



# POLYTECHNIC OF MEĐIMURJE IN ČAKOVEC

## COURSE SYLLABUS

ACADEMIC YEAR: 2020/2021

### 1. GENERAL COURSE INFORMATION

|                                |  |  |   |
|--------------------------------|--|--|---|
| <b>1.1 Course name</b>         | <b>PHYSICAL EDUCATION III</b>                            |  |   |
| <b>1.2 Study program/s</b>     | Undergraduate professional study Sustainable Development |  |   |
| <b>1.3 Course status (O,E)</b> | O  | <b>1.6 Mode of instruction (number of hours)</b> | <b>Lectures</b>   |
| <b>1.4 Course code</b>         |  |  | <b>Exercises</b> 30   |
| <b>1.5 Course abbreviation</b> | PE III   |  | <b>Seminars</b>   |
| <b>1.6 Semester</b>            | III  |  | <b>E-learning</b> Merlin  |
| <b>1.7 ECTS</b>                | 1  | <b>1.7 Place and time of instruction</b>         | Sports Hall in Čakovec, according to the schedule published on the website, field classes |

### 2. TEACHING STAFF

|                                       |                                  |                |                |
|---------------------------------------|----------------------------------|----------------|----------------|
| <b>2.1 Course leader/s-title</b>      | Tomislav Hublin, Senior Lecturer | <b>contact</b> | thublin@mev.hr |
|                                       |                                  | <b>contact</b> |                |
| <b>2.2 Assistant/s- title</b>         |                                  | <b>contact</b> |                |
|                                       |                                  | <b>contact</b> |                |
| <b>2.3 Instruction held by- title</b> |                                  | <b>contact</b> |                |

### 3. COURSE DESCRIPTION

|                            |   |
|----------------------------|---|
| <b>3.1 Course goals</b>    | <p>The basic goal of the course is to improve basic theoretical and practical kinesiological knowledge and learn new conventional motor skills in order to encourage and train students for self-initiative lifelong and daily programming and implementation of the exercise process, and creating habits for a healthy lifestyle.</p> <p>Improving health and creating a habit of daily exercise.</p> <p>Introducing students to different types of sports content and learning new theoretical and practical kinesiological knowledge.</p> <p>Introduce students to the basic principles of exercise and train them to create a program for individual exercise.</p> |
| <b>3.2 Prerequisites</b>   | <p>There are no prerequisites</p> <p>The course Physical and Health Culture correlates and corresponds with the same course at all Polytechnics and Universities in the Republic of Croatia.</p>  |
| <b>3.3 Course outcomes</b> | <p>After successfully completing the course, students will be able to:</p> <p>I1 - Identify the impacts and consequences of active and inactive lifestyles on human health</p> <p>I2 - Demonstrate the adopted technical and tactical elements of a particular kinesiological activity</p> <p>I3 - Use kinesiological terminology for various sports activities</p> <p>I4 - Apply the rules of individual kinesiological activity</p> <p>I5 - Design a basic physical exercise program to improve one's abilities and health</p>  |
| <b>3.4 Course content</b>  | Physical and health culture is aimed at introducing students to different types of sports content and learning new theoretical and practical kinesiological   |

|   | knowledge and skills, improving the health and level of anthropological status of each student.<br>The course teaches the principles of exercise through which students are trained to create a program of independent exercise and develops the habit of lifelong exercise.  |                        |           |                  |                   |                    |       |                            |  |            |                        |  |           |  |        |  |                               |  |  |  |  |  |            |  |     |  |    |  |                |  |     |  |    |  |                         |  |     |  |    |  |                |  |  |  |  |  |                |  |  |  |  |  |   |  |  |  |  |  |              |  |  |  |  |  |        |  |      |  |     |  |
|---|---|------------------------|-----------|------------------|-------------------|--------------------|-------|----------------------------|--|------------|------------------------|--|-----------|--|--------|--|-------------------------------|--|--|--|--|--|------------|--|-----|--|----|--|----------------|--|-----|--|----|--|-------------------------|--|-----|--|----|--|----------------|--|--|--|--|--|----------------|--|--|--|--|--|---|--|--|--|--|--|--------------|--|--|--|--|--|--------|--|------|--|-----|--|
| 3.5 Types of coursework   |   | Lectures               | X         | Exercises        |                   | Blended e-learning |       | Individual activities      |  | Laboratory |                        |  |           |  |        |  |                               |  |  |  |  |  |            |  |     |  |    |  |                |  |     |  |    |  |                         |  |     |  |    |  |                |  |  |  |  |  |                |  |  |  |  |  |   |  |  |  |  |  |              |  |  |  |  |  |        |  |      |  |     |  |
|   |   | Seminars and workshops |           | Distant learning | X                 | Field classes      |       | Multimedia and network     |  | Mentorship |                        |  |           |  |        |  |                               |  |  |  |  |  |            |  |     |  |    |  |                |  |     |  |    |  |                         |  |     |  |    |  |                |  |  |  |  |  |                |  |  |  |  |  |   |  |  |  |  |  |              |  |  |  |  |  |        |  |      |  |     |  |
|   |   | Other                  |           |                  |                   |                    |       |                            |  |            |                        |  |           |  |        |  |                               |  |  |  |  |  |            |  |     |  |    |  |                |  |     |  |    |  |                         |  |     |  |    |  |                |  |  |  |  |  |                |  |  |  |  |  |   |  |  |  |  |  |              |  |  |  |  |  |        |  |      |  |     |  |
| 3.6 Language of instruction   | Croatian/English  |                        |           |                  |                   |                    |       |                            |  |            |                        |  |           |  |        |  |                               |  |  |  |  |  |            |  |     |  |    |  |                |  |     |  |    |  |                         |  |     |  |    |  |                |  |  |  |  |  |                |  |  |  |  |  |   |  |  |  |  |  |              |  |  |  |  |  |        |  |      |  |     |  |
| 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) | 1   | Class attendance       |           |                  | Seminars          |                    |       | Essay                      |  |            |                        |  |           |  |        |  |                               |  |  |  |  |  |            |  |     |  |    |  |                |  |     |  |    |  |                         |  |     |  |    |  |                |  |  |  |  |  |                |  |  |  |  |  |   |  |  |  |  |  |              |  |  |  |  |  |        |  |      |  |     |  |
|   |   | Class activity         |           |                  | Project           |                    |       | Report/paper               |  |            |                        |  |           |  |        |  |                               |  |  |  |  |  |            |  |     |  |    |  |                |  |     |  |    |  |                         |  |     |  |    |  |                |  |  |  |  |  |                |  |  |  |  |  |   |  |  |  |  |  |              |  |  |  |  |  |        |  |      |  |     |  |
|   |   | Midterm exams          |           |                  | 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><tr><th colspan="2">Activity specification</th><th colspan="2">Percent %</th><th colspan="2">Points</th></tr><tr><td colspan="6">Assessment during instruction</td></tr><tr><td colspan="2">Attendance</td><td colspan="2">50%</td><td colspan="2">50</td></tr><tr><td colspan="2">Class activity</td><td colspan="2">35%</td><td colspan="2">35</td></tr><tr><td colspan="2">Seminar/ project/ essay</td><td colspan="2">15%</td><td colspan="2">15</td></tr><tr><td colspan="2">Midterm exam 1</td><td colspan="2"></td><td colspan="2"></td></tr><tr><td colspan="2">Midterm exam 2</td><td colspan="2"></td><td colspan="2"></td></tr><tr><td colspan="6">Exam assessment for the students who failed to fulfil all the obligatory requirements during the semester</td></tr><tr><td colspan="2">Written exam</td><td colspan="2"></td><td colspan="2"></td></tr><tr><td colspan="2">Total:</td><td colspan="2">100%</td><td colspan="2">100</td></tr></table> |                        |           |                  |                   |                    |       |                            |  |            | Activity specification |  | Percent % |  | Points |  | Assessment during instruction |  |  |  |  |  | Attendance |  | 50% |  | 50 |  | Class activity |  | 35% |  | 35 |  | Seminar/ project/ essay |  | 15% |  | 15 |  | Midterm exam 1 |  |  |  |  |  | Midterm exam 2 |  |  |  |  |  | Exam assessment for the students who failed to fulfil all the obligatory requirements during the semester |  |  |  |  |  | Written exam |  |  |  |  |  | Total: |  | 100% |  | 100 |  |
|   | Activity specification  |                        | Percent % |                  | Points            |                    |       |                            |  |            |                        |  |           |  |        |  |                               |  |  |  |  |  |            |  |     |  |    |  |                |  |     |  |    |  |                         |  |     |  |    |  |                |  |  |  |  |  |                |  |  |  |  |  |   |  |  |  |  |  |              |  |  |  |  |  |        |  |      |  |     |  |
|   | Assessment during instruction   |                        |           |                  |                   |                    |       |                            |  |            |                        |  |           |  |        |  |                               |  |  |  |  |  |            |  |     |  |    |  |                |  |     |  |    |  |                         |  |     |  |    |  |                |  |  |  |  |  |                |  |  |  |  |  |   |  |  |  |  |  |              |  |  |  |  |  |        |  |      |  |     |  |
|   | Attendance  |                        | 50%       |                  | 50                |                    |       |                            |  |            |                        |  |           |  |        |  |                               |  |  |  |  |  |            |  |     |  |    |  |                |  |     |  |    |  |                         |  |     |  |    |  |                |  |  |  |  |  |                |  |  |  |  |  |   |  |  |  |  |  |              |  |  |  |  |  |        |  |      |  |     |  |
|   | Class activity  |                        | 35%       |                  | 35                |                    |       |                            |  |            |                        |  |           |  |        |  |                               |  |  |  |  |  |            |  |     |  |    |  |                |  |     |  |    |  |                         |  |     |  |    |  |                |  |  |  |  |  |                |  |  |  |  |  |   |  |  |  |  |  |              |  |  |  |  |  |        |  |      |  |     |  |
|   | Seminar/ project/ essay   |                        | 15%       |                  | 15                |                    |       |                            |  |            |                        |  |           |  |        |  |                               |  |  |  |  |  |            |  |     |  |    |  |                |  |     |  |    |  |                         |  |     |  |    |  |                |  |  |  |  |  |                |  |  |  |  |  |   |  |  |  |  |  |              |  |  |  |  |  |        |  |      |  |     |  |
|   | Midterm exam 1  |                        |           |                  |                   |                    |       |                            |  |            |                        |  |           |  |        |  |                               |  |  |  |  |  |            |  |     |  |    |  |                |  |     |  |    |  |                         |  |     |  |    |  |                |  |  |  |  |  |                |  |  |  |  |  |   |  |  |  |  |  |              |  |  |  |  |  |        |  |      |  |     |  |
|   | Midterm exam 2  |                        |           |                  |                   |                    |       |                            |  |            |                        |  |           |  |        |  |                               |  |  |  |  |  |            |  |     |  |    |  |                |  |     |  |    |  |                         |  |     |  |    |  |                |  |  |  |  |  |                |  |  |  |  |  |   |  |  |  |  |  |              |  |  |  |  |  |        |  |      |  |     |  |
|   | Exam assessment for the students who failed to fulfil all the obligatory requirements during the semester   |                        |           |                  |                   |                    |       |                            |  |            |                        |  |           |  |        |  |                               |  |  |  |  |  |            |  |     |  |    |  |                |  |     |  |    |  |                         |  |     |  |    |  |                |  |  |  |  |  |                |  |  |  |  |  |   |  |  |  |  |  |              |  |  |  |  |  |        |  |      |  |     |  |
|   | Written exam  |                        |           |                  |                   |                    |       |                            |  |            |                        |  |           |  |        |  |                               |  |  |  |  |  |            |  |     |  |    |  |                |  |     |  |    |  |                         |  |     |  |    |  |                |  |  |  |  |  |                |  |  |  |  |  |   |  |  |  |  |  |              |  |  |  |  |  |        |  |      |  |     |  |
|   | Total:  |                        | 100%      |                  | 100               |                    |       |                            |  |            |                        |  |           |  |        |  |                               |  |  |  |  |  |            |  |     |  |    |  |                |  |     |  |    |  |                         |  |     |  |    |  |                |  |  |  |  |  |                |  |  |  |  |  |   |  |  |  |  |  |              |  |  |  |  |  |        |  |      |  |     |  |
|   |   |                        |           |                  |                   |                    |       |                            |  |            |                        |  |           |  |        |  |                               |  |  |  |  |  |            |  |     |  |    |  |                |  |     |  |    |  |                         |  |     |  |    |  |                |  |  |  |  |  |                |  |  |  |  |  |   |  |  |  |  |  |              |  |  |  |  |  |        |  |      |  |     |  |
|   |   |                        |           |                  |                   |                    |       |                            |  |            |                        |  |           |  |        |  |                               |  |  |  |  |  |            |  |     |  |    |  |                |  |     |  |    |  |                         |  |     |  |    |  |                |  |  |  |  |  |                |  |  |  |  |  |   |  |  |  |  |  |              |  |  |  |  |  |        |  |      |  |     |  |
|   |   |                        |           |                  |                   |                    |       |                            |  |            |                        |  |           |  |        |  |                               |  |  |  |  |  |            |  |     |  |    |  |                |  |     |  |    |  |                         |  |     |  |    |  |                |  |  |  |  |  |                |  |  |  |  |  |   |  |  |  |  |  |              |  |  |  |  |  |        |  |      |  |     |  |
|   |   |                        |           |                  |                   |                    |       |                            |  |            |                        |  |           |  |        |  |                               |  |  |  |  |  |            |  |     |  |    |  |                |  |     |  |    |  |                         |  |     |  |    |  |                |  |  |  |  |  |                |  |  |  |  |  |   |  |  |  |  |  |              |  |  |  |  |  |        |  |      |  |     |  |
|   |   |                        |           |                  |                   |                    |       |                            |  |            |                        |  |           |  |        |  |                               |  |  |  |  |  |            |  |     |  |    |  |                |  |     |  |    |  |                         |  |     |  |    |  |                |  |  |  |  |  |                |  |  |  |  |  |   |  |  |  |  |  |              |  |  |  |  |  |        |  |      |  |     |  |
|   |   |                        |           |                  |                   |                    |       |                            |  |            |                        |  |           |  |        |  |                               |  |  |  |  |  |            |  |     |  |    |  |                |  |     |  |    |  |                         |  |     |  |    |  |                |  |  |  |  |  |                |  |  |  |  |  |   |  |  |  |  |  |              |  |  |  |  |  |        |  |      |  |     |  |
|   |   |                        |           |                  |                   |                    |       |                            |  |            |                        |  |           |  |        |  |                               |  |  |  |  |  |            |  |     |  |    |  |                |  |     |  |    |  |                         |  |     |  |    |  |                |  |  |  |  |  |                |  |  |  |  |  |   |  |  |  |  |  |              |  |  |  |  |  |        |  |      |  |     |  |
|   |   |                        |           |                  |                   |                    |       |                            |  |            |                        |  |           |  |        |  |                               |  |  |  |  |  |            |  |     |  |    |  |                |  |     |  |    |  |                         |  |     |  |    |  |                |  |  |  |  |  |                |  |  |  |  |  |   |  |  |  |  |  |              |  |  |  |  |  |        |  |      |  |     |  |
|   |   |                        |           |                  |                   |                    |       |                            |  |            |                        |  |           |  |        |  |                               |  |  |  |  |  |            |  |     |  |    |  |                |  |     |  |    |  |                         |  |     |  |    |  |                |  |  |  |  |  |                |  |  |  |  |  |   |  |  |  |  |  |              |  |  |  |  |  |        |  |      |  |     |  |
|   |   |                        |           |                  |                   |                    |       |                            |  |            |                        |  |           |  |        |  |                               |  |  |  |  |  |            |  |     |  |    |  |                |  |     |  |    |  |                         |  |     |  |    |  |                |  |  |  |  |  |                |  |  |  |  |  |   |  |  |  |  |  |              |  |  |  |  |  |        |  |      |  |     |  |
| 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   | 10                     | 10        |                  |                   |                    | 20    |                            |  |            |                        |  |           |  |        |  |                               |  |  |  |  |  |            |  |     |  |    |  |                |  |     |  |    |  |                         |  |     |  |    |  |                |  |  |  |  |  |                |  |  |  |  |  |   |  |  |  |  |  |              |  |  |  |  |  |        |  |      |  |     |  |
|   | Outcome 2   | 10                     | 10        | 5                |                   |                    | 25    |                            |  |            |                        |  |           |  |        |  |                               |  |  |  |  |  |            |  |     |  |    |  |                |  |     |  |    |  |                         |  |     |  |    |  |                |  |  |  |  |  |                |  |  |  |  |  |   |  |  |  |  |  |              |  |  |  |  |  |        |  |      |  |     |  |
|   | Outcome 3   | 10                     |           |                  |                   |                    | 10    |                            |  |            |                        |  |           |  |        |  |                               |  |  |  |  |  |            |  |     |  |    |  |                |  |     |  |    |  |                         |  |     |  |    |  |                |  |  |  |  |  |                |  |  |  |  |  |   |  |  |  |  |  |              |  |  |  |  |  |        |  |      |  |     |  |
|   | Outcome 4   | 10                     | 5         | 5                |                   |                    | 20    |                            |  |            |                        |  |           |  |        |  |                               |  |  |  |  |  |            |  |     |  |    |  |                |  |     |  |    |  |                         |  |     |  |    |  |                |  |  |  |  |  |                |  |  |  |  |  |   |  |  |  |  |  |              |  |  |  |  |  |        |  |      |  |     |  |
|   | Outcome 5   | 10                     | 10        | 5                |                   |                    | 25    |                            |  |            |                        |  |           |  |        |  |                               |  |  |  |  |  |            |  |     |  |    |  |                |  |     |  |    |  |                         |  |     |  |    |  |                |  |  |  |  |  |                |  |  |  |  |  |   |  |  |  |  |  |              |  |  |  |  |  |        |  |      |  |     |  |
|   | Outcome not-related   |                        |           |                  |                   |                    |       |                            |  |            |                        |  |           |  |        |  |                               |  |  |  |  |  |            |  |     |  |    |  |                |  |     |  |    |  |                         |  |     |  |    |  |                |  |  |  |  |  |                |  |  |  |  |  |   |  |  |  |  |  |              |  |  |  |  |  |        |  |      |  |     |  |
|   | Total   | 50                     | 35        | 15               |                   |                    | 100   |                            |  |            |                        |  |           |  |        |  |                               |  |  |  |  |  |            |  |     |  |    |  |                |  |     |  |    |  |                         |  |     |  |    |  |                |  |  |  |  |  |                |  |  |  |  |  |   |  |  |  |  |  |              |  |  |  |  |  |        |  |      |  |     |  |
|   | The course is not evaluated, and the achievement of outcomes is monitored through the activity and realization of tasks in the classroom.   |                        |           |                  |                   |                    |       |                            |  |            |                        |  |           |  |        |  |                               |  |  |  |  |  |            |  |     |  |    |  |                |  |     |  |    |  |                         |  |     |  |    |  |                |  |  |  |  |  |                |  |  |  |  |  |   |  |  |  |  |  |              |  |  |  |  |  |        |  |      |  |     |  |
| 3.10 Specific features related with taking the course   | Students actively participate in classes (exercises), extracurricular activities and sports competitions. The course registration form keeps records of class attendance, student activities and active and categorized athletes. Information on progress and possible problems is provided to students in the final part of the class and in the consultation period. The credit value of the course Physical and Health Culture is 1 ECTS credit, which is achieved by active participation in a minimum of 70% of classes for full-time students, and 30% of classes for part-time students. Records of attendance and class activities are conducted by the   |                        |           |                  |                   |                    |       |                            |  |            |                        |  |           |  |        |  |                               |  |  |  |  |  |            |  |     |  |    |  |                |  |     |  |    |  |                         |  |     |  |    |  |                |  |  |  |  |  |                |  |  |  |  |  |   |  |  |  |  |  |              |  |  |  |  |  |        |  |      |  |     |  |

