

## POLYTECHNIC OF MEÐIMURJE IN ČAKOVEC

COURSE SYLLABUS								
ACADEMIC YEAR: 2022/2023								
1. GENERAL COURSE INFORMATION								
1.1 Course name	PHYSICAL AND HEALTH CULTURE II							
1.2 Study program/s	Undergraduate professional study of Computer Science							
1.3 Course status (O,E)	0							
1.4 Course code		Exercises	30					
1.5 Course abbreviation	TZK II							
1.6 Semester	II	E-learning	Merlin					
1.7 ECTS	0 <b>1.7 Place and</b> UF Sports Hall in Čakov							
		time of	_	the schedule				
		instruction	published on the website, field					
			classes					
2. TEACHING STAFF	Dec DhD. Nevertha		I					
2.1 Course leader/s-title	Doc.PhD. Nevenka Breslauer, High School	contact	nhraslavare	uman, br				
	Professor		nbreslauer@mev.hr					
	FIGIESSOI	contact						
2.2 Assistant/s- title								
ZIZ /10010tallity 5 title		contact						
2.3 Instruction held by-	Doc.PhD. Nevenka							
title	Breslauer, High School							
	Professor							
3. COURSE DESCRIPTION								
3.1 Course goals	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.  Improving health and creating a habit of daily exercise.  Introducing students to different types of sports content, and learning new theoretical and practical kinesiological knowledge.  Introduce students to the basic principles of exercise and train them to create a							
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lifelong exercise.   Blended e- learning   Individual activities   Laboratory			The course teaches the principles of exercise through which students are										
Lectures   X   Exercises   Blended e-learning   activities   Laboratory		trained to create a program of independent exercise, and develops the habit of											
Lectures   X   Exercises   Learning   activities   Laboratory													
Seminars and workshops   Distant learning   X   Field classes   Multimedia and network	3.5 Types of coursework	L	ectures	Х	Exercis	ses			e-				Laboratory
Croatian/English   Croatian/English		S	eminars										
3.6 Language of instruction  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)  3.8 Assessment and evaluation of students' work during classes and at the final exam  Activity specification Percent Project Report/paper  Class activity Project Report/paper  Continuous knowledge check  Written exam Experimental work  Continuous knowledge check  Written exam Research  Activity specification Percent Project Percent Proj							Х			and			Mentorship
3.6 Language of instruction  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)  3.8 Assessment and evaluation of students' work during classes and at the final exam  Activity specification Percent % Points  Assessment during instruction  Attendance  Class activity  Project  Report/paper  Continuous  Knowledge check  Written exam  Experimental work  Coral exam  Experimental work  Experimental work  Assessment during instruction  Attendance  Class activity  Seminar/ project/ essay  Midterm exam 1  Midterm exam 1  Midterm exam 1  Midterm exam 2  Exam assessment for the students who failed to fullifil all the obligatory requirements during the semester  Written exam  Total:					icariiii	'6		Classes		netwo	rk		
instruction  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)  3.8 Assessment and evaluation of students' work during classes and at the final exam  Activity specification Percent Separate Separa		C	ther										
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)  3.8 Assessment and evaluation of students' work during classes and at the final exam  Activity specification Percent Points   Points    Activity specification Percent Points	~ ~	Croa	tian/Eng	lish									
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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)  3.8 Assessment and evaluation of students' work during classes and at the final exam    Activity specification	_	Class activity Project Report/paper					aper						
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	3.9 Assessment criteria –				<b>NA/</b> -4		· · · · · · · · ·						
analysis per learning Ways of evaluating learning outcomes Mid-term Mid-term Practical											Practic	al	
outcomes         Attendance         Activity         Mid-term         Mid-term         Fraction           exam 1         exam 2         work         Total	outcomes			Atten	dance	Activi	ty						Total
Outcome 1													
Outcome 2 Outcome 3													
Outcome 4													
Outcome 5		Out	come 5										
Outcome													
not-related Total													
The course is not evaluated, and the achievement of outcomes is monitored through the		The co	ourse is no	t eval	uated, ar	nd the a	chiev	ement of c	utcome	s is moni	tored thr	ou	gh the
activity and realization of tasks in the classroom.			-										
3.10 Specific features Students actively participate in classes (exercises), extracurricular activities and	-							· -	•				
related with taking sports competitions. The course registration form keeps records of class		•						_			•		
the course attendance, student activities and active and categorized athletes. Information on progress and possible problems is provided to students in the final part of	tne course								_				
the class and in the consultation period. The credit value of the course Physical			_			•		-					•
and Health Culture is 0 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													•
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				
2 12 \\/ritto=	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				
0.400	guarantees the authenticity of the work with his signature.				
3.13 Required reading	1.				
3.14 Additional reading	1.				
	2.				
	3.				
	4.				
	5.				

4.2 Contact the teacher	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.
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
	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	Apply the acquired learning skills, basic knowledge of the profession and
	problem solving necessary for continuing studies at a higher level.
	Apply communication and professional ethics.
	1