SYLLABUS

1. Course title:

Physical Education II

2. Code:

3. Cycle of study:

1

4. ECTS credits:

4

5. Type of course:

(●) Mandatory ( ) Elective

6. Prerequisites:

none

7. Class restrictions:

8. Duration / semester:

1 2

9. Weekly contact hours:

9.1. Lectures:	2
9.2. Seminars:	0
9.3. Laboratory/Practice classes:	2

10. Faculty:

Faculty of Humanities & Social Sciences

11. Department/study program:

Teacher Education

12. Lecturer:

Dr.sc. Indira Jašarević, full.prof.

13. Lecturer's e-mail:

indira.jasarevic@untz.ba

14. Web site:

www.ff.untz.ba

15. Course aims:

The goal of theoretical teaching of physical education is to educate students about the means of activities and teaching physical and health education in preschool and younger school age, ie. to learn which are the means that are applied in certain parts of the class (directed and free activities), in certain ages, ie classes.

16. Learning outcomes:

Students are expected to understand the importance of applying physical and health education programs to younger school children, and to learn a wide range of physical education tools that will serve to transform the basic anthropological characteristics of children. It is expected that students will develop creative and organizational skills of creating and implementing program content.

17. Course content:

- Psychomotor abilities - strength, speed, endurance
-Psychomotor abilities - precision, balance, coordination, flexibility
-Correct posture - attitudes of bad posture, consequences of bad posture, TO against bad posture
-Body deformities- clinical picture
-Principles in sports culture
-Examples of teaching content - introductory notes, organization, resources of the introductory part of the lesson (directed activities)
-Preparatory part of the lesson (activities) - design exercises-selection, division, influence
-Athletics - high start, low start, running and walking, high and long jumps, skipping rope
- Catching, passing, throwing, lifting, carrying, pulling, pushing.
- Acrobatics - reel forward, reel back.
- Dances; Balance exercises;
Elementary games; Final part of the lesson (activities).

18. Learning methods:

Method of oral presentation, method of indirect demonstration - video, photographs, movies.

19. Assessment methods:

Students will be assessed after gaining a certain number of points during the semester and relate to:
class attendance, activities during classes (lectures), 2 colloquia, and the final exam or remedial exams.
During the semester, a student can earn a maximum of 100 points
The student will receive points for attending lectures (15-20 points) for attending lectures, while for each absence 1 point will be deducted (for 5 maximum 5 absences of 1 point). During the semester in colloquia (2 colloquia), a student can get a minimum of 11 and a maximum of 20 points for each colloquium.

15-20 points - arrivals
10-20 points - 1st colloquium
10-20 points - 2nd colloquium
10-20 points - activities
20 points - seminar paper

Min.55 max. 100 points
The student can take the exam from the theoretical part when he has passed the practical part, ie. gained 10 -20 points.

20. Assessment components:

POINTS FINAL SCORE

<53 five (5); not satisfactory; F
54-63 six (6); sufficient; E
64-73 seven (7); good; D
74-83 eight (8); very good; C
84-93 nine (9); extraordinary; B
94-100 ten (10); excellent; A

21. Required reading list:

Srđenović, V., Theory and Methodology of Physical and Health Education in Classroom Teaching. Karanko, Ph.D., Tuzla, Tuzla, 1991
Hadžikadunić, M.Balta.S.:Correction of posture in preschool children.Faculty of Sports, Sarajevo, 2000.

22. Web sources:

23. Applicable starting from the academic year:

2022/23

24. Adopted in the Faculty/Academy session: