

SYLLABUS

1. Course title:

Theory of sport

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

1

4. ECTS credits:

5

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

no

7. Class restrictions:

(max. 150 characters)

8. Duration / semester:

2

9. Weekly contact hours:

9.1. Lectures:

4

9.2. Seminars:

0

9.3. Laboratory/Practice classes:

0

10. Faculty:

Faculty of Physical Education and Sports

11. Department/study program:

Faculty of Physical Education and Sports

12. Lecturer:

prof.dr.sc..Indira Jašarević, vanr. prof

13. Lecturer's e-mail:

Indira.jasarevic@untz.ba

14. Web site:

(max. 50 characters)

15. Course aims:

To introduce students to the historical development of sports, goals, tasks, aspirations, forms and appearance of sports culture, kinesiology and its structure.

16. Learning outcomes:

Students are expected to gain the following general and specific competences: knowledge of sport development through history, knowledge of basic concepts in sports and other related terms such as: physical ultras and sport, physical education and sports, sports and games, sports and recreation, knowledge of the functions of sports culture, ability to understand the development, subject and structure of kinesiology, knowledge of energy systems and energy resources for exercise, ability to structure the process of training of motor skills, ability to apply training methods, knowledge of basic anthropological dimensions of athletes.

Students are expected to understand the importance of applying the program of physical and medical education to younger schoolchildren and to learn a wide range of physical and medical education resources that will serve to transform the basic anthropological characteristics of students. It is expected that students will develop their creative and organizational skills in creating and implementing program content.

17. Course content:

Characteristics items

- definition of the basic concepts in sports
- sport and other related terms.

Interpretation of the sport

- the importance of sport in modern conditions
- the importance of sport in building human personalities
- negative phenomena in the sports culture
- Function of Culture
- aspects of the justification of sports education

A woman in a sports culture

- organism women and sports activity
- causes of injury of women in sport

Kinesiology:

- term and definition of kinesiology
- development of kinesiology
- structure of kinesiology

Biological characteristics in sports

The Impact of Exercise on a Human Body

- sports and health Exercise and energy Characteristics of objects

Definition of basic concepts in sports

- sport and other related terms Interpretation of sports
- the importance of sports in modern conditions
- The Importance of Sports in Building a Human personalities
- negative phenomena in sports culture
- functions of sports culture
- aspects of justification of sports education

A woman in sports culture

- a woman's body and sports activity
- Causes of injuring women in sports

Kinesiology

- term and definition of kinesiology
- development of kinesiology
- structure of kinesiology

Kinesiological methodology

- The lines of scientific-research work in the field of sport Biological characteristics in sports
- a home theater camera
- Muscular action
- Properties and muscle strength

The Impact of Exercise on a Human Body

- sports and health Exercise and energy
- energy systems Movement
- structure process of training
- Attempting to realize new movements
- Failure mistakes

Methods of training

- situation methods

18. Learning methods:

For the purpose of efficient teaching and achievement of the expected goals, different methods will be used:

- Lectures with the use of multimedia resources, active learning techniques and with active participation and student discussion;

19. Assessment methods:

Explain methods for checking the knowledge and the reasons for using the method. Explain in detail the manner and the conditions for checking the knowledge on the final, corrective and additional corrective exam.

For example:

After half of the semester students write a test (first interviews) that covers the topic of lectures and exercises. The test consists of 40 questions. Each correct answer is scored with 1 point, ie, the first interim student can achieve a maximum of 40 points and min. 30 points. After completing the semester, students put a written test (second interviews) that covers the topic covered by the lectures from the second part of the semester. The test consists of questions. Each correct answer is scored with 1 bodom, ie, the student on the other side can achieve a maximum of 40 points and min.30 b. Both tests put all the students on the subject at the same time, thus achieving the level of knowledge that is tested and the conditions under which the student deposits exam. For a continuous activity on lectures and exercises throughout the semester, the student can achieve 0 to 15 points. The final exam is written and written. On an oral exam, the student answers the three issues raised in the curriculum program dealt with in lectures and exercises. An oral exam can be passed if the student answers all three questions. In order for a student to pass a subject, he must have a minimum of 54 cumulative points.

20. Assessment components:

For example,

The exam score was based on the total number of points the student obtained by fulfilling the pre-requisites and passing the exam, according to the quality of the acquired knowledge and skills, and contains a maximum of 100 points and is determined according to the following scale:

Student Obligations Points

Presence in lectures and exercises 5

Student Activity 15

Colloquium I 30-40

Colloquium II 30-40

Final Exam 25-50

Rating system:

54-63 - six

64-73 - seven

74-83 - eight

84 - 93 - nine, 94-100 - ten

21. Required reading list:

(max. 3200 characters) Jašarević I. (2010). Teorija sporta. "PrintCom"

Jašarević I. (2009). Historijski razvoj sporta. D.o.o. „Harfo-Graf“, Tuzla

22. Web sources:

(max. 687 characters)

23. Applicable starting from the academic year:

2015/16

24. Adopted in the Faculty/Academy session:
