SYLLABUS

1. Course title:

Physical Education II

2. Code:

3. Cycle of study:

1

4. ECTS credits:

1

5. Type of course:

(●) Mandatory ( ) Elective

6. Prerequisites:

Certified first and second second semester of the first cycle of study

7. Class restrictions:

Students of the First Cycle of Studies

8. Duration / semester:

15 2

9. Weekly contact hours:

9.1. Lectures: 0

9.2. Seminars: 0

9.3. Laboratory/Practice classes: 2

10. Faculty:

Faculty of Technology

11. Department/study program:

Food Technology

12. Lecturer:

13. Lecturer's e-mail:

14. Web site:

wwww.ftos.untz.ba

15. Course aims:

The aim of physical and health education in higher education is:
1. learning new motor skills,
2. Training of basic theoretical and practical motor skills,
3. preventing the process of deterioration or premature reduction in the level of traits and abilities due to insufficient physical activity,
4. training of students for individual physical exercise and rational, content use and free time,
5. promotion of bodybuilding and sports culture,
6. Aid for quality life in youth, maturity and age.

16. Learning outcomes:

Understand the Meaning of Kinesiological Practical Education in the Physical and Health Education Area.Students will acquire theoretical knowledge of rules and sports competitions and perfect basic elements of techniques and tactics of selected sports games as well as obtain instructions on maintaining and improving certain anthropological features. By informing about the importance of everyday physical exercise, proper nutrition, personal hygiene, sportswear, and footwear and behavior on sports grounds, can be influenced on the formation of exercise habits for the purpose of improving health and quality of life

17. Course content:

The program of physical and medical education at the University of Tuzla is divided into several curricula whose common characteristic is the selection of kinesiological activities during the academic year.
Conceptually, this curriculum is complemented by program contents of physical education and health education in high school.
Students opt for them in terms of interest, degree of adoption of motor skills, level of ability and health status.
Within the subject, students are committed to the offered curriculum at the beginning of the semester, who are obliged to attend the semester.
These are the following programs: Basketball, Football, Volleyball, Aerobics, Fitness, Table Tennis, Self Defense, Nature Hiking, Acrobatics, Sports climbing, Handball, Dances, Karate, Tee-Bo, Badminton, Tennis and Chess.
The program chosen by the student in the first semester does not oblige him to attend the second semester (he can continue the same or choose and attend some of the other offered).

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 knowledge and skills check will be carried out during the course of the second semester - 30 hours (15 arrivals) during the course of work with the students (regularity and activity of teaching).

20. Assessment components:

The concise grade is formed in relation to the total number of tuition in the second semester. In order to have a colloquy student, he / she must attend (actively participate) at least 2/3 (20 teaching hours). In case it does not meet this criterion, it is obliged to compensate for the missed lessons at later specified deadlines. To successfully master the program in this subject gets the final grade of "COLLECTED"

21. Required reading list:

22. Web sources:

23. Applicable starting from the academic year:

2015/16

24. Adopted in the Faculty/Academy session: