SYLLABUS

1. Course title:

Psychomotorics II

2. Code:

(max. 20 characters)

3. Cycle of study:

1

4. ECTS credits:

5

5. Type of course:

(●) Mandatory ( ) Elective

6. Prerequisites:

Completed the subject with min.25% points pre-exam

7. Class restrictions:

Students of I cycles Faculty of Physical Education and Sports

8. Duration / semester:

15 2

9. Weekly contact hours:

9.1. Lectures: 3

9.2. Seminars: 0

9.3. Laboratory/Practice classes: 1

10. Faculty:

Faculty of Physical Education and Sports

11. Department/study program:

Faculty of Physical Education and Sports

12. Lecturer:

Ph.D. Muris Đug, profesor

13. Lecturer's e-mail:

muris.djug@untz.ba

14. Web site:

www.ftos.untz.ba

15. Course aims:

Course aims is to acquaint students with the basics of man psychomotor abilities, the process of psychomotor abilities transformation , and the laws of the functioning of the locomotor system of man.

16. Learning outcomes:

it is expected that students master the basics knowledge of psychomotor abilities of man, the process of transformation of legality in the context of individual psychomotor skills and principles of functioning of organic systems in the transformation process.
1. Knowledge of the organization of the teaching process aimed at learning of motion activities and the development of motor potential
2. Knowledge of the use of natural forms of movement in the development of motor
3. Knowledge of the use of elementary games in the teaching process
4. Knowledge of the use of gymnastic devices and equipment in the process of developing motor potential
5. To know the use of sports games in the teaching process
6. Knowledge of the training process of motion activities, motor skills

17. Course content:

Theory lessons

Movement, shape and function of the body Theories psychomotor skills. The structure of psychomotor skills. Factors that influence the modalities of expression of strength, power, speed, endurance, flexibility and agility. evaluation of strength, power, speed, endurance, flexibility and agility.
characteristics change strength, power, speed, endurance, flexibility and agility. in ontogenetic development. psychomotor development directions. The basic elements of the process of exercise. operational aspects of exercise with a working load of.

Practical classes

Selection means and method of improving psychomotor skills, organizational form of work and display protocol to assess psychomotor skills. All forms of natural movements.

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 the classroom: visual, auditory, kinesthetic, and teaching methods: lectures (theoretical classes with the use of multimedia resources, techniques of active learning and discussion), practical training (exercise), 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 take the 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 + 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: 20 + 30
Rating exam is based on the total number of points a student earned by completing pre-exam requirements and exams, according 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) 20 + 30

20. Assessment components:

The final grade 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:

1. Mikić, B. (2000). Psychomotor, Tuzla. Faculty of Philosophy, University of Tuzla.
2. Kukolj, M. (1996). General anthropomotorics, Belgrade. Faculty of Physical Education, University of Belgrade.

22. Web sources:

23. Applicable starting from the academic year:

2015/2016

24. Adopted in the Faculty/Academy session:

(max. 10 char.)