

NAME OF THE COURSE		Physical Education I				
Code	PMS131	Year of study				
Course teacher	izv. prof.dr. sc. Mladen Hraste	Credits (ECTS)	1,0			
Associate teachers		Type of instruction (number of hours)	L	S	E	F
					30	
Status of the course		Percentage of application of e-learning				
COURSE DESCRIPTION						
Course objectives	The main aims of the subject are to maintain and improve the health of students, raise their quality of life and study, acquire a permanent habit and custom to exercise through the optimization of all anthropological characteristics.					
Course enrolment requirements and entry competences required for the course	There are no requirements for subject enrolling. There are no entry competences required for the course.					
Learning outcomes expected at the level of the course (4 to 10 learning outcomes)	<p>After completing the course students will be capable:</p> <ul style="list-style-type: none"> <li>o better mental and physical health</li> <li>o to maintain and to develop the health status by applying of exercise</li> <li>o to implement physically active lifestyle</li> <li>o to promote the value of an active and healthy lifestyle</li> </ul>					
Course content broken down in detail by weekly class schedule (syllabus)	<p>Course content broken down in detail by weekly class schedule (syllabus)</p> <p>1st teaching topic (2 hours): learning and improvement biotic movement structures 1; develop and maintain aerobic abilities</p> <p>2nd teaching topic (2 hours): learning and improvement biotic movement structures 2; develop and maintain aerobic abilities</p> <p>3rd teaching topic (2 hours): learning and improving fitness program 1 and / or learning and improving basic movement structures of chosen kinesiological activities; develop and maintain aerobic abilities</p> <p>4th teaching topic (2 hours): learning and improving fitness program 1 and / or learning and improving specific movement structures of chosen kinesiological activities; develop and maintain aerobic abilities</p> <p>5th teaching topic (2 hours): learning and improving fitness program 1 and / or learning and improving basic technical elements 1 of chosen kinesiological activities; develop and maintain aerobic abilities</p> <p>6th teaching topic (2 hours): learning and improving fitness program 1 and / or learning and improving basic technical elements 2 of chosen kinesiological activities; develop and maintain aerobic abilities</p> <p>7th teaching topic (2 hours): learning and improving fitness program 1 and / or learning and improving basic technical elements 3 of chosen kinesiological activities; develop and maintain mixed aerobic-anaerobic abilities</p> <p>8th teaching topic (2 hours): learning and improving fitness program 2 and / or learning and improving basic technical elements 4 of chosen kinesiological activities; develop and maintain mixed aerobic-anaerobic abilities</p> <p>9th teaching topic (2 hours): learning and improving fitness program 2 and / or learning and improving basic tactical elements 1 of chosen kinesiological activities; develop and maintain mixed aerobic-anaerobic abilities</p>					

	<p>10th teaching topic (2 hours): learning and improving fitness program 2 and / or learning and improving basic tactical elements 2 of chosen kinesiological activities; develop and maintain mixed aerobic-anaerobic abilities</p> <p>11th teaching topic (2 hours): learning and improving fitness program 2 and / or learning and improving basic tactical elements 3 of chosen kinesiological activities; develop and maintain mixed aerobic-anaerobic abilities</p> <p>12th teaching topic (2 hours): learning and improving fitness program 3 and / or learning and improving basic tactical elements 4 of chosen kinesiological activities; develop and maintain anaerobic alactate abilities</p> <p>13th teaching topic (2 hours): learning and improving fitness program 3 and / or learning and improving complex technical elements 1 of chosen kinesiological activities; develop and maintain anaerobic alactate abilities</p> <p>14th teaching topic (2 hours): learning and improving fitness program 3 and / or learning and improving complex technical elements 2 of chosen kinesiological activities; develop and maintain anaerobic alactate abilities</p> <p>15th teaching topic (2 hours): learning and improving fitness program 3 and / or learning and improving complex tactical elements 1 of chosen kinesiological activities; develop and maintain anaerobic alactate abilities</p>					
Format of instruction						
Student responsibilities	Students are required to attend a minimum of 24 out of 30 planned hours (80%).					
Screening student work <i>(name the proportion of ECTS credits for each activity so that the total number of ECTS credits is equal to the ECTS value of the course)</i>	Name	Ects	Name	Ects	Name	Ects
Grading and evaluating student work in class and at the final exam	<p>The subject has not a grading.</p> <p>During the classes a motor movement of students will be positively evaluated if it performed flawlessly, easily and harmoniously; flawless, easy and consistent, but a bit "harder"; with minor errors and with less difficulty.</p> <p>During the classes a motor movement of students will not be positively evaluated if it is done with large errors and with great difficulty or can not perform a motor task is not in the elemental form.</p>					
Required literature <i>(available in the library and via other media)</i>	<b>Title</b>			<b>Number of copies in the library</b>	<b>Availability via other media</b>	
				0		

Optional literature (at the time of submission of study programme proposal)	<a href="http://www.pmfst.hr/~mhraste/">http://www.pmfst.hr/~mhraste/</a> Handbook: Physical Education
Quality assurance methods that ensure the acquisition of exit competences	Internal and external expert evaluation. Student evaluation.
Other (as the proposer wishes to add)	