

SYLLABUS

1. Course title:

ATHLETICS 1

2. Code:**3. Cycle of study:**

1

4. ECTS credits:

6

5. Type of course: Mandatory Elective**6. Prerequisites:**

Completed semester, with min. 50% of the points pre-exam students

7. Class restrictions:

Students of the Cycle of the Department of Study STUDENT EDUCATION AND SPORT

8. Duration / semester:

15

1

9. Weekly contact hours:

9.1. Lectures:

3

9.2. Seminars:

0

9.3. Laboratory/Practice classes:

2

10. Faculty:

Faculty of Physical Education and Sports

11. Department/study program:

Physical education and sport

12. Lecturer:

Prof. dr sc. Nađija Vukadinović

13. Lecturer's e-mail:

nada.vukadinovic@untz.ba

14. Web site:

www.untz.ba

15. Course aims:

The course objectives of the course are: Introducing students with basic athletics, facts of theoretical and practical significance in the field of physical education and basic methods of training athletic techniques, getting acquainted with basic organizational forms of work used in teaching, getting acquainted with the basic knowledge that is related For understanding, and applying them in the methodological training and practical application of sports athletic disciplines, to familiarize them with basic training Practical and practical terminology.

16. Learning outcomes:

After completing the semester, students who regularly attend classes on the subject ATHLETICS AND:

- Students will through this course acquire theoretical and practical CNIM knowledge required in the realization of the program content from a somersault athletics and in the upbringing - educational process (Physical and Health Education) at all levels.
- will be trained to use basic organizational forms of work they will be useful,
- intellectual skills and ability to communicate will will be at a higher level,
- will be trained to use the available literature and solving various problems of varying complexity.

17. Course content:

Within the theoretical lectures on the subject of athletics and studied Cavata will be teaching units related to the theory and Methodology of athletics. Topics relating to: Within the theoretical lectures, students will in the course ATHLETICS I go follow will teaching units:

1. Basic concepts in athletics and historical development of athletics, Athletics in Bosnia and Herzegovina. 2. The basic characteristics athletics.
- 3rd systematization atleskih discipline. Fourth paths, devices, equipment.
5. Principles and characteristics of developmental age. Teaching in primary school athletics, athletics teaching in secondary schools.
6. The technique of running: sprinting, relay running, hurdling. Running on the medium and long run. Technique low start. The technique of high start.
- 7th Technique rebounds. Long jump. Trosokok. High Jump.

18. Learning methods:

For the purpose of effective teaching and to achieve the expected goals of subjects and competencies of students during and at the end of the semester the course are planned activities for learning: concrete experience, observation and active eksperimentiranje. Stilovi learning sets represented in visual, auditory, kinesthetic, a teaching method: lecture (lectures using multimedia means, and active learning techniques discussion), practical teaching (exercises), theoretical knowledge (theory and practical)

19. Assessment methods:

The assessment of students starting from the presence of the lectures (max.10 points.) And exercise (max.10 points.), As well as theoretical colloquia (max.5 point.) And practical (max.10bod.), Meaning from the beginning semester. Students are required to acquire min.50%, which is 25 points, the total pre-exam requirements, in order to validate the subject and become eligible for taking the final exam.

Students who are absent for justified reasons more than three weeks of classes during the semester, I can not go out on final exam until you catch-up classes.

The total score is obtained by summing up the maximum points from all activities throughout the semester.

Continuous activity pre-exam requirements throughout the semester students can achieve 50 points. (10 + 10 + 5 + 5 + 10), which makes 50% of the examination, while the remaining 50% is achieved in the final exam.

Assessment is performed at the final examination is preferably practically cally, which is also the eliminatory for further assessment. Then, writing and / or verbally explaining their knowledge.

The practical test is the verification of elements in the field that the curriculum provided for this semester. The maximum number of points on the practical part of the exam is 32 points, a minimum 16 points, all below the minimum number in the end would mean that the student did not satisfy the weak points.

Written and / or oral check is done by asking questions of the subject teacher, where the maximum number of points eighteen (18). The minimum number of points is nine (9), all under the minimum number of known with brio to the student did not satisfy the weak points.

Finally, with the maximum number of points it would look like: 32 + 18

Rating exam is based on the total number of points a student earned by completing pre-exam and examinations, and to the quality of the acquired knowledge and skills, contains a maximum of 100 points, and is based on the

the following scale:

STUDENTS CREDITS

presence in lectures and exercises 10 + 10

Exam I and II theory 5 + 5

Exam I and II exercises 10 + 10

final exam (theoretical + practical) 32 + 18

20. Assessment components:

The final score is formed in relation to the total number of points during the semester, ie. pre-exam and the final exam itself.

FINAL SCORE POINTS

<53 five (5); unsatisfactory; F

54-63 six (6); enough; E

64-73 seven (7); good; D

74-83 eight (8); very good; C

84-93 nine (9); outstanding; B

94-100 ten (10); excellent; A

21. Required reading list:

Milanović, D. E. Hoffman, Puharić V., V. Schneider (1986): Athletes. Zagreb.

Second Stefanovic, D., (1992). Athletics - Technique. Belgrade.

3rd International Regulations for athletic competition, 2005, AS BiH.

22. Web sources:**23. Applicable starting from the academic year:**

2015/2016

24. Adopted in the Faculty/Academy session: