

## SYLLABUS

**1. Course title:**

Athletis 2

**2. Code:****3. Cycle of study:****4. ECTS credits:****5. Type of course:** Mandatory  Elective**6. Prerequisites:**

Completed I year of study (I and II semester) with min. 50% of the student's prepayment points

**7. Class restrictions:**

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

**8. Duration / semester:****9. Weekly contact hours:**

9.1. Lectures:

9.2. Seminars:

9.3. Laboratory/Practice classes:

**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 objectives of the course are: Introducing students with basic athletics, Facts of theoretical and practical significance in the field of physical education and sport and the basic methods of training athletic "throwing" techniques.  
Getting acquainted with basic organizational forms of work in teaching, getting acquainted with basic knowledge that is related to understanding, and applying them to method training and practical application of sports athletics disciplines, to familiarize yourself with  
With basic vocational and scientific terminology, mastering the practical application of coordination exercises in the training process and the adoption of sports techniques.

**16. Learning outcomes:**

After completing the semester students who are regularly attending Djalil classes in case ATHLETICS II: Students will through this course acquire theoretical and practical knowledge required in the implementation of program content from a somersault ATHLETICS II in the upbringing - educational process (Physical and Health Education) at all levels, will be trained to use basic organizational forms of work which will be of use, intellectual skills and ability  
Communications will be at a higher level, will be trained to use the available literature.

**17. Course content:**

Within the theoretical lectures on the subject ATHLETICS II will be studied teaching units related to the theory and Methodology of athletics. Topics relating to: Within the theoretical lectures, students will in the course ATHLETICS II pass the following teaching units:  
1. Bacanje balls. Competition and rules, O'Brien technique Biomechanical analysis techniques, technique and methodology -  
Rotary technique Biomechanical analysis techniques, Technique, Methodology training.  
2nd Javelin. Competition and rules, Biomechanical analysis techniques, technique and methodology.  
3rd Discus Throw. Competition and rules, Biomechanical analysis.  
4th Hammer. Competition and rules, Biomechanical analysis techniques, technique and methodology

**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 experimentation. Learning styles are represented in class: visual, auditory, kinesthetic, a teaching method: lecture (lectures using multimedia means, and active learning techniques discussion), practical Very Own 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 exercises (max. 10 points.), As well as colloquia theoretical (max. 10 points.) And practical (max.10bod.), Meaning from the beginning semester. Students are required to obtain 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. Knowledge on the final exam is done primarily in practice, which is also the eliminatory for further assessment. Then, writing and / or verbally explaining their knowledge. The practical test is the verification of elements from areas that are on the curriculum planned 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 would mean that 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 determined according to 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:**

Smajlovic, N., M. Babic, (1998). Athletics. Athletic Federation of Bosnia and Herzegovina. Sarajevo,

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

Smajlovic, N., (2010) .Athletics. Faculty of Sport and Physical Education; Sarajevo

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

2015/2016

**24. Adopted in the Faculty/Academy session:**

(max. 10 char.)