

## SYLLABUS

**1. Course title:**

FITNESS

**2. Code:**

(max. 20 characters)

**3. Cycle of study:**

1

**4. ECTS credits:**

6

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

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

**7. Class restrictions:**

Students first cycle of the Faculty of Physical Education and Sports department of Physical and Health Education

**8. Duration / semester:**

15

5

**9. Weekly contact hours:**

9.1. Lectures:

3

9.2. Seminars:

0

9.3. Laboratory/Practice classes:

2

**10. Faculty:**

Faculty of Physical Education and Sports

**11. Department/study program:**

Faculty of Physical Education and Sports

**12. Lecturer:****13. Lecturer's e-mail:**

**14. Web site:**

www.ftos.untz.ba

**15. Course aims:**

Main goal of the subject is to get acquainted and learn contemporary techniques and methods of keeping the various fitness programs.

**16. Learning outcomes:**

Understanding motion structures of sports techniques

Acquiring knowledge about the basic determinant elements of sports techniques

Gaining specific knowledge of the principles of sports locomotion

That are able to perform structural analysis, kinesiology analysis, anthropological analysis of sports technique

Analysis techniques and identify faults in the execution of technical elements

Use methodical procedures for removal of identified errors in the execution of technical elements

**17. Course content:**

Through the theoretical part of the lecture will be presented: Diagnostics in sport; Modeling: morphological diagnostics, biomechanical diagnostics, motor diagnostics, functional diagnostics; Browertiming system; Microgate-optojump next; Isokinetic dynamometry, Powex-vibrating platform, Balance System™ SD; Smart speed, Polar Team System Heart rate monitor.

**18. Learning methods:**

Learning styles are represented in class include: a method of oral presentation, conversation, illustration and demonstration and use of multimedia resources, and active learning techniques discussion)

**19. Assessment methods:**

The obligation of the student is that throughout the semester comes regularly to the lectures and exercises. teacher during the semester will follow presence. In the sixth week will have the first check . pre-exam test (theoretical). This pre-exam includes material that was previously processed. The test consists of a number of issues and their number and scoring depends on the severity of the task that is scheduled for mid-term. A student at the prelim and homework assignments can achieve a maximum of 16 points. In the twelfth week is provided a second mid-term treated material comprising the first and second mid-term exams. This pre-exam is scored on the same principle as the first. As part of the pre-exam students are required to complete a seminar that on completion with the responsible teacher for review and evaluation of a number osnojenih points to 7 points. The final exam consists of a written part and the right for the final exam have all students regardless of the number of points on pre-exam .Max number of points that a student can win in the pre-exam is 64. No matter how much a student wins points in the pre-exam they him be combined with other points but does not represent a barrier to student approached the final exam. If a student receives a sufficient number of points in the sum of points won on the final exam do not meet the rank passing grade the student must re-take the examination in order to win higher score and passed the exam.

Ranges of evaluation are as follows: 0-53 (score 5)

54-63 (grade 6)

64-73 (grade 7)

74- 83 (grade 8)

84- 93 (grade 9)

93- 100 (grade 10).

**20. Assessment components:**

Rating exam is based on the total number of points is determined according to the following scale:

presence in class	5 max
presence exercises	max 5
Activity of students	(3 theory, practically 5) 8
Exam I	max 16
Colloquium I	max 16
seminar	max 14
final exam	max 36

**21. Required reading list:**

Heimer, S. (1997). Laboratory tests of functional diagnostics in sports. International Conference "BASKETBALL", p. 25th Zagreb: Faculty of Physical Education.  
Malacko, J. (1997). Opportunistic modeling in the sports market.

**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.)