



# 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 IV</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 IV		<b>Seminars</b>	
<b>1.6 Semester</b>	IV		<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

<b>3.1 Course goals</b>	<p>The basic goal of the course is to improve basic theoretical and practical kinesiological knowledge and learn new conventional motor skills in order to encourage and train students for self-initiative lifelong and daily programming and implementation of the exercise process, and creating habits for a healthy lifestyle.</p> <p>Improving health and creating a habit of daily exercise.</p> <p>Introducing students to different types of sports content, and learning new theoretical and practical kinesiological knowledge.</p> <p>Introduce students to the basic principles of exercise and train them to create a program for individual exercise.</p>
<b>3.2 Prerequisites</b>	<p>There are no prerequisites</p> <p>The course Physical and Health Culture correlates and corresponds with the same course at all Polytechnics and Universities in the Republic of Croatia.</p>
<b>3.3 Course outcomes</b>	<p>After successfully completing the course, students will be able to:</p> <p>I1 - Identify the impacts and consequences of active and inactive lifestyles on human health</p> <p>I2 - Demonstrate the adopted technical and tactical elements of a particular kinesiological activity</p> <p>I3 - Use kinesiological terminology for various sports activities</p> <p>I4 - Apply the rules of individual kinesiological activity</p> <p>I5 - Design a basic physical exercise program to improve one's abilities and health</p>
<b>3.4 Course content</b>	<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.																																																																							
<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;">Assessment during instruction</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 1164" 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 1164 948 1196">Written exam</td> <td data-bbox="948 1164 1136 1196"></td> <td data-bbox="1136 1164 1327 1196"></td> </tr> <tr> <td data-bbox="603 1196 948 1227"><b>Total:</b></td> <td data-bbox="948 1196 1136 1227"></td> <td data-bbox="1136 1196 1327 1227"></td> </tr> </tbody> </table>									Activity specification	Percent %	Points	Assessment during instruction			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>			Written exam			<b>Total:</b>																																			
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<b>3.9 Assessment criteria – analysis per learning outcomes</b>	<table border="1" data-bbox="523 1317 1465 1653"> <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 667 1402"></th> <th data-bbox="667 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 1212 1402">Mid-term exam 2</th> <th data-bbox="1212 1348 1347 1402">Practical work</th> <th data-bbox="1347 1348 1465 1402">Total</th> </tr> </thead> <tbody> <tr> <td data-bbox="523 1402 667 1433">Outcome 1</td> <td data-bbox="667 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 1212 1433"></td> <td data-bbox="1212 1402 1347 1433"></td> <td data-bbox="1347 1402 1465 1433"></td> </tr> <tr> <td data-bbox="523 1433 667 1464">Outcome 2</td> <td data-bbox="667 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 1212 1464"></td> <td data-bbox="1212 1433 1347 1464"></td> <td data-bbox="1347 1433 1465 1464"></td> </tr> <tr> <td data-bbox="523 1464 667 1496">Outcome 3</td> <td data-bbox="667 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 1212 1496"></td> <td data-bbox="1212 1464 1347 1496"></td> <td data-bbox="1347 1464 1465 1496"></td> </tr> <tr> <td data-bbox="523 1496 667 1527">Outcome 4</td> <td data-bbox="667 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 1212 1527"></td> <td data-bbox="1212 1496 1347 1527"></td> <td data-bbox="1347 1496 1465 1527"></td> </tr> <tr> <td data-bbox="523 1527 667 1559">Outcome 5</td> <td data-bbox="667 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 1212 1559"></td> <td data-bbox="1212 1527 1347 1559"></td> <td data-bbox="1347 1527 1465 1559"></td> </tr> <tr> <td data-bbox="523 1559 667 1590">Outcome not-related</td> <td data-bbox="667 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 1212 1590"></td> <td data-bbox="1212 1559 1347 1590"></td> <td data-bbox="1347 1559 1465 1590"></td> </tr> <tr> <td data-bbox="523 1590 667 1653"><b>Total</b></td> <td data-bbox="667 1590 817 1653"></td> <td data-bbox="817 1590 948 1653"></td> <td data-bbox="948 1590 1078 1653"></td> <td data-bbox="1078 1590 1212 1653"></td> <td data-bbox="1212 1590 1347 1653"></td> <td data-bbox="1347 1590 1465 1653"></td> </tr> </tbody> </table> <p data-bbox="523 1653 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>						
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<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>

<p><b>4.2 Contact the teacher</b></p>	<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>
<p><b>4.3 Information about the course</b></p>	<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>
<p><b>4.4 Course contribution to the study program</b></p>	<p>Apply the acquired learning skills, basic knowledge of the profession and problem solving necessary for continuing studies at a higher level. Apply communication and professional ethics.</p>