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|                                  | <p>lecturer, and students exercise the right to sign by participating in the following activities:</p> <ol style="list-style-type: none"> <li>1. Teach Physical Education and Health,</li> <li>2. Additional activities organized or in which the Sports Association of Students of the Polytechnic of Međimurje participates, which includes: <ul style="list-style-type: none"> <li>- Sports tournaments within the Polytechnic,</li> <li>- Rafting on the Mura,</li> <li>- Manifestation "Swimming to the light",</li> <li>- BIMEP - Bicycles on Međimurje roads,</li> <li>- Cross of the City of Čakovec</li> <li>- Performance for the representation of the Polytechnic in competitions of higher education institutions</li> <li>- Participation in trainings of sports teams of the Polytechnic</li> <li>- Voluntary blood donation</li> </ul> </li> <li>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.</li> <li>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.</li> </ol> <p>Students who do not meet the above conditions lose the right to sign.</p> |   |
| <b>3.11 Students obligations</b> | <p>Full-time students are required to attend at least 70% of the total number of 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.</p> <p>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.</p>  |   |
| <b>3.12 Written assignments</b>  | <p>Seminar papers (only for students who are exempt from exercise for health 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.</p>  |   |
| <b>3.13 Required reading</b>     | 1.   | N. Breslauer: Tjelesna i zdravstvena kultura, Skripta za studenta prve i druge godine stručnih studija na Međimurskom veleučilištu u Čakovcu, Međimursko veleučilište u Čakovcu, Čakovec, 2013. |
| <b>3.14 Additional reading</b>   | 1.   |   |

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|---|---|--|
|   |   | Neljak, B., Caput - Jogunica, R. (2009); Kineziološka metodika u visokom obrazovanju, Kineziološki fakultet, Sveučilište u Zagrebu |
|   | 2.  | Tudor O. Bempa, PhD (2006): Periodizacija- teorija i metodologija treninga, Gopal Zagreb   |
|   | 3.  | Dragan Milanović (1997): Priručnik za sportske trenere, Fakultet za 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  |
| <b>4.2 Contact the teacher</b>                      | 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 desirable for students to come as often as possible for any possible questions during the teacher's office hours. |  |
| <b>4.3 Information about the course</b>             | 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.  |  |
| <b>4.4 Course contribution to the study program</b> | Team and project team work  |  |

#### 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.<br>2. | Introductory lecture, Introduction to the course plan and program;<br>The impact of physical exercise on human health;<br>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<br>I3       |
| 3.<br>4. | Swimming<br>Swimming knowledge testing;<br>Swimming with various swimming techniques  | Work in groups,<br>Individual work | Demonstrate different swimming techniques                                    | I2             |
| 5.<br>6. | Strength development exercises<br>Learning proper technique for performing strength exercises;  | Frontal work<br>work in pairs      | Demonstrate the technique of strength exercises                              | I2<br>I5       |

|                    |   |   |   |          |
|--------------------|---|---|---|----------|
|                    | Application of learned exercises for independent exercise   |   |   |          |
| <b>7.<br/>8.</b>   | Volleyball<br>Improving the basic elements of volleyball;<br>Application of volleyball technical elements for the game                                      | Frontal work<br>Work in groups,               | Apply technical elements and rules in volleyball                                | I2<br>I4 |
| <b>9.<br/>10.</b>  | Football<br>Improving the basic elements of football;<br>Application of technical elements of football for the game   | Frontal work<br>Work in groups,               | Apply technical elements and rules in football                                  | I2<br>I4 |
| <b>11.<br/>12.</b> | Athletics<br>Improving the elements of running and jumping;<br>Influence of running and other athletic elements on the body                                 | Frontal and pair work,<br>individual work     | Apply running and jumping techniques to develop your own anthropological status | I1<br>I2 |
| <b>13.<br/>14.</b> | Basketball<br>Improving the basic elements of basketball;<br>Application of technical elements for the game on one basket                                   | Frontal and group work                        | Apply technical elements and rules in basketball                                | I2<br>I4 |
| <b>15.<br/>16.</b> | Dances<br>Traditional and unconventional dance structures   | Frontal and pair work                         | Demonstrate basic dance structures  | I1<br>I2 |
| <b>17.<br/>18.</b> | Sports competitions<br>Preparation and implementation of sports competitions;<br>Competitions in volleyball, futsal, basketball, table tennis and badminton | Frontal, group work,<br>work in pairs         | Application of technical and tactical elements in a particular sports activity  | I4<br>I5 |
| <b>19.<br/>20.</b> | Swimming<br>Improving swimming knowledge;<br>Swimming with various swimming techniques  | Frontal and individual work                   | Demonstrate different swimming techniques                                       | I2       |
| <b>21.<br/>22.</b> | Badminton<br>Improving basic strokes;<br>Application of technical elements of badminton through play  | Frontal, group and pair work                  | Application of technical tactical elements in badminton                         | I2<br>I4 |
| <b>23.<br/>24.</b> | Aerobic capacity development<br>Exercises to develop aerobic endurance;   | Frontal and group work<br><br>individual work | Assess the intensity of exercise according to your own abilities                | I1<br>I5 |

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