



# POLYTECHNIC OF MEĐIMURJE IN ČAKOVEC

## COURSE SYLLABUS

ACADEMIC YEAR: 2022/2023

### 1. GENERAL COURSE INFORMATION

|                                |                                                      |                                                  |                                                                                              |        |
|--------------------------------|------------------------------------------------------|--------------------------------------------------|----------------------------------------------------------------------------------------------|--------|
| <b>1.1 Course name</b>         | <b>PHYSICAL AND HEALTH CULTURE II</b>                |                                                  |                                                                                              |        |
| <b>1.2 Study program/s</b>     | Undergraduate professional study of Computer Science |                                                  |                                                                                              |        |
| <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> | TZK II                                               |                                                  | <b>Seminars</b>                                                                              |        |
| <b>1.6 Semester</b>            | II                                                   |                                                  | <b>E-learning</b>                                                                            | Merlin |
| <b>1.7 ECTS</b>                | 0                                                    | <b>1.7 Place and time of instruction</b>         | UF 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>      | Doc.PhD. Nevenka Breslauer, High School Professor | <b>contact</b> | nbreslauer@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> | Doc.PhD. Nevenka Breslauer, High School Professor | <b>contact</b> |                   |

### 3. COURSE DESCRIPTION

|                            |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |
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| <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> <ul style="list-style-type: none"><li>I1 - Identify the impacts and consequences of active and inactive lifestyles on human health</li><li>I2 - Demonstrate the adopted technical and tactical elements of a particular kinesiological activity</li><li>I3 - Use kinesiological terminology for various sports activities</li><li>I4 - Apply the rules of individual kinesiological activity</li><li>I5 - Design a basic physical exercise program to improve one's abilities and health</li></ul>                                                                                            |
| <b>3.4 Course content</b>  | <p>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.</p>                                                                                                                                                                                                                                                                                                                                                                                                      |

|                                                                                                                                                                                                      | 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.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |          |                   |                 |                            |       |                        |  |            |                                      |           |        |                                      |  |  |            |  |            |                |                 |                 |                         |       |           |                |  |  |                |  |  |                                                                                                                  |  |  |                     |  |  |               |           |  |  |  |  |  |  |           |  |  |  |  |  |  |           |  |  |  |  |  |  |                     |  |  |  |  |  |  |              |  |  |  |  |  |  |
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| <b>3.5 Types of coursework</b>                                                                                                                                                                       | Lectures                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    | X        | Exercises         |                 | Blended e-learning         |       | Individual activities  |  | Laboratory |                                      |           |        |                                      |  |  |            |  |            |                |                 |                 |                         |       |           |                |  |  |                |  |  |                                                                                                                  |  |  |                     |  |  |               |           |  |  |  |  |  |  |           |  |  |  |  |  |  |           |  |  |  |  |  |  |                     |  |  |  |  |  |  |              |  |  |  |  |  |  |
|                                                                                                                                                                                                      | Seminars and workshops                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |          | Distant learning  | X               | Field classes              |       | Multimedia and network |  | Mentorship |                                      |           |        |                                      |  |  |            |  |            |                |                 |                 |                         |       |           |                |  |  |                |  |  |                                                                                                                  |  |  |                     |  |  |               |           |  |  |  |  |  |  |           |  |  |  |  |  |  |           |  |  |  |  |  |  |                     |  |  |  |  |  |  |              |  |  |  |  |  |  |
|                                                                                                                                                                                                      | Other                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |          |                   |                 |                            |       |                        |  |            |                                      |           |        |                                      |  |  |            |  |            |                |                 |                 |                         |       |           |                |  |  |                |  |  |                                                                                                                  |  |  |                     |  |  |               |           |  |  |  |  |  |  |           |  |  |  |  |  |  |           |  |  |  |  |  |  |                     |  |  |  |  |  |  |              |  |  |  |  |  |  |
| <b>3.6 Language of instruction</b>                                                                                                                                                                   | Croatian/English                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |          |                   |                 |                            |       |                        |  |            |                                      |           |        |                                      |  |  |            |  |            |                |                 |                 |                         |       |           |                |  |  |                |  |  |                                                                                                                  |  |  |                     |  |  |               |           |  |  |  |  |  |  |           |  |  |  |  |  |  |           |  |  |  |  |  |  |                     |  |  |  |  |  |  |              |  |  |  |  |  |  |
| <b>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)</b> | Class attendance                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |          | Seminars          |                 | Essay                      |       |                        |  |            |                                      |           |        |                                      |  |  |            |  |            |                |                 |                 |                         |       |           |                |  |  |                |  |  |                                                                                                                  |  |  |                     |  |  |               |           |  |  |  |  |  |  |           |  |  |  |  |  |  |           |  |  |  |  |  |  |                     |  |  |  |  |  |  |              |  |  |  |  |  |  |
|                                                                                                                                                                                                      | Class activity                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              |          | Project           |                 | Report/paper               |       |                        |  |            |                                      |           |        |                                      |  |  |            |  |            |                |                 |                 |                         |       |           |                |  |  |                |  |  |                                                                                                                  |  |  |                     |  |  |               |           |  |  |  |  |  |  |           |  |  |  |  |  |  |           |  |  |  |  |  |  |                     |  |  |  |  |  |  |              |  |  |  |  |  |  |
|                                                                                                                                                                                                      | Midterm exams                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |          | Practical task    |                 | Continuous knowledge check |       |                        |  |            |                                      |           |        |                                      |  |  |            |  |            |                |                 |                 |                         |       |           |                |  |  |                |  |  |                                                                                                                  |  |  |                     |  |  |               |           |  |  |  |  |  |  |           |  |  |  |  |  |  |           |  |  |  |  |  |  |                     |  |  |  |  |  |  |              |  |  |  |  |  |  |
|                                                                                                                                                                                                      | Written exam                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                |          | Experimental work |                 |                            |       |                        |  |            |                                      |           |        |                                      |  |  |            |  |            |                |                 |                 |                         |       |           |                |  |  |                |  |  |                                                                                                                  |  |  |                     |  |  |               |           |  |  |  |  |  |  |           |  |  |  |  |  |  |           |  |  |  |  |  |  |                     |  |  |  |  |  |  |              |  |  |  |  |  |  |
|                                                                                                                                                                                                      | Oral exam                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |          | Research          |                 |                            |       |                        |  |            |                                      |           |        |                                      |  |  |            |  |            |                |                 |                 |                         |       |           |                |  |  |                |  |  |                                                                                                                  |  |  |                     |  |  |               |           |  |  |  |  |  |  |           |  |  |  |  |  |  |           |  |  |  |  |  |  |                     |  |  |  |  |  |  |              |  |  |  |  |  |  |
| <b>3.8 Assessment and evaluation of students' work during classes and at the final exam</b>                                                                                                          | <table border="1" data-bbox="603 891 1327 1227"> <thead> <tr> <th data-bbox="603 891 948 922">Activity specification</th> <th data-bbox="948 891 1136 922">Percent %</th> <th data-bbox="1136 891 1327 922">Points</th> </tr> </thead> <tbody> <tr> <td colspan="3" data-bbox="603 922 1327 954" style="text-align: center;"><i>Assessment during instruction</i></td> </tr> <tr> <td data-bbox="603 954 948 985">Attendance</td> <td data-bbox="948 954 1136 985"></td> <td data-bbox="1136 954 1327 985"></td> </tr> <tr> <td data-bbox="603 985 948 1016">Class activity</td> <td data-bbox="948 985 1136 1016"></td> <td data-bbox="1136 985 1327 1016"></td> </tr> <tr> <td data-bbox="603 1016 948 1048">Seminar/ project/ essay</td> <td data-bbox="948 1016 1136 1048"></td> <td data-bbox="1136 1016 1327 1048"></td> </tr> <tr> <td data-bbox="603 1048 948 1079">Midterm exam 1</td> <td data-bbox="948 1048 1136 1079"></td> <td data-bbox="1136 1048 1327 1079"></td> </tr> <tr> <td data-bbox="603 1079 948 1111">Midterm exam 2</td> <td data-bbox="948 1079 1136 1111"></td> <td data-bbox="1136 1079 1327 1111"></td> </tr> <tr> <td colspan="3" data-bbox="603 1111 1327 1169" 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 data-bbox="603 1169 948 1200"><i>Written exam</i></td> <td data-bbox="948 1169 1136 1200"></td> <td data-bbox="1136 1169 1327 1200"></td> </tr> <tr> <td data-bbox="603 1200 948 1227"><b>Total:</b></td> <td data-bbox="948 1200 1136 1227"></td> <td data-bbox="1136 1200 1327 1227"></td> </tr> </tbody> </table>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |          |                   |                 |                            |       |                        |  |            | Activity specification               | Percent % | Points | <i>Assessment during instruction</i> |  |  | Attendance |  |            | Class activity |                 |                 | Seminar/ project/ essay |       |           | Midterm exam 1 |  |  | Midterm exam 2 |  |  | <i>Exam assessment for the students who failed to fulfil all the obligatory requirements during the semester</i> |  |  | <i>Written exam</i> |  |  | <b>Total:</b> |           |  |  |  |  |  |  |           |  |  |  |  |  |  |           |  |  |  |  |  |  |                     |  |  |  |  |  |  |              |  |  |  |  |  |  |
| Activity specification                                                                                                                                                                               | Percent %                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   | Points   |                   |                 |                            |       |                        |  |            |                                      |           |        |                                      |  |  |            |  |            |                |                 |                 |                         |       |           |                |  |  |                |  |  |                                                                                                                  |  |  |                     |  |  |               |           |  |  |  |  |  |  |           |  |  |  |  |  |  |           |  |  |  |  |  |  |                     |  |  |  |  |  |  |              |  |  |  |  |  |  |
| <i>Assessment during instruction</i>                                                                                                                                                                 |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |          |                   |                 |                            |       |                        |  |            |                                      |           |        |                                      |  |  |            |  |            |                |                 |                 |                         |       |           |                |  |  |                |  |  |                                                                                                                  |  |  |                     |  |  |               |           |  |  |  |  |  |  |           |  |  |  |  |  |  |           |  |  |  |  |  |  |                     |  |  |  |  |  |  |              |  |  |  |  |  |  |
| Attendance                                                                                                                                                                                           |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |          |                   |                 |                            |       |                        |  |            |                                      |           |        |                                      |  |  |            |  |            |                |                 |                 |                         |       |           |                |  |  |                |  |  |                                                                                                                  |  |  |                     |  |  |               |           |  |  |  |  |  |  |           |  |  |  |  |  |  |           |  |  |  |  |  |  |                     |  |  |  |  |  |  |              |  |  |  |  |  |  |
| Class activity                                                                                                                                                                                       |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |          |                   |                 |                            |       |                        |  |            |                                      |           |        |                                      |  |  |            |  |            |                |                 |                 |                         |       |           |                |  |  |                |  |  |                                                                                                                  |  |  |                     |  |  |               |           |  |  |  |  |  |  |           |  |  |  |  |  |  |           |  |  |  |  |  |  |                     |  |  |  |  |  |  |              |  |  |  |  |  |  |
| Seminar/ project/ essay                                                                                                                                                                              |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |          |                   |                 |                            |       |                        |  |            |                                      |           |        |                                      |  |  |            |  |            |                |                 |                 |                         |       |           |                |  |  |                |  |  |                                                                                                                  |  |  |                     |  |  |               |           |  |  |  |  |  |  |           |  |  |  |  |  |  |           |  |  |  |  |  |  |                     |  |  |  |  |  |  |              |  |  |  |  |  |  |
| Midterm exam 1                                                                                                                                                                                       |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |          |                   |                 |                            |       |                        |  |            |                                      |           |        |                                      |  |  |            |  |            |                |                 |                 |                         |       |           |                |  |  |                |  |  |                                                                                                                  |  |  |                     |  |  |               |           |  |  |  |  |  |  |           |  |  |  |  |  |  |           |  |  |  |  |  |  |                     |  |  |  |  |  |  |              |  |  |  |  |  |  |
| Midterm exam 2                                                                                                                                                                                       |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |          |                   |                 |                            |       |                        |  |            |                                      |           |        |                                      |  |  |            |  |            |                |                 |                 |                         |       |           |                |  |  |                |  |  |                                                                                                                  |  |  |                     |  |  |               |           |  |  |  |  |  |  |           |  |  |  |  |  |  |           |  |  |  |  |  |  |                     |  |  |  |  |  |  |              |  |  |  |  |  |  |
| <i>Exam assessment for the students who failed to fulfil all the obligatory requirements during the semester</i>                                                                                     |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |          |                   |                 |                            |       |                        |  |            |                                      |           |        |                                      |  |  |            |  |            |                |                 |                 |                         |       |           |                |  |  |                |  |  |                                                                                                                  |  |  |                     |  |  |               |           |  |  |  |  |  |  |           |  |  |  |  |  |  |           |  |  |  |  |  |  |                     |  |  |  |  |  |  |              |  |  |  |  |  |  |
| <i>Written exam</i>                                                                                                                                                                                  |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |          |                   |                 |                            |       |                        |  |            |                                      |           |        |                                      |  |  |            |  |            |                |                 |                 |                         |       |           |                |  |  |                |  |  |                                                                                                                  |  |  |                     |  |  |               |           |  |  |  |  |  |  |           |  |  |  |  |  |  |           |  |  |  |  |  |  |                     |  |  |  |  |  |  |              |  |  |  |  |  |  |
| <b>Total:</b>                                                                                                                                                                                        |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |          |                   |                 |                            |       |                        |  |            |                                      |           |        |                                      |  |  |            |  |            |                |                 |                 |                         |       |           |                |  |  |                |  |  |                                                                                                                  |  |  |                     |  |  |               |           |  |  |  |  |  |  |           |  |  |  |  |  |  |           |  |  |  |  |  |  |                     |  |  |  |  |  |  |              |  |  |  |  |  |  |
| <b>3.9 Assessment criteria – analysis per learning outcomes</b>                                                                                                                                      | <table border="1" data-bbox="523 1317 1465 1648"> <thead> <tr> <th colspan="7" data-bbox="523 1317 1465 1348" style="text-align: center;">Ways of evaluating learning outcomes</th> </tr> <tr> <th data-bbox="523 1348 663 1402"></th> <th data-bbox="663 1348 817 1402">Attendance</th> <th data-bbox="817 1348 948 1402">Activity</th> <th data-bbox="948 1348 1078 1402">Mid-term exam 1</th> <th data-bbox="1078 1348 1209 1402">Mid-term exam 2</th> <th data-bbox="1209 1348 1347 1402">Practical work</th> <th data-bbox="1347 1348 1465 1402">Total</th> </tr> </thead> <tbody> <tr> <td data-bbox="523 1402 663 1433">Outcome 1</td> <td data-bbox="663 1402 817 1433"></td> <td data-bbox="817 1402 948 1433"></td> <td data-bbox="948 1402 1078 1433"></td> <td data-bbox="1078 1402 1209 1433"></td> <td data-bbox="1209 1402 1347 1433"></td> <td data-bbox="1347 1402 1465 1433"></td> </tr> <tr> <td data-bbox="523 1433 663 1464">Outcome 2</td> <td data-bbox="663 1433 817 1464"></td> <td data-bbox="817 1433 948 1464"></td> <td data-bbox="948 1433 1078 1464"></td> <td data-bbox="1078 1433 1209 1464"></td> <td data-bbox="1209 1433 1347 1464"></td> <td data-bbox="1347 1433 1465 1464"></td> </tr> <tr> <td data-bbox="523 1464 663 1496">Outcome 3</td> <td data-bbox="663 1464 817 1496"></td> <td data-bbox="817 1464 948 1496"></td> <td data-bbox="948 1464 1078 1496"></td> <td data-bbox="1078 1464 1209 1496"></td> <td data-bbox="1209 1464 1347 1496"></td> <td data-bbox="1347 1464 1465 1496"></td> </tr> <tr> <td data-bbox="523 1496 663 1527">Outcome 4</td> <td data-bbox="663 1496 817 1527"></td> <td data-bbox="817 1496 948 1527"></td> <td data-bbox="948 1496 1078 1527"></td> <td data-bbox="1078 1496 1209 1527"></td> <td data-bbox="1209 1496 1347 1527"></td> <td data-bbox="1347 1496 1465 1527"></td> </tr> <tr> <td data-bbox="523 1527 663 1559">Outcome 5</td> <td data-bbox="663 1527 817 1559"></td> <td data-bbox="817 1527 948 1559"></td> <td data-bbox="948 1527 1078 1559"></td> <td data-bbox="1078 1527 1209 1559"></td> <td data-bbox="1209 1527 1347 1559"></td> <td data-bbox="1347 1527 1465 1559"></td> </tr> <tr> <td data-bbox="523 1559 663 1590">Outcome not-related</td> <td data-bbox="663 1559 817 1590"></td> <td data-bbox="817 1559 948 1590"></td> <td data-bbox="948 1559 1078 1590"></td> <td data-bbox="1078 1559 1209 1590"></td> <td data-bbox="1209 1559 1347 1590"></td> <td data-bbox="1347 1559 1465 1590"></td> </tr> <tr> <td data-bbox="523 1590 663 1648"><b>Total</b></td> <td data-bbox="663 1590 817 1648"></td> <td data-bbox="817 1590 948 1648"></td> <td data-bbox="948 1590 1078 1648"></td> <td data-bbox="1078 1590 1209 1648"></td> <td data-bbox="1209 1590 1347 1648"></td> <td data-bbox="1347 1590 1465 1648"></td> </tr> </tbody> </table> <p data-bbox="523 1648 1465 1711">The course is not evaluated, and the achievement of outcomes is monitored through the activity and realization of tasks in the classroom.