***Syllabus***

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| **Department** | **Centre for Gymnastics and Student Sports** | | | | | | | | | | | | | | | **Year** | | | | | | | 2024/ 2025 |
| **Course** | Extreme sport - Skateboarding | | | | | | | | | | | | | | | **ECTS** | | | | | | | **1** |
| **Study programme** |  | | | | | | | | | | | | | | | | | | | | | | |
| **Level of study programme** | Undergraduate | | | Graduate | | | | | | Integrated | | | | | | Postgraduate | | | | | | | |
| **Type of study programme** | Single major  Double major | | | University | | | | | | Professional | | | | | | Specialized | | | | | | | |
| **Year of study** | 1 | | | 2 | | | | | 3 | | | 4 | | | | | | | | | 5 | | |
| **Semester** | Winter  Summer | | | I | | | | | | II | III | | | | | IV | | | | | | | V |
| VI | | | | | | VII | VIII | | | | | IX | | | | | | | X |
| **Status of the course** | Compulsory | | | Elective | | | | | | Elective course offered to students from other departments | | | | | | **Teaching Competencies** | | | | | | | YES  NO |
| **Workload** | **0** | **L** | **0** | **S** | | **30** | | **E** | | **Internet sources for e-learning** | | | | | | | | | | | | | YES  NO |
| **Location and time of instruction** | Skatepark Menza, Friday, 15h | | | | | | | | | **Language(s) in which**  **the course is taught** | | | | | | | | Croatian/English | | | | | |
| **Course start date** | 2.10.2024 | | | | | | | | | **Course end date** | | | | | | | | 24.01.2025 | | | | | |
| **Enrolment requirements** | / | | | | | | | | | | | | | | | | | | | | | | |
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| **Course coordinator** | PhD, associate professor, Gordana Ivković | | | | | | | | | | | | | | | | | | | | | | |
| **E-mail** | givkovic@unizd.hr | | | | | | | | | | | | **Consultation hours** | | | | | | |  | | | |
| **Course instructor** | PhD, Vlatko Knežević | | | | | | | | | | | | | | | | | | | | | | |
| **E-mail** | vknezvi1@unizd.hr | | | | | | | | | | | | **Consultation hours** | | | | | | |  | | | |
| **Assistant/**  **Associate** |  | | | | | | | | | | | | | | | | | | | | | | |
| **E-mail** |  | | | | | | | | | | | | **Consultation hours** | | | | | | |  | | | |
| **Assistant/**  **Associate** |  | | | | | | | | | | | | | | | | | | | | | | |
| **E-mail** |  | | | | | | | | | | | | **Consultation hours** | | | | | | |  | | | |
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| **Mode of teaching** | Lectures | | | | Seminars and workshops | | | | | Exercises | | | | | E-learning | | | | | | | | Field work |
| Individual assignments | | | | Multimedia and network | | | | | Laboratory | | | | | Mentoring | | | | | | | | Other |
| **Learning outcomes** | | | | | 1. adopting the terminology of skate parts and skatepark elements  2. familiarization with the fundamental movements and terminology of skate tricks  3. adopting the basics of control and balance  4. adoption of riding on skatepark elements  5. performance of basic skate tricks (ollie, shovit)  6. turning 180° and 360°  7. adoption of riding regular, switch, nollie, fakie stance  8. learning basic riding on the skatepark ramp and pool | | | | | | | | | | | | | | | | | | |
| **Learning outcomes at the Programme level** | | | | |  | | | | | | | | | | | | | | | | | | |
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| **Assessment criteria** | Class attendance | | | | Preparation for class | | | | | Homework | | | | | Continuous evaluation | | | | | | | | Research |
| 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** | Acquiring new motor skills in order to improve functional abilities, body coordination and balance. Getting to know new physical activities and exercises with the aim of satisfying physical movement, spending quality free time and developing knowledge about the culture of extreme sports. Skateboarding as an extreme sport provides physical activity where fundamental movements, tricks and riding are performed on specially designed and built skatepark elements. | | | | | | | | | | | | | | | | | | | | | | |
| **Course content** | 1. Introduction, basics of skate terminology  2. Riding exercises in the skatepark  3. Movement coordination exercises  4. Balance exercises  5. Turning and stopping exercises  6. Turning 180° and 360°exercise  7. Team riding exercise  8. Slalom riding exercises  9. Exercises going down the skatepark ramp  10. Exercises of basic skate tricks  11. Skate pool riding exercises  12. Balance and movement coordination exercises in the pool  13. Riding exercises of all elements in the skatepark  14. Exercises of playing team game 'game of skate'  15. Application of acquired skills | | | | | | | | | | | | | | | | | | | | | | |
| **Required reading** | Skateboarding: book of tricks / Steve Badillo, Doug Werner, 2003  The concrete wave: The history of skateboarding, Micheal Brooke, 1999. | | | | | | | | | | | | | | | | | | | | | | |
| **Additional reading** | The search for freedom in extreme sports: A phenomenological exploration/ E. Brymer , R. Schweitzer, Psychology of Sport and Exercise, 2013  Skateboarding and the Ecology of Urban Space- Journal of Sport and Social Issues, B. Glenney, S. Mull, 2018 | | | | | | | | | | | | | | | | | | | | | | |
| **Internet sources** | <https://skateboarding.transworld.net/>  <http://www.thrashermagazine.com/> | | | | | | | | | | | | | | | | | | | | | | |
| **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 | | | | | Practical work | | | | other forms |
| **Calculation of final grade** | / | | | | | | | | | | | | | | | | | | | | | | |
| **Grading scale** |  | | | | % Failure (1) | | | | | | | | | | | | | | | | | | |
|  | | | | % Satisfactory (2) | | | | | | | | | | | | | | | | | | |
|  | | | | % Good (3) | | | | | | | | | | | | | | | | | | |
|  | | | | % Very good (4) | | | | | | | | | | | | | | | | | | |
|  | | | | % Excellent (5) | | | | | | | | | | | | | | | | | | |
| **Course evaluation procedures** | Student evaluations conducted by the University  Student evaluations conducted by the Department  Internal evaluation of teaching  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. | | | | | | | | | | | | | | | | | | | | | | |