SYLLABUS

1. Course title:

SWIMMING I

2. Code:

3. Cycle of study:

1

4. ECTS credits:

4

5. Type of course:

(●) Mandatory ( ) Elective

6. Prerequisites:

7. Class restrictions:

8. Duration / semester:

1 3

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 Sport

11. Department/study program:

Physical Education and Sport

12. Lecturer:

13. Lecturer's e-mail:

14. Web site:

www.ftos.untz.ba

15. Course aims:

• Introduce students to the basics of fluid mechanics, facts of theoretical and practical nature and legality of the water that are reflected in the field of physical education and sport, as well as basic training methods of swimming techniques.
• Introduction to basic organizational forms of work used in teaching,
• Introduction to basic skills that are related to the understanding and application of the same with methodical training and practical applications of sports swimming techniques,
• familiarize them with basic professional and scientific terminology.
• mastery of practical application exercises coordination in training

16. Learning outcomes:

• Students will through this course acquire theoretical and practical knowledge necessary in the implementation of 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 they will be able to explain it orally and by writing.

17. Course content:

1. Historical Development of swimming
2. Basis swimming technique (definition, buoyancy, water resistance, propulsion and fluid of mechanics).
3. Methods of training in swimming.
4. Didactic principles in swimming.
5. The content of the sport swim and division.
6. Colloquium I
7. Kinesiologic analysis of swimming.
8. Anthropological analysis of swimming.
9. Structural analysis of crawl techniques.
10. Structural analysis of spinal techniques.
11. Medical aspects of swimming.
12. Colloquium II

18. Learning methods:

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

19. Assessment methods:

In the 6 th week of exercises and lectures students writing lay the first mid-term, which includes previously treated topics with lectures and exercises. The practical exam includes planed element features techniques - win a maximum of 8 points. The theoretical part of the exam is a written character which includes questions from topics covered - up to 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 the first mid-term exams to the second part of the semester. This pre-exam is structured like the first with the intended subject matter of the same, and also has the same scoring system. Both tests will be taken by all students at the same time. As part of the pre-exam students are required to prepare group seminar work (group of 4 students), which includes content that they have learned from the subject. Seminar in writing will be given to the subject teacher for review and evaluation, and it's then presented practicaly. In the preparation and presentation of group seminar work, all student groups are involved, whose participation is valorized individually. Students present practical seminars through leadership training. For done and presented seminars student can achieve 9 points. Also, for continuous activity on lectures student can achieve 2 points and 3 points in exercises throughout the semester - a student can earn a maximum of 5 points. The final exam is a practical and theoretical (written). The right to take on the final exam is given to students who have achieved a positive result after a single test at least 50% of the predicted points. On a practical exam student displays the technical and tactical tasks of the program of the subject treated in the exercises throughout the semester. The practical part of the exam is evaluated with a maximum of 22 points. Theoretical (written) examination can be deposited if the student correctly answered at least 50% of the given questions. The maximum number of points a student can achieve through theoretical (written) exam - 22 points. Total number of points on the theoretical and practical part of the exam is a maximum of 24 points. Assessment is recognized as a cumulative exam if the achieved results positive after each individual test and at least 50% of the planned and required knowledge and skills. In order for the student to pass the subject must be exercised a minimum of 54 cumulative points of which a minimum of 22 points on 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), student activity (max.5), and mid-term (max.16), mid-term II (max.16), seminar and theoretical practice (max.9), final exam theory (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:

1. H. Redžić (2011). Teorija I metodika obuke tehnika sportskog plivanja, Tuzla.
2. B. Volčanšek (20002). Bit plivanja, Kineziološki fakultet, Zagreb.
3. B. Volčanšek (1996). Sportsko plivanje, Zagreb.

22. Web sources:

23. Applicable starting from the academic year:

24. Adopted in the Faculty/Academy session: