

SYLLABUS

1. Course title:

Physical and Health Education II

2. Code:

TZO2

3. Cycle of study:

1

4. ECTS credits:

0

5. Type of course:

☒ Mandatory ☐ Elective

6. Prerequisites:

(max. 110 characters)

7. Class restrictions:

Students of the first (I) cycles

8. Duration / semester:

1

2

9. Weekly contact hours:

9.1. Lectures:

0

9.2. Seminars:

0

9.3. Laboratory/Practice classes:

2

10. Faculty:

Faculty of Electrical Engineering

11. Department/study program:

Electrical Engineering and Computer Science

12. Lecturer:

Ph.D Tarik Huremović, assistant professor

13. Lecturer's e-mail:

tarik.huremovic@untz.ba

14. Web site:

www.ef.untz.ba

15. Course aims:

The aim of physical and health education in higher education is:

1. learning new motor skills,
2. Training of basic theoretical and practical motor skills,
3. preventing the process of deterioration or premature reduction in the level of traits and abilities due to inadequate physical activity,
4. training of students for individual physical exercise and rational, content use and free time,
5. promotion of bodybuilding and sports culture,
6. Aid for quality life in youth, maturity and age.

16. Learning outcomes:

Understand the Importance of Kinesiological Practical Education in the Physical and Health Education Area. Students will gain theoretical knowledge of rules and sports competitions and perfect the basic elements of techniques and tactics of selected sports games as well as receive instructions on maintaining and enhancing certain anthropological features. By informing about the importance of everyday physical exercise, proper nutrition, personal hygiene, sportswear, and footwear and behavior on sports grounds, can be influenced on the formation of exercise habits for the purpose of improving health and quality of life.

17. Course content:

The program of physical and health education at the University of Tuzla is divided into several curricula whose common characteristic is the selection of kinesiological activities during the academic year.

Conceptually, this curriculum is complemented by program contents of physical education and health education in high school. For them, students opt for interest, degree of adoption of motor skills, level of ability and health status. Within the subject, students are committed to the offered curriculum at the beginning of the semester, who are obliged to attend the semester.

These are the following programs: basketball, soccer, volleyball, aerobics, fitness, table tennis, self defense, nature hiking, acrobatics, sports climbing, handball, dances, karate, tee-bo, badminton, tennis and chess.

18. Learning methods:

For the purpose of efficient teaching and achievement of the expected objectives of the course and the competences of the students, during the course and at the end of the semester there are planned activities of successful learning: concrete experience, observation and active experimentation. Teaching style taught in teaching: visual, auditory, kinesthetic, and teaching methods: Theoretical-practical teaching (exercises).

19. Assessment methods:

The knowledge and skills check will be carried out during the course of the first semester - 30 hours (15 arrivals) during the course of work with the students (regularity and teaching activities).

20. Assessment components:

The final grade is formed in relation to the total number of tuition in the first semester. In order to have a colloquy student must attend (actively participate) at least 2/3 of the class (20 lessons). In case it does not meet this criterion, it is obliged to compensate for the missed lessons at later specified deadlines. To successfully master the program in this subject gets the final grade of "Colloquy".

21. Required reading list:

(max. 1052 characters)

22. Web sources:

(max. 687 characters)

23. Applicable starting from the academic year:

2016/2017

24. Adopted in the Faculty/Academy session:

04.04.2016