***Syllabus***

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| **Department**  | **Centre for Gymnastics and Student Sports** | **Year** | 2024/ 2025 |
| **Course**  | Gym | **ECTS** | **1** |
| **Study programme** |  |
| **Level of study programme** | [x]  Undergraduate | [x]  Graduate | [ ]  Integrated | [ ]  Postgraduate |
| **Type of study programme** | [ ]  Single major[ ]  Double major  | [x]  University | [ ]  Professional | [ ]  Specialized |
| **Year of study** | [x]  1 | [x]  2 | [x]  3 | [x]  4 | [x]  5 |
| **Semester** | [x]  Winter[ ]  Summer | [ ]  I | [ ]  II | [ ]  III | [ ]  IV | [ ]  V |
| [ ]  VI | [ ]  VII | [ ]  VIII | [ ]  IX | [ ]  X |
| **Status of the course** | [ ]  Compulsory | [ ] Elective | [x]  Elective course offered to students from other departments | **Teaching Competencies** | [ ]  YES [x]  NO |
| **Workload** | **0** | **L** | **0** | **S** | **30** | **E** | **Internet sources for e-learning** | [ ]  YES [x]  NO |
| **Location and time of instruction** | Višnjik, 4 | **Language(s) in which** **the course is taught** | Croatian/English |
| **Course start date** | 2.10.2024 | **Course end date** | 24.01.2025 |
| **Enrolment requirements** | / |
|  |
| **Course coordinator** | PhD, associate professor, Gordana Ivković |
| **E-mail** | givkovic@unizd.hr | **Consultation hours** |  |
| **Course instructor** |  |
| **E-mail** |  |  |  |
| **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** | Enable students with theory and practice in diverse manners of exercising that include individual work based on the present condition and objectives. |
| **Learning outcomes at the Programme level** | Student will understand the basic terminology of muscle anatomy, physiological processes that occur during and after exercising, types of operators for development of individual anthropological characteristics, individually adapted to the current condition and training status of a student. Students will acquire knowledge about the basic methods of development of specific motoric abilities and will be able to exercise autonomously. |
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| **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** | The objective of the course is to enable students for autonomous practice for with the purpose of preserving and advancing health, promoting sports culture and transfer of fundamental theoretical and practical kinesiological and motoric knowledge, as well as for the use of gained information as compensation for intellectual and psychological distress during university studies and later in everyday life. |
| **Course content** | *1.Introduction to the syllabus; initial measuring; defining objectives.* *2.Preparatory exercises, stretching exercises**3.Exercises for the development of repetitive strength with one’s body**4.Exercises for muscular definition**5.Exercises for the reduction of subcutaneous fat tissue**6.Exercises for enlarging muscular mass**7.Corrective exercises of body posture**8.Exercises for development of endurance in strength**9.Exercises for strengthening and defining abdominal muscles**10.Exercises with dumbbells**11.Exercises with kettlebells**12.Exercises with TRX straps**13.Exercises for the development of balance, balance disks, balance boards, Pilates balls**14.Methods and manners of organising training**15.Final measuring and result analysis* |
| **Required reading** |  |
| **Additional reading** |  |
| **Internet sources** |  |
| **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** | / |
| **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. |