehrana, Znanje					
	5.	Bašić Marino (2017.); Basic Training for life, Mediacor, Zagreb					
4.2 Contact the teacher	Stud	ents can contact the teacher during the office hours and during classes,					
	while	e for short questions and explanations they can contact him/her any day					
	durir	ng working hours by coming in person or by landline. It is also possible to					
	ask c	juestions by e-mail, which will be answered in 48 hours at the latest. It is					
	desir	able for students to come as often as possible for any possible questions					
	durir	during the teacher's office hours.					
4.3 Information about	It is the obligation of each student to be regularly informed about the course.						
the course	All notifications about the classes or possible postponement of classes will be						
	poste	posted on the bulletin board and on the website of the Polytechnic at least 24					
	hour	s in advance.					
4.4 Course contribution							
to the study							
program							
	Desig	gn sports activities, programs and events					

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.	Introductory lecture, Introduction to the course plan and program; The impact of physical exercise on human health; Determining students' attitudes towards physical activity and exercise.	Frontal work	The student will be able to assess the impact of physical exercise on health	I1 I3		
3. 4.	Swimming Swimming knowledge testing; Swimming with various swimming techniques	Work in groups, Individual work	Demonstrate different swimming techniques	12		
5. 6.	Strength development exercises Learning proper technique for performing strength exercises;	Frontal work work in pairs	Demonstrate the technique of strength exercises	12 15		

	Application of learned exercises for independent			
	exercises for independent			
	Volleyball			
7. 8.	Improving the basic elements of volleyball; Application of volleyball technical elements for the game	Frontal work Work in groups,	Apply technical elements and rules in volleyball	12 14
9. 10.	Football Improving the basic elements of football; Application of technical elements of football for the game	Frontal work Work in groups,	Apply technical elements and rules in football	12 14
11. 12.	Athletics Improving the elements of running and jumping; Influence of running and other athletic elements on the body	Frontal and pair work, individual work	Apply running and jumping techniques to develop your own anthropological status	l1 l2
13. 14.	Basketball Improving the basic elements of basketball; Application of technical elements for the game on one basket	Frontal and group work	Apply technical elements and rules in basketball	12 14
15. 16.	Dances Traditional and unconventional dance structures	Frontal and pair work	Demonstrate basic dance structures	l1 l2
17. 18.	Sports competitions Preparation and implementation of sports competitions; Competitions in volleyball, futsal, basketball, table tennis and badminton	Frontal, group work, work in pairs	Application of technical and tactical elements in a particular sports activity	14 15
19. 20.	Swimming Improving swimming knowledge; Swimming with various swimming techniques	Frontal and individual work	Demonstrate different swimming techniques	12
21. 22.	Badminton Improving basic strokes; Application of technical elements of badminton through play	Frontal, group and pair work	Application of technical tactical elements in badminton	12 14
23. 24.	Aerobic capacity development Exercises to develop aerobic endurance;	Frontal and group work individual work	Assess the intensity of exercise according to your own abilities	I1 I5

	Application of methods for the development of aerobic endurance			
25. 26.	Combined circuit training Fitness programs for the development of general fitness; Programming your own simple fitness program for exercising at home	Individual work Frontal and group work, individual work	Assess the intensity of exercise according to your own abilities	11 I5
27. 28.	Field work Mountain climbing; Exercise outdoors	Field frontal and group work	Apply the learned elements of outdoor sports activities	I1 15
29. 30.	Final lecture and signatures Application of physical exercise in everyday life; Signatures	Frontal and individual work	Apply learned elements and rules of sports activity	14 15