

PHYSICAL EDUCATION 2	
GENERAL INFORMATION	
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	2 nd year, 3 rd semester
ECTS	1
Workload (hours)	Exercises (60)
Expected number of students	70
COURSE DESCRIPTION	
Course objectives	
The main goal is to learn new theoretical and practical kinesiology knowledge from individual kinesiology activities according to the students' choice. The next goal is to train students to create programs for individual exercise.	
Enrolment requirements and entry competencies	
No conditions.	
Learning outcomes at the Programme level	
2.3.	
Learning outcomes (5-10)	
<ol style="list-style-type: none"> 1. Identify the influences and consequences of an active and inactive lifestyle on human health; 2. Demonstrate the adopted technical and tactical elements of a particular kinesiology activity; 3. Use kinesiology terminology for various sports activities; 4. Apply the rules of individual kinesiology activities; 5. Design a basic program of physical exercise in order to improve one's abilities and health. 	
Course content	
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 the health and level of anthropological status of each student. 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.	
Program content	
A program – basic regular kinesiology activities	
Athletics	
- Sports walking, Jogging	
Racket sports	
- Badminton, Table tennis	
Fitness programs	
- Fitness, Aerobics, Pilates	
Ball sports	
- Small football, Basketball, Volleyball, Handball	
Water sports	
- Swimming	

<p>Dance expressions - Social dance, Dance mix, Classical ballet, Jazz, Contemporary dance, Salsa, Folk dance</p> <p>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.</p> <p>B program – optional interesting kinesiology activities with financial participation Chess, Skating, Archery, Squash, Free rock climbing, Tennis, Horse riding, Rowing Sailing, Skiing, and other kinesiology activities, considering the interest of the students and the material and other necessary conditions of implementation.</p> <p>C program - kinesiology activities organized by University of Josip Juraj Strossmayer in Osijek. Mountaineering and hiking tours, Rafting</p> <p>D program - kinesiology activities for students with disabilities</p> <p>E program - optional kinesiology activities for students in higher years of study</p> <p>F program - auditory exercises: educational panels, seminars, workshops, courses and others</p> <p>G program – trips and excursions with organized classes from Physical and Health Culture</p> <p>H program - sports: sports instruction, competitions at university level, HASS, international</p>						
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
Total	1				50	100
<p><i>Calculation of final grade:</i> 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.</p>						
Required reading (available in the library and through other media)						
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				Number of copies in the library	Availability through other media	

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.		
Additional reading		
<ol style="list-style-type: none"> 1. Neljak, B., Caput-Jogunica, R. (2012). Kineziološka metodika u visokom obrazovanju. Zagreb: Kineziološki fakultet Sveučilišta u Zagrebu. 2. Milanović, D. (2009). Teorija i metodika treninga. Zagreb: Kineziološki fakultet Sveučilišta u Zagrebu. 3. Mišigoj-Duraković, M. (2008). Kinantropologija – biološki aspekti tjelesnog vježbanja. Zagreb: Kineziološki fakultet Sveučilišta u Zagrebu. 4. Mišigoj-Duraković, M. i sur. (1999). Tjelesno vježbanje i zdravlje. Zagreb: Fakultet za fizičku kulturu. 5. Zbornici radova ljetnih škola kineziologa RH. Dostupno na: http://www.hrks.hr/zbornici.htm 6. Zvonimir Štalić, Maroje Sorić, Marjeta Mišigoj-Duraković (2015.); Sportska prehrana, Znanje. 7. Jukić, I., Marković. G. (2005). Kondicijske vježbe s utezima. Zagreb. Kineziološki fakultet Sveučilišta u Zagrebu. 8. Janković, V., N. Marelić (2003) Odbojka za sve, Zagreb: Autorska naklada. 9. Tudor O. Bomp, PhD (2006): Periodizacija- teorija i metodologija treninga, Gopal Zagreb. 		
Course evaluation procedures		
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.		
Note /Other		
<p>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.</p> <p>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.</p>		