</p> |          |                   |                 |                            |       |                        |  |            | Ways of evaluating learning outcomes |           |        |                                      |  |  |            |  | Attendance | Activity       | Mid-term exam 1 | Mid-term exam 2 | Practical work          | Total | Outcome 1 |                |  |  |                |  |  | Outcome 2                                                                                                        |  |  |                     |  |  |               | Outcome 3 |  |  |  |  |  |  | Outcome 4 |  |  |  |  |  |  | Outcome 5 |  |  |  |  |  |  | Outcome not-related |  |  |  |  |  |  | <b>Total</b> |  |  |  |  |  |  |
| Ways of evaluating learning outcomes                                                                                                                                                                 |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |          |                   |                 |                            |       |                        |  |            |                                      |           |        |                                      |  |  |            |  |            |                |                 |                 |                         |       |           |                |  |  |                |  |  |                                                                                                                  |  |  |                     |  |  |               |           |  |  |  |  |  |  |           |  |  |  |  |  |  |           |  |  |  |  |  |  |                     |  |  |  |  |  |  |              |  |  |  |  |  |  |
|                                                                                                                                                                                                      | Attendance                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  | Activity | Mid-term exam 1   | Mid-term exam 2 | Practical work             | Total |                        |  |            |                                      |           |        |                                      |  |  |            |  |            |                |                 |                 |                         |       |           |                |  |  |                |  |  |                                                                                                                  |  |  |                     |  |  |               |           |  |  |  |  |  |  |           |  |  |  |  |  |  |           |  |  |  |  |  |  |                     |  |  |  |  |  |  |              |  |  |  |  |  |  |
| Outcome 1                                                                                                                                                                                            |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |          |                   |                 |                            |       |                        |  |            |                                      |           |        |                                      |  |  |            |  |            |                |                 |                 |                         |       |           |                |  |  |                |  |  |                                                                                                                  |  |  |                     |  |  |               |           |  |  |  |  |  |  |           |  |  |  |  |  |  |           |  |  |  |  |  |  |                     |  |  |  |  |  |  |              |  |  |  |  |  |  |
| Outcome 2                                                                                                                                                                                            |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |          |                   |                 |                            |       |                        |  |            |                                      |           |        |                                      |  |  |            |  |            |                |                 |                 |                         |       |           |                |  |  |                |  |  |                                                                                                                  |  |  |                     |  |  |               |           |  |  |  |  |  |  |           |  |  |  |  |  |  |           |  |  |  |  |  |  |                     |  |  |  |  |  |  |              |  |  |  |  |  |  |
| Outcome 3                                                                                                                                                                                            |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |          |                   |                 |                            |       |                        |  |            |                                      |           |        |                                      |  |  |            |  |            |                |                 |                 |                         |       |           |                |  |  |                |  |  |                                                                                                                  |  |  |                     |  |  |               |           |  |  |  |  |  |  |           |  |  |  |  |  |  |           |  |  |  |  |  |  |                     |  |  |  |  |  |  |              |  |  |  |  |  |  |
| Outcome 4                                                                                                                                                                                            |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |          |                   |                 |                            |       |                        |  |            |                                      |           |        |                                      |  |  |            |  |            |                |                 |                 |                         |       |           |                |  |  |                |  |  |                                                                                                                  |  |  |                     |  |  |               |           |  |  |  |  |  |  |           |  |  |  |  |  |  |           |  |  |  |  |  |  |                     |  |  |  |  |  |  |              |  |  |  |  |  |  |
| Outcome 5                                                                                                                                                                                            |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |          |                   |                 |                            |       |                        |  |            |                                      |           |        |                                      |  |  |            |  |            |                |                 |                 |                         |       |           |                |  |  |                |  |  |                                                                                                                  |  |  |                     |  |  |               |           |  |  |  |  |  |  |           |  |  |  |  |  |  |           |  |  |  |  |  |  |                     |  |  |  |  |  |  |              |  |  |  |  |  |  |
| Outcome not-related                                                                                                                                                                                  |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |          |                   |                 |                            |       |                        |  |            |                                      |           |        |                                      |  |  |            |  |            |                |                 |                 |                         |       |           |                |  |  |                |  |  |                                                                                                                  |  |  |                     |  |  |               |           |  |  |  |  |  |  |           |  |  |  |  |  |  |           |  |  |  |  |  |  |                     |  |  |  |  |  |  |              |  |  |  |  |  |  |
| <b>Total</b>                                                                                                                                                                                         |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |          |                   |                 |                            |       |                        |  |            |                                      |           |        |                                      |  |  |            |  |            |                |                 |                 |                         |       |           |                |  |  |                |  |  |                                                                                                                  |  |  |                     |  |  |               |           |  |  |  |  |  |  |           |  |  |  |  |  |  |           |  |  |  |  |  |  |                     |  |  |  |  |  |  |              |  |  |  |  |  |  |
| <b>3.10 Specific features related with taking the course</b>                                                                                                                                         | <p data-bbox="517 1711 1474 2069">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 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:</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |          |                   |                 |                            |       |                        |  |            |                                      |           |        |                                      |  |  |            |  |            |                |                 |                 |                         |       |           |                |  |  |                |  |  |                                                                                                                  |  |  |                     |  |  |               |           |  |  |  |  |  |  |           |  |  |  |  |  |  |           |  |  |  |  |  |  |                     |  |  |  |  |  |  |              |  |  |  |  |  |  |

|                                         |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |
|-----------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|                                         | <p>1. Teach Physical Education and Health,</p> <p>2. Additional activities organized or in which the Sports Association of Students of the Polytechnic of Međimurje participates, which includes:</p> <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> <p>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.</p> <p>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.</p> |
| <p><b>3.11 Students obligations</b></p> | <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>                              |
| <p><b>3.12 Written assignments</b></p>  | <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>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |
| <p><b>3.13 Required reading</b></p>     | <p>1.</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                |
| <p><b>3.14 Additional reading</b></p>   | <p>1.</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                |
|                                         | <p>2.</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                |
|                                         | <p>3.</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                |
|                                         | <p>4.</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                |
|                                         | <p>5.</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                |

|                                                     |                                                                                                                                                                                                                                                                                                                                                                                                                                                    |
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| <b>4.2 Contact the teacher</b>                      | <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 desirable for students to come as often as possible for any possible questions during the teacher's office hours.</p> |
| <b>4.3 Information about the course</b>             | <p>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.</p>                                                                                                                                                                            |
| <b>4.4 Course contribution to the study program</b> | <p>Apply the acquired learning skills, basic knowledge of the profession and problem solving necessary for continuing studies at a higher level.<br/>Apply communication and professional ethics.</p>                                                                                                                                                                                                                                              |