

| NAME OF THE COURSE | | Kinesiological activity, fitness and health | | | | |
|---|---|---|-----|---|----|---|
| Code | PMS135 | Year of study | | | | |
| Course teacher | izv. prof.dr. sc. Mladen Hraste | Credits (ECTS) | 2,0 | | | |
| Associate teachers | | Type of instruction (number of hours) | L | S | E | F |
| | | | 15 | | 15 | |
| Status of the course | | Percentage of application of e-learning | | | | |
| COURSE DESCRIPTION | | | | | | |
| Course objectives | The first objective of the course is to help students in understanding and implementation of a healthy way of life. Another goal of the course to over kinesiology operators maintain and improve their health and raise their quality of life and study. | | | | | |
| Course enrolment requirements and entry competences required for the course | There are no requirements for subject enrolling. There are no entry competences required. | | | | | |
| 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"> o to implement independent participation in fitness programs o to implement physically active lifestyle o to apply learned knowledge and skills needed for further independent learning and the acquisition of new motor competence o to promote the value of an active and healthy lifestyle o better mental and physical health | | | | | |
| Course content broken down in detail by weekly class schedule (syllabus) | <p>1st teaching topic (2 hours of lectures): concept and definition of kinesiology; development and structure of kinesiology</p> <p>2nd teaching topic (2 hours of lectures): equation specifications in sports</p> <p>3rd teaching topic (2 hours of lectures): kinesiological activity and health</p> <p>4th teaching topic (2 hours of lectures): review of scientific research on the effects of kinesiology to human health</p> <p>5th teaching topic (2 hours of lectures): program of contemporary aerobics</p> <p>6th teaching topic (2 hours of lectures): cardio fitness program</p> <p>7th teaching topic (3 hours of lectures): weight fitness program</p> <p>8th teaching topic (2 hours of exercises): program of contemporary aerobics (pilates)</p> <p>9th teaching topic (2 hours of exercises): program of contemporary aerobics (aerobic)</p> <p>10th teaching topic (2 hours of exercises): cardio fitness program (manual i fat burn program)</p> <p>11th teaching topic (2 hours of exercises): cardio fitness program (high intensity interval training)</p> <p>12th teaching topic (2 hours of exercises): weight fitness program for low extremities</p> <p>13th teaching topic (2 hours of exercises): weight fitness program for hands and shoulders</p> <p>14th teaching topic (3 hours of exercises): weight fitness program for trunk</p> | | | | | |

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| Format of instruction | | | | | | |
| Student responsibilities | Students are required to attend a minimum of 24 out of 30 planned hours (80%). | | | | | |
| Screening student work (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) | Name | Ects | Name | Ects | Name | Ects |
| | | | | | | |
| Grading and evaluating student work in class and at the final exam | <p>The course is rated as the arithmetic mean score of the practical exam and the theoretical exam.</p> <p>The student will get a grade excellent (5) of the practical part of the exam if motor movement performed flawlessly, easily and harmoniously.</p> <p>The student will get a grade very good (4) of the practical part of the exam if motor movement performed flawlessly, easily and harmoniously, but a little "harder".</p> <p>Students will get a good grade (3) of the practical part of the exam if motor movement performed with minor errors and with less difficulty.</p> <p>The student will get a grade sufficient (2) of the practical part of the exam if motor movement performed with major mistakes and with great difficulty.</p> <p>Students will receive an unsatisfactory grade (1) of the practical part of the exam if you can not perform a motor task is not in the elemental form.</p> <p>The theoretical part is taken by written test</p> | | | | | |
| Required literature (available in the library and via other media) | Title | | | Number of copies in the library | Availability via other media | |
| | | | | 0 | | |
| Optional literature (at the time of submission of study programme proposal) | <p>Delavier F. (2009). Anatomski vodič za vježbe snage. Medicinska naklada, Zagreb.</p> <p>Milanović i sur. (1996). Fitness. Fakultet za fizičku kulturu Sveučilišta u Zagrebu, Zagrebački velesajam, Zagrebački športski savez, Fakultet za fizičku kulturu.</p> <p>Mišigoj-Duraković M. i sur. (1999). Tjelesno vježbanje i zdravlje. Fakultet za fizičku kulturu Sveučilišta u Zagrebu.</p> <p>Mraković M. (1993). Osnove sistematske kineziologije. Priručnik za sportske trenere (ur. Milanović D., Kolman M.). Fakultet za fizičku kulturu, Hrvatske olimpijski odbor, Zagrebački sportski savez.</p> <p>Sharkey, B. J. ; Gaskill, S. E. (2008). Fitness and health. Vežbanje i zdravlje. Beograd: Subcom.</p> | | | | | |
| Quality assurance methods that ensure the | Internal and external expert evaluation. Student evaluation. | | | | | |

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| acquisition of exit competences | |
| Other (as the proposer wishes to add) | |