SYLLABUS

1. Course title:

Systematic Kinesiology

2. Code:

3. Cycle of study:

1

4. ECTS credits:

4

5. Type of course:

(●) Mandatory ( ) Elective

6. Prerequisites:

A student must not have any prerequisites for taking the exam from the Systematic Kinesiology course

7. Class restrictions:

Students of the first cycle of studies at the Faculty of Physical Education and Sports

8. Duration / semester:

15 3

9. Weekly contact hours:

9.1. Lectures:	3
9.2. Seminars:	0
9.3. Laboratory/Practice classes:	0

10. Faculty:

Faculty of Physical Education and Sport

11. Department/study program:

Physical education and sport

12. Lecturer:

Prof.dr sc. Dževad Džibrić

13. Lecturer's e-mail:

dzevad.dzibric@untz.ba

14. Web site:

wwww.ftos.untz.ba

15. Course aims:

At the end of the semester, successful students, who have continued to perform their duties throughout the academic year, will be trained to understand the knowledge about studying the general principles of human behavior, the general principles of the exercise process management, as well as studying the consequences that these processes have on the human body Study of all others, in this sense of the relevant, form of human activity and existence. Introduction to basic research results of relevant parameters of the general model of kinesiological transformation process and possible changes of anthropological dimensions

16. Learning outcomes:

Understand the meaning of physical activity effects on a psychosomatic man by defining relevant parameters of the general model of the kinesiological transformation process and with possible changes in anthropological features, motor skills and health, as well as with the educational and other effects of kinesiological transformations.

17. Course content:

Concept, Definition and Development of Kinesiology.
Kinesiological science structure.
Subject and methods of research in kinesiology.
Conceptualization, operationalization and measurement in kinesiology.
System and cybernetic approach to the functioning of kinesiological systems.
Concept, elements and types of characteristic states of a subject within a transformation process. Kinesiological management Transformation processes.
Elements of determining the training process goals.
Methods of preparation and realization of kinesiological transformations: orientation, selection, planning, Programming, implementation, control and evaluation.
Choice and distribution of work content, volume load distribution.
Volumetric Work Component.
Modes of operation.
Quantitative and qualitative changes under the influence of the exercise process.
Movement as a factor of phylogenetic and ontogenetic development.
Exercise as a factor of living culture.

18. Learning methods:

For the purpose of efficient teaching and achievement of the expected objectives of the course and the competences of the students, during the course and at the end of the semester there are planned activities of successful learning: concrete experience, observation and active experimentation.
Teaching style taught in teaching: visual, auditory, kinesthetic, and teaching methods: lectures (theoretical instruction using multimedia resources, active learning and discussion techniques), practical teaching (exercises), colloquia.

19. Assessment methods:

The student is obliged to come regularly to lectures and exercises throughout the semester. In the presence of the lectures, the student earns 5 points, and for the presence of the exercises the student also earns 5 points. Students who have been excluded for more than three weeks from the course during the semester for justified reasons can not go to the final exam until they have compensated for missed classes. After half of the semester, students write a written test covering up to then, lectures and exercises. The test consists of 15 questions that score 1 point for each correctly answered question (max 15 points). After completing the semester, students put a second test in writing, consisting of questions related to the content of the lectures and exercises from the second part of the semester. The test also consists of 15 questions that score 1 point for each correctly answered question (up to 15 points). As part of the pre-requisites, students are required to prepare an individual seminar paper that will cover a specific topic from the content of the subject. The seminar paper is submitted to the subject teacher in writing and reviewed and then presented orally. For the seminar work, the student can achieve 0 to 10 points. The final exam is written. The right to attend the final exam are students who have realized the anticipated obligations. On the final written exam, 25 questions from the program of lectures and exercises are handled. The exact maximum number of points a student can achieve on an oral exam is 50. Checks on all forms of knowledge are recognized as a cumulative exam if the result is positive after each individual check and is at least 50% of the total of the predicted and / or required knowledge and skills. In order for a student to pass the subject, he must have a minimum of 54 cumulative points, of which at least 25 are on the final exam. The assessment of the exam is based on the total number of points the student has 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 by the scale as follows:

Student Obligations Points

Attendance at lectures- 5
Attendance at Exercises 5
Seminar 10
Partial tests 30
Total prepayments 50
Final Exam 25-50

20. Assessment components:

The concise grade is formed in relation to the total number of points achieved during the semester, ie the pre-requisites and the final exam itself.

BORDERS FINAL EVALUATION
<53 five (5); does not satisfy; F
54-63 six (6); sufficient; 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. Mraković, M. (1994). Uvod u sistematsku kineziologiju. Zagreb: Fakultet za fizičku kulturu.
2. Hoffman J. S., & Harris, C. J. (2000). Introduction to kinesiology. Champaign, IL: Human Kinetics Publishers, Inc.

22. Web sources:

23. Applicable starting from the academic year:

2015/2016

24. Adopted in the Faculty/Academy session: