



MEĐIMURSKO VELEUČILIŠTE U ČAKOVCU

MEĐIMURJE UNIVERSITY OF APPLIED SCIENCES IN ČAKOVEC

COURSE SYLLABUS

ACADEMIC YEAR: 2024/2025

1. GENERAL COURSE INFORMATION

1.1 Course name	Physical Education I		
1.2 Study program/s	Undergraduate professional study programme Computer engineering		
1.3 Course status (O,E)	O	1.6 Mode of instruction (number of hours)	Lectures
1.4 Course code			Exercises 30
1.5 Course abbreviation	PE I		Seminars
1.6 Semester	I		E-learning
1.7 ECTS	0	1.7 Place and time of instruction	The premises of the Međimurje University of Applied Sciences in Čakovec, according to the schedule published on the website

2. TEACHING STAFF

2.1 Course leader/s-title	dr.sc. Tomislav Hublin, senior Lecturer	contact	thublin@mev.hr
	doc.dr.sc. Nevenka Breslauer, college professor	contact	nbreslauer@mev.hr
2.2 Assistant/s- title		contact	
		contact	
2.3 Instruction held by-title		contact	
		contact	

3. COURSE DESCRIPTION

3.1. Course goals	The primary goal of the course is to enhance basic theoretical and practical kinesiology knowledge and to teach new motor skills, with the aim of encouraging and equipping students for self-initiated lifelong and regular physical exercise, as well as fostering habits for a healthy lifestyle. Improving health and developing the habit of daily exercise. Introducing students to various types of sports activities and teaching new theoretical and practical kinesiology knowledge. Acquainting students with the fundamental principles of exercise and enabling them to design simple individual exercise programs.
3.2 Prerequisites	No prerequisites.
3.3 Course outcomes	After successfully completing the course, students will be able to: O1 – Identify the impacts and consequences of active and inactive lifestyles on human health O2 – Design a basic physical exercise program to improve one's abilities and health O3 – Demonstrate the adopted technical and tactical elements of a particular kinesiological activity O4 – Apply the rules of a particular kinesiological activity O5 – Use kinesiological terminology for various sports activities

3.4 Contribution of the course to the study program	Apply acquired learning skills, fundamental professional knowledge, and problem-solving necessary for continuing studies at a higher level																								
3.5 Course content	Physical Education is focused on familiarizing students with various types of sports activities and teaching new theoretical and practical kinesiology knowledge and skills, with the aim of improving health and enhancing the anthropological status of each student. The course covers exercise principles that equip students to design their own exercise programs and fosters the habit of lifelong physical activity.																								
3.6 Types of coursework		Lectures	x	Exercises		Blended e-learning	x	Individual activities		Laboratory															
		Seminars and workshops		Distant learning		Field classes		Multimedia and network		Mentorship															
		Other																							
3.7 Language of instruction	Croatian																								
3.8 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			Research																
		Midterm exams/written exam				Project			Essay																
		Oral exam				Practical task																			
	<table><tr><th>Activity specification</th><th>Percent %</th><th>Points</th></tr><tr><td colspan="3">Assessment during instruction</td></tr><tr><td>Class attendance (active)</td><td>100%</td><td>100</td></tr><tr><td></td><td></td><td></td></tr><tr><td>Total:</td><td>100%</td><td>100</td></tr></table>										Activity specification	Percent %	Points	Assessment during instruction			Class attendance (active)	100%	100				Total:	100%	100
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Total:	100%	100																							
<i>The course is not graded. Students earn 1 ECTS credit through regular active participation in practical exercises.</i>																									
3.9 Specific features related to taking the course	tudents 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 any potential issues is provided to students during the final part of the class and during consultation periods. The credit value of the course Physical and Health Culture is 1 ECTS credit, which is earned by active participation in a minimum of 70% of classes for full-time students and 30% of classes for part-time students. Attendance and class activities are recorded by the lecturer, and students can earn credit by participating in the following activities: 1. Attending Physical Education and Health classes, 2. Participating in additional activities organized by or in collaboration with the Sports Association of Students of the Polytechnic of Međimurje, which includes: o Sports tournaments within the Polytechnic, o Rafting on the Mura, o The "Swimming to the Light" event, o BIMEP - Bicycles on Međimurje Roads, o The Cross of the City of Čakovec, o Representation of the Polytechnic in higher education institution competitions, o Participation in trainings of the Polytechnic's sports teams, o Voluntary blood donation, 3. Active and categorized athletes (according to the COC) may be exempted from all or part of the Physical Education and Health classes																								

	upon presentation of appropriate certificates and in agreement with the course teacher, but if necessary, they must participate in competitions individually or as part of Polytechnic teams. 4. Students who are exempt from Physical and Health Culture classes due to health issues are required to write a seminar paper to earn credit. The topic of the paper is determined in agreement with the course teacher. Students who do not meet the above conditions lose the right to earn credit.	
3.10 Students obligations	Full-time students are required to attend at least 70% of the total number of practice hours to be eligible for the signature and 1 ECTS credit. Part-time students are required to attend at least 30% of the total number of practice hours to be eligible for the signature and 1 ECTS credit. Categorized athletes who submit categorization documentation (1st-3rd categories) receive the right to a signature from the COC. Students exempted for health reasons (throughout the semester) must write a seminar paper to obtain the signature. If a student has not fulfilled all the obligations outlined by the course, they are required to retake the course and meet the conditions for obtaining the signature and 1 ECTS credit. Absences can be compensated through active participation in organized competitions, provided that a certificate of participation is submitted. One lesson lasts 45 minutes, and several hours constitute a teaching unit. Absence from one teaching unit is counted as one absence. Delays and apologies are recorded separately. In cases where a student is absent from more than 50% of classes and has a valid reason/apology, a request should be submitted to the Department Council, which then decides on the justification of the student's absences with the mandatory opinion of the course leader.	
3.11 Written assignments	Seminar papers (intended for students who are exempt from exercises due to health reasons) must be computer-written and should consist of eight to ten pages of text (Times New Roman, font size 12), including the introduction, main body, and conclusion. The papers must have an appropriate title page, table of contents, numbered pages, and a list of references. The paper should be structured and written in accordance with the guidelines for writing final and graduate theses. By submitting the paper, the student guarantees the authenticity of the work.	
3.12 Required reading	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.
3.13 Additional reading	1.	Neljak, B., Caput - Jogunica, R. (2009); Kineziološka metodika u visokom obrazovanju, Kineziološki fakultet, Sveučilište u Zagrebu
	2.	Zvonimir Šatalić, Maroje Sorić, Marjeta Mišigoj-Duraković (2015.); Sportska prehrana, Znanje
4. ADDITIONAL INFORMATION ABOUT THE COURSE		
4.1 Quality control	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 Međimurje University of Applied Sciences in Čakovec.	
4.2 Contact the teacher	Students can contact the teacher during the office hours and during classes. All other methods of communication are arranged with the teacher. Communication with the teacher is also possible via official email. It is 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 University at least 24 hours in advance.	
5. ELABORATION OF THEMATIC UNITS		
Week	Topic	Course outcome
1.	The impact of physical exercise on human health	1, 2, 5
2.	Swimming using various swimming techniques	1, 2
3.	Proper execution of strength exercise techniques	1, 2, 5
4.	Aerobic activities and their impact on health	1, 2, 5
5.	Technical and tactical application of volleyball elements	3, 4
6.	Technical and tactical application of soccer elements	3, 4
7.	Technical and tactical application of basketball elements	3, 4
8.	Technical and tactical application of badminton elements	3, 4
9.	Technical and tactical application of table tennis elements	3, 4
10.	Traditional and unconventional dance structures	3, 4
11.	Conditioning programs for developing overall physical fitness	1, 2
12.	Hiking	3
13.	Sports competitions	4, 5
14.	Water sports	1, 3
15.	Volunteering activities	1