

<b>PHYSICAL EDUCATION 1</b>	
<b>GENERAL INFORMATION</b>	
Course coordinator	Mario Oršolić, MA
Assistant/Associate	-----
Study Programme	Integrated undergraduate and graduate university study of Medicine
Status of the course	Mandatory
Year of study, semester	1 <sup>st</sup> year, 2 <sup>nd</sup> semester
ECTS	<b>1</b>
Workload (hours)	Exercises (60)
Expected number of students	70
<b>COURSE DESCRIPTION</b>	
<b>Course objectives</b>	
<p>The basic goal of the course is to improve basic theoretical and practical kinesiology knowledge and learn new motor skills in order to encourage and train students for self-initiated lifelong and regular physical exercise and the creation of 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 kinesiology knowledge.</p> <p>To acquaint students with the basic principles of exercise and train them to create simple programs for individual exercise.</p>	
<b>Enrolment requirements and entry competencies</b>	
No conditions.	
<b>Learning outcomes at the Programme level</b>	
<b>2.3.</b>	
<b>Learning outcomes (5-10)</b>	
<ol style="list-style-type: none"> <li>1. Apply basic kinesiology theoretical and practical motor knowledge and skills of individual kinesiology activities important for success during studies;</li> <li>2. Develop abilities, traits and positive attitudes defined within the physical and health education area that contribute to more successful studies;</li> <li>3. Recognize the need and importance of regular exercise in order to preserve health and improve the quality of life;</li> <li>4. Integrate certain kinesiology content into the enrolled study group/s;</li> <li>5. Create an active vacation (an active break between studies, during free time);</li> <li>6. To present tolerance, work habits and self-discipline.</li> </ol>	
<b>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 kinesiology knowledge and skills, improving health and level of anthropological status of each student.</p> <p>The course teaches the principles of exercise through which students are trained to create independent exercise programs, and the habit of lifelong exercise is developed.</p>	
<b>Program content</b>	
<b>A program – basic regular kinesiology activities</b>	
Athletics	
- Sports walking, Jogging	

Racket sports  
 - Badminton, Table tennis  
 Fitness programs  
 - Fitness, Aerobics, Pilates  
 Ball sports  
 - Small football, Basketball, Volleyball, Handball  
 Water sports  
 - Swimming  
 Dance expressions  
 - Social dance, Dance mix, Classical ballet, Jazz, Contemporary dance, Salsa, Folk dance  
 Health program  
 - Adapted physical exercise (Health-oriented physical exercise) and other kinesiology activities, considering the interest of students and the material and other necessary conditions of implementation.

**B program – optional interesting kinesiology activities with financial participation**  
 Chess, Skating, Archery, Squash, Free climbing on an artificial rock, Tennis, Horseback riding, Rowing, Sailing, Skiing, and other kinesiology activities, considering the interest of the students and material and other necessary conditions of implementation.

**C program - kinesiology activities organized by University of Josip Juraj Strossmayer in Osijek.**  
 Mountaineering and hiking tours, Rafting

**D program - kinesiology activities for students with disabilities**

**E program - optional kinesiology activities for students in higher years of study**

**F program - auditory exercises: educational panels, seminars, workshops, courses and others**

**G program – trips and excursions with organized classes from Physical and Health Culture**

**H program - sports: sports instruction, competitions at university level, HASS, international**

**Mode of teaching**

Exercises

**Student obligations**

Students are expected to attend all class sessions, as well as to take all the examinations. However, they are allowed for excused absences, totalling 30% of all classes.

**Monitoring student work (alignment of learning outcomes, teaching methods, and grading)**

Teaching activity	ECTS	Learning outcome	Student activity	Assessment methods	Grade points	
					Min.	Max.
Class attendance	0,5	1-5	Class attendance	Evidence sheet; evaluation	30	60
Exercises	0,5	1-5	Presence with active participation	Checking acquired skills	20	40
<b>Total</b>	<b>1</b>				<b>50</b>	<b>100</b>

At the end, the course coordinator assigns the grade "passed" to the student who achieves 50 or more grade points in the course, with the condition that the student must have a minimum number of points from all teaching activities.

<b>Required reading (available in the library and through other media)</b>		
There is no mandatory literature in the subject of Physical and Health Culture, since there is no exam. Students are referred to literature related to physical and health culture, along with improving and preserving health, proper nutrition, injury prevention, history of sports, rules of sports, methods and goals of training, the importance of regular exercise throughout life, news in the world of sports, recreation and kinesitherapy.	Number of copies in the library	Availability through other media
<b>Additional reading</b>		
<ol style="list-style-type: none"> <li>1. Neljak, B., Caput-Jogunica, R. (2012). Kineziološka metodika u visokom obrazovanju. Zagreb: Kineziološki fakultet Sveučilišta u Zagrebu.</li> <li>2. Milanović, D. (2009). Teorija i metodika treninga. Zagreb: Kineziološki fakultet Sveučilišta u Zagrebu.</li> <li>3. Mišigoj-Duraković, M. (2008). Kinantropologija – biološki aspekti tjelesnog vježbanja. Zagreb: Kineziološki fakultet Sveučilišta u Zagrebu.</li> <li>4. Zbornici radova ljetnih škola kineziologa RH. Dostupno na: <a href="http://www.hrks.hr/zbornici.htm">http://www.hrks.hr/zbornici.htm</a></li> <li>5. Zvonimir Šatalić, Maroje Sorić, Marjeta Mišigoj-Duraković (2015.); Sportska prehrana, Znanje.</li> <li>6. Jukić, I., Marković. G. (2005). Kondicijske vježbe s utezima. Zagreb. Kineziološki fakultet Sveučilišta u Zagrebu.</li> <li>7. Janković, V., N. Marelić (2003) Odbojka za sve, Zagreb: Autorska naklada.</li> </ol>		
<b>Course evaluation procedures</b>		
Anonymous, quantitative, standardized student survey providing feedback on the course as well as on the work of course coordinators and their assistants/associates is being conducted by the QA Office of the Faculty of medicine Osijek.		
<b>Note /Other</b>		
The teacher monitors the curricular and extracurricular activities of the students in the subject of Physical and Health Culture and the fulfillment of obligations, and keeps records of regular attendance, activities, and effort in class, which is a condition for signature. E-learning does not count towards course contact hours, but is being used in teaching and comprises links to various web pages, as well as video and audio materials available on web pages.		