***Syllabus***

|  |  |  |  |
| --- | --- | --- | --- |
| **Department**  | Center for exercise and student sports | **Year** | 2024. / 2025. |
| **Course**  |  | **ECTS** | **1** |
| **Study programme** | Therapeutic swimming |
| **Level of study programme** | [x]  Undergraduate | [ ]  Graduate | [ ]  Integrated | [ ]  Postgraduate |
| **Type of study programme** | [ ]  Single major[x]  Double major  | [ ]  University | [ ]  Professional | [ ]  Specialized |
| **Year of study** | [ ]  1 | [x]  2 | [ ]  3 | [ ]  4 | [ ]  5 |
| **Semester** | [x]  Winter[ ]  Summer | [ ]  I | [ ]  II | [ ]  III | [x]  IV | [ ]  V |
| [ ]  VI | [ ]  VII | [ ]  VIII | [ ]  IX | [ ]  X |
| **Status of the course** | [ ]  Compulsory | [ ] Elective | [x]  Elective course offered to students from other departments | **Teaching Competencies** | [x]  YES [ ]  NO |
| **Workload** |  | **L** |  | **S** |  | **E** | **Internet sources for e-learning** | [x]  YES [ ]  NO |
| **Location and time of instruction** | Swimming pool Višnjik | **Language(s) in which** **the course is taught** | Croatian and English  |
| **Course start date** | 9.10.2024. | **Course end date** | 22.1.2025. |
| **Enrolment requirements** | Annual health check-up at the general practice clinic. |
|  |
| **Course coordinator** | Dajana Jašić |
| **E-mail** | dajasic@unizd.hr | **Consultation hours** | Thursday 8 – 9 h |
| **Course instructor** | Dajana Jašić |
| **E-mail** | dajasic@unizd.hr | **Consultation hours** | Thursday 8 – 9 h |
| **Assistant/****Associate** |  |
| **E-mail** |  | **Consultation hours** |  |
| **Assistant/****Associate** |  |
| **E-mail** |  | **Consultation hours** |  |
|  |
| **Mode of teaching** | [ ]  Lectures | [ ]  Seminars and workshops | [x]  Exercises | [ ]  E-learning | [ ]  Field work |
| [ ]  Individual assignments | [ ]  Multimedia and network | [ ]  Laboratory | [ ]  Mentoring | [ ]  Other |
| **Learning outcomes** | Appraisal of the applicative values of the state of certain anthropological characteristics, the level of motor knowledge and motor achievements, and the educational effects of work;Assessment of the logic of the development of methods and criteria in connection with the general features of the biopsychosocial development of man, familiarization with the impact of physical exercises and physical exercise on the organism, handling of devices, aids and means, and ways of their application;Adoption of theoretical information about possible changes in morphological features, motor and functional abilities by applying adequate kinesiology procedures, and possible negative phenomena due to lack of physical activity;Acquiring knowledge about kinesiology activities that are in the function of maximum transformation of traits and abilities necessary for success in a particular activity, and prevention of the occurrence of occupational diseases;Acquisition of theoretical and practical kinesiology knowledge for the purpose of training for independent physical exercise;Acquaintance with the laws of health culture in order to preserve and improve health;Acquisition of theoretical knowledge about the harmfulness of various forms of addiction;Adoption of information on the most interesting results of previous global and Croatian research conducted on the student population from the health segment (diseases, nutrition, diagnostics, stress, physical activity as a means of relieving stress, etc.);Acquisition of theoretical knowledge about the importance of quality nutrition throughout life, especially during great intellectual and physical efforts. |
| **Learning outcomes at the Programme level** | Independent management of the assigned phase of the group project (organization of a sports game), and assessment of own contribution to the implementation of the entrusted phase of the project, independence and responsibility of each member of the project group for the phase of the project for which he is responsible. Responsibility in the implementation of the assigned part of the project task is directly related to the degree of independence. |
|  |
| **Assessment criteria**  | [x]  Class attendance | [ ]  Preparation for class | [ ]  Homework | [ ]  Continuous evaluation | [ ]  Research |
| [x]  Practical work | [ ]  Experimental work | [ ]  Presentation | [ ]  Project | [ ]  Seminar |
| [ ]  Test(s) | [ ]  Written exam | [ ]  Oral exam | [ ]  Other: |
| **Conditions for permission to take the exam** |  |
| **Exam periods** | [ ]  Winter | [ ]  Summer | [ ]  Autumn­ |
| **Exam dates** |  |  |  |
| **Course description** | By applying adequate methods of learning to swim, increase the development of general motor skills, mobility of joints, function of the circulatory system, heart rate and pulmonary ventilation, and activity of the nervous system. Acquisition of new and improvement of already acquired motor knowledge and skills for the purpose of improving health, individually adapted to the requirements with regard to the type and degree of damage to the students' health; satisfying the need for movement, and training students for rational and substantive use and spending of free time. By participating in a recreational activity, a person with impaired health develops an awareness of his own rights, with a consequent increase in self-confidence and greater powers in developing his personal and social potential. |
| **Course content** | 1. Introduction into the curriculum; initial checking; getting to know the group of students, the specifics of health impairments and the psychophysical demands of swimming, and the development of trust2. Mental and physical adaptation to the water, relaxation, breathing control, control of balance and movements in the water that precede the teaching of propulsion3. Walking in the pool while holding a board in your hands4. Application of elements for the purpose of breathing control, proper rhythm of inhalation - exhalation5. Floating on the chest while changing the position from horizontal to vertical and back; preventing rotations and maintaining a stable position6. With a deep sigh, dip with outstretched arms and push off the wall with your legs; gliding with an extended body with the help of initial inertia; the student does not make any movements with the aim of moving, he only maintains a lying position on his back to prevent rolling over7. Footwork, handwork, coordination exercises8. Determining the basic technical elements of a particular swimming style9. Adoption of freestyle swimming rules10. Adopting the rules of backstroke swimming11. Adopting the rules of butterfly swimming12. Adopting the rules of breaststroke swimming13. Practicing new elements of a particular swimming style14. Improving the elements of a particular swimming style15. Final checking |
| **Required reading** | Colwin M. Cecil (2004): Plivanje za 21. stoljeće. |
| **Additional reading** | Guzman, R.: Plivanje – 128 vježbi. |
| **Internet sources** | http://www.sciencedirect.com/science |
| **Assessment criteria of learning outcomes** | Final exam only |  |
| [ ]  Final written exam | [ ]  Final oral exam | [ ]  Final written and oral exam | [ ]  Practical work and final exam |
| [ ]  Only test/homework  | [ ]  Test/homework and final exam | [ ]  Seminar paper | [ ]  Seminar paper and final exam | [x]  Practical work | [ ]  other forms |
| **Calculation of final grade** | e.g. 50% test, 50% final exam |
| **Grading scale** |  | % Failure (1) |
|  | % Satisfactory (2) |
|  | % Good (3) |
|  | % Very good (4) |
|  | % Excellent (5) |
| **Course evaluation procedures** | [x]  Student evaluations conducted by the University[ ]  Student evaluations conducted by the Department[ ]  Internal evaluation of teaching[x]  Department meetings discussing quality of teaching and results of student evaluations[ ]  Other |
| **Note /Other** | In accordance with Art. 6 of the *Code of Ethics* of the Committee for Ethics in Science and Higher Education, “the student is expected to fulfil his/her obligations honestly and ethically, to pursue academic excellence, to be civilized, respectful and free from prejudice.”According to Art. 14 of the University of Zadar's *Code of Ethics*, students are expected to “fulfil their responsibilities responsibly and conscientiously. […] Students are obligated to safeguard the reputation and dignity of all members of the university community and the University of Zadar as a whole, to promote moral and academic values and principles. […]Any act constituting a violation of academic honesty is ethically prohibited. This includes, but is not limited to:- various forms of fraud such as the use or possession of books, notes, data, electronic gadgets or other aids during examinations, except when permitted;-various forms of forgery such as the use or possession of unauthorised materials during the exam; impersonation and attendance at exams on behalf of other students; fraudulent study documents; forgery of signatures and grades; falsifying exam results.”All forms of unethical behaviour will result in a negative grade in the course without the possibility of compensation or repair. In case of serious violations the *Rulebook on Disciplinary Responsibility of Students at the University of Zadar* will be applied.In electronic communications only messages coming from known addresses with a first and a last name, and which are written in the Croatian standard and appropriate academic style, will be responded to.This course uses the Merlin system for e-learning, so students are required to have an AAI account. /*delete if necessary*/ |