SYLLABUS

1. Course title:

INTRODUCTION TO SWIMMING

2. Code:

(max. 20 characters)

3. Cycle of study:

1

4. ECTS credits:

4

5. Type of course:

○ Mandatory ◉ Elective

6. Prerequisites:

None

7. Class restrictions:

None

8. Duration / semester:

1 2

9. Weekly contact hours:

9.1. Lectures:	2
9.2. Seminars:	0
9.3. Laboratory/Practice classes:	1

10. Faculty:

FACULTY OF PHYSICAL EDUCATION AND SPORT

11. Department/study program:

PHYSICAL EDUCATION AND SPORT

12. Lecturer:

Prof. dr sc. Halid Redžić

13. Lecturer's e-mail:

halid.redzic@untz.ba

14. Web site:

www.ftos.untz.ba

15. Course aims:

• Introduce over Fluid Mechanics, facts and theoretical and practical water legality
which are reflected in the field of physical education and sport basic training methods of swimming technique.
• Introduction to basic organizational forms of work used in teaching,
• introduction to the basic knowledge related to understanding, and of their use in training and methodical practical applications of sports swimming techniques,
• familiarize them with basic professional and scientific terminology.
• mastery of practical application exercises coordination in the training process.

16. Learning outcomes:

• Introduce over Fluid Mechanics, facts and theoretical and practical water legality
which are reflected in the field of physical education and sport basic training methods of swimming technique.
• Students will through this course acquire theoretical and practical knowledge required in the realization of the program
content from swimming in the upbringing - educational process (Physical and Health Education) at all levels.
• will be trained to use basic organizational forms of work that will be of benefit,
• intellectual skills and ability to communicate will be on a higher level,
• will be trained to use the available literature and solving various problems of varying complexity, which are related to this subject, and if the same power in writing and orally explain.

17. Course content:

• Introduce over Fluid Mechanics, facts and theoretical and practical water legality
which are reflected in the field of physical education and sport basic training methods of swimming technique.
• Students will through this course acquire theoretical and practical knowledge required in the realization of the program
1. Content and systematization of swimming.
Systematization second game at training elements of swimming.
3rd Getting used to the water and breathing exercises in the water.
4. Gaming plunge, diving and viewing underwater.
5th Exercises floating and slipping.
6th Exam I
7th Diving to his feet and head and teaching aids and equipment for training.
Eighth game and exercise elementary movement in the water.
9. Work the legs to crawl and spinal technique.

18. Learning methods:

Oral presentation with the use of multimedia resources for active learning and interaction between students and subject teacher and vice versa. Give space stalnomeksperimentisanju in the teaching process in order to improve quality. With such frequent demonstrations encourage interest in active learning and linking theory with practice. insist
at the presentation of the elements of practical training of the students in order to create confidence and acquiring habits
responsible learning with discussion and comments.

19. Assessment methods:

In the 6 th week of exercises and lectures students writing laid the first mid-term, which includes previously processed topics with lectures and exercises. The practical exam includes machined features techniques that have weight to win a maximum of 8 points. The theoretical part of the exam is a written character, consisting of questions from topics covered, and the same can be achieve a maximum of 8 points. The possible number of points in the first midterm is 16 points. In the 12 th week of the course students take the second midterm covering topics treated with lectures and exercises of first midterm exam to the second part of the semester. This pre-exam is structured like the first with the intended subject matter of the same, and it is also the same scoring system. Both tests taken by all students at the same time. As part of the pre-exam students shall create a seminar in group (group of 4 students) which includes subject matter of the content of the school subject. Seminar in writing teaches the subject teacher for review and evaluation, and then presents practical. In the preparation and presentation of group seminar work involved all students groups, whose participation is is indexed individually. Students present practical seminars through leadership training. For done and presented seminar student can achieve 9 points. Also, for continuous activity on lectures student can achieve 2 points and 3 points in exercises throughout the semester, ie. a student can earn a maximum of 5 points. closing exam is a practical and theoretical (written). The right exit on the final exam is given to students who have achieved a positive result upon individual test at least 50% of predicted points. On a practical exam student shows tehničkotaktičke tasks from the subject treated in the exercises throughout the semester. Practical exam are measured with a maximum of 22 points. Theoretical (written) examination can be deposited if the student correctly answers on at least 50% of the given questions. The maximum number of points a student can achieve theoretical (written) examination is 22nd The total number of points on the theoretical and practical part of the exam is maximal Se 24th Examination recognized as cumulative exam if the achieved results positive after each individual test and at least 50% total anticipated and the required knowledge and skills. In order for the student to pass the subject must be exercised a minimum of 54 cumulative points out of which a minimum of 22 points in the final exam (11 practical and theoretical 11).

20. Assessment components:

Exam score is determined based on the criteria: the presence of lectures (max.5) and exercises (max.5) activity student (max.5), and mid-term (max.16) II mid-term (max.16), essay and theoretical practice (max.9), final exam theoretical (max.22) and practical (max.22). The rating is based on the scale of assessment on the basis of points: 0-53 (score 5), 54-63 (score 6), 64-73 (score 7), 74-83 (score 8), 84-93 (rating 9) and 93-100 (score 10).

21. Required reading list:

Biberović, A. (2005). Swimming-total impressions FTOS, Tuzla.
Colwin, C.M. (2002).Breakthrough Swimming,United States:Human Kinnetics.
Counsilman, J.E. (1997).The science of swimming, sports book, Belgrade.
Hahn, M. (2004).Swimming BLV. MUNICH.

22. Web sources:

(max. 687 characters)

23. Applicable starting from the academic year:

2015/2016

24. Adopted in the Faculty/Academy session:

(max. 10 char.)