SYLLABUS

1. Course title:

PHYSICAL AND HEALTH EDUCATION

2. Code:

3. Cycle of study:

1

4. ECTS credits:

5. Type of course:

(●) Mandatory ( ) Elective

6. Prerequisites:

NONE

7. Class restrictions:

NONE

8. Duration / semester:

1 2

9. Weekly contact hours:

9.1. Lectures:	0
9.2. Seminars:	0
9.3. Laboratory/Practice classes:	2

10. Faculty:

Faculty of Pharmacy

11. Department/study program:

Pharmacy (I+II integrated cycle)

12. Lecturer:

13. Lecturer's e-mail:

14. Web site:

www.ftos.untz.ba

15. Course aims:

The aim of physical and health education is to meet the basic needs for exercise, recreation and connectivity preferences of students towards certain kinesiological activities to meet the needs for mobility and quality of emotional life and health.

16. Learning outcomes:

17. Course content:

Physical activity: Basketball, acrobatics, Football, Sport Climbing, Hockey, Dance, Fitness, Aerobics, Karate, Self-defense, Tae-Bo, Badminton, Table Tennis, Tennis, Volleyball.

18. Learning methods:

Theoretical and practical training (exercise)

19. Assessment methods:

NONE

20. Assessment components:

NONE

21. Required reading list:

22. Web sources:

23. Applicable starting from the academic year:

2012/2013

24. Adopted in the Faculty/Academy session: