

Course: Physical and Health Culture

Course coordinator: Viktor Moretti, Prof.

Department: Department of Social Sciences and Medical Humanities

Study program: Integrated Undergraduate and Graduate University Study of Medicine in English

Year: 1st year

Academic year: 2021/2022

SYLLABUS

Course information (brief course description, general guidelines, location and organization of instruction, required equipment, instructions regarding class attendance and preparation, students' obligations, etc.):

The course **Physical Education and Health** is a compulsory course of the first and second year of the Integrated Undergraduate and Graduate University Study of Medicine in English. The course comprises 60 hours of practicals (1.5 ECTS credits). Instruction will be organized in groups according to the scheduled time.

The **A program**, which is mandatory for all healthy students, will take place:

- on the football field "Omladinsko igralište" – (free of charge)
- in the gym "Blue Gym" where students will be allowed to use the gym, hall for corrective gymnastics and basketball area (60 kuna fee – provided students agree)
- on the court of the Faculty of Medicine where student tournaments, the student league and preparatory workout of sports groups will be organized for the purpose of "Humanijada". Entering these competitions will count as P.E. instruction.

The **B program** (for students with health issues) is organized in collaboration with the doctor for each student separately.

The **C program** – the optional program (hiking, skiing, summer camps with appropriate content) will be organized as a way of compensating for missed classes.

Status of top athlete – students who have a top athlete status, i.e. those students who have been granted the title Croatian athlete in the I, II or III category by the Croatian Olympic Committee, are exempt from classes. In order to be exempt from classes students have to provide a document from the Croatian Olympic Committee on the categorization.

Aims, tasks and learning outcomes of the course:

Keeping and improving students' health by regularly applying kinesiological activities.

Keeping and promoting health (motor and functional abilities) through programed improvement and enhancement of motor information.

Developing permanent habits and needs for kinesiological activities in everyday life which enable students to make intellectual efforts more easily.

General course outline

General preparatory and specific exercises through various organizational forms of work (with or without equipment and music)

Athletics: running (sprints, middle-distance, long distance tracks), jumps.
Swimming: teaching swimming, swimming techniques (breaststroke, backstroke and freestyle), and rescue swimming training.
Sports games: volleyball, basketball, five-a-side football (perfecting technique and playing).
Fitness: aerobic, step aerobics, machine exercise workout, yoga.
Hiking and walking tours.

Developing general competences (knowledge and skills)

Positive influence on students' anthropological traits (anthropometrical characteristics, motor and functional abilities).

Developing specific competences (knowledge and skills)

Developing students' physical education in order to keep and promote their own health.
Satisfying the need for physical movement and make a habit out of everyday exercise.
Acquiring knowledge and skills for obtaining a level of motor achievement.
Training students for creative and individual research in various forms of P.E. and Health, especially those that contribute to humanization and socialization of a person.

Assigned reading:

Optional / Additional reading:

Course teaching plan:

List of lectures (with titles and description):

List of seminars with description:

List of practicals with description:

Practicals of the course Physical Education and Health are held in the outdoor areas of Campetto and the "Blue Gym".
Hiking and walking tours are done on the outskirts of Rijeka (the riverbed of Riječina, Platak, Učka, Velebit).
Sports tournaments are held on the court of the Faculty of Medicine and the gym "3 Maj".

Student obligations:

Students must regularly attend and actively participate in all forms of instruction.

Exam (exam taking, description of written/oral/practical part, point distribution, grading criteria):

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Possibility of teaching in another language:

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Other important information regarding the course:

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COURSE SCHEDULE (for academic year 2020/2021)

Date	Lectures (time and place)	Seminars (time and place)	Practicals (time and the gym "Blue Gym")	Lecturer
02.10.20.			P1(08,30-10,00) 1	Viktor Moretti, Prof
02.10.20.			P1(10,30-12,00) 2	Viktor Moretti, Prof
09.10.20.			P1(08,30-10,00) 1	Viktor Moretti, Prof
09.10.20.			P1(10,30-12,00) 2	Viktor Moretti, Prof
14.10.20.			P1(12,30-14,00) 2	Viktor Moretti, Prof
16.10.19			P1(14,30-16,00) 1	Viktor Moretti, Prof
20.10.20.			P2(08,30-10,00) 2	Viktor Moretti, Prof
20.10/20.			P2(11,00-12,30) 1	Viktor Moretti, Prof
27.10.20.			P2(11,00-12,30) 1	Viktor Moretti, Prof
29.10.20.			P2(08,30-10,00) 2	Viktor Moretti, Prof
03.11.20.			P2(08,30-10,00) 2	Viktor Moretti, Prof
03.11/20.			P2(11,00-12,30) 1	Viktor Moretti, Prof
13.11.20.			P3(09,30-11,00) 2	Viktor Moretti, Prof
13.11.20.			P3(11,00-12,30) 1	Viktor Moretti, Prof
17.11.20.			P3(11,00-12,30) 2	Viktor Moretti, Prof
20.11/20.			P3(12,30-14,00) 1	Viktor Moretti, Prof
26.11.20.			P3(08,30-10,00) 2	Viktor Moretti, Prof
26/11/20.			P3(11,00-12,30) 1	Viktor Moretti, Prof
01.12.20.			P4(12,30-14,00) 1	Viktor Moretti, Prof
02.12.20.			P4(12,30-14,00) 2	Viktor Moretti, Prof
08.12.20.			P4(08,30-10,00) 2	Viktor Moretti, Prof
09.12.20.			P4(12,30-14,00) 1	Viktor Moretti, Prof
16.12.20.			P4(13,30-15,00) 1	Viktor Moretti, Prof
17.12.20.			P4(13,30-15,00) 2	Viktor Moretti, Prof
24.12.20.			P5(08,00-9,30) 1	Viktor Moretti, Prof

24.12.20.			P5(09,30-11,00) 2	Viktor Moretti, Prof.
08.01.21.			P5(12,30-14,00) 1	Viktor Moretti, Prof.
08.01.21.			P5(14,00-15,30) 2	Viktor Moretti, Prof.
12.01.21.			P5(08,30-10,00) 2	Viktor Moretti, Prof.
12.01.21.			P5(11,00-12,30) 1	Viktor Moretti, Prof.
18.01.21.			P6(12,30-14,00) 2	Viktor Moretti, Prof.
20.01.21.			P6(08,00-09,30) 1	Viktor Moretti, Prof.
05.03.21.			P6(10,00-11,30) 2	Viktor Moretti, Prof.
05.03.21.			P6(11,30-13,00) 1	Viktor Moretti, Prof.
12.03.21.			P6(09,00-10,30) 2	Viktor Moretti, Prof.
12.03.21.			P6(11,30-13,00) 1	Viktor Moretti, Prof.
19.03.21.			P7(09,00-10,30) 2	Viktor Moretti, Prof.
19.03.21.			P7(11,30-13,00) 1	Viktor Moretti, Prof.
26.03.21.			P7(09,00-10,30) 2	Viktor Moretti, Prof.
26.03.21.			P7(11,30-13,00) 1	Viktor Moretti, Prof.
02.04.21.			P7(09,00-10,30) 2	Viktor Moretti, Prof.
02.04.21.			P7(11,30-13,00) 1	Viktor Moretti, Prof.
09.04.21.			P8(09,00-10,30) 2	Viktor Moretti, Prof.
09.04.21.			P8(11,30-13,00) 1	Viktor Moretti, Prof.
16.04.21.			P8(09,00-10,30) 2	Viktor Moretti, Prof.
16.04.21.			P8(11,30-13,00) 1	Viktor Moretti, Prof.
23.04.21.			P8(09,00-10,30) 2	Viktor Moretti, Prof.
23.04.21.			P8(11,30-13,00) 1	Viktor Moretti, Prof.
30.04.21.			P9(09,00-10,30) 2	Viktor Moretti, Prof.
30.04.21.			P9(11,30-13,00) 1	Viktor Moretti, Prof.
07.05.21.			P9(09,00-10,30) 2	Viktor Moretti, Prof.
07.05.21.			P9(11,30-13,00) 1	Viktor Moretti, Prof.
14.05.21.			P9(09,00-10,30) 2	Viktor Moretti, Prof.
14.05.21.			P9(11,30-13,00) 1	Viktor Moretti, Prof.
21.05.21.			P10(09,00-10,30) 2	Viktor Moretti, Prof.
21.05.21.			P10(11,30-13,00) 1	Viktor Moretti, Prof.
28.05.21.			P10(09,00-10,30) 2	Viktor Moretti, Prof.
28.05.21.			P10(11,30-13,00) 1	Viktor Moretti, Prof.
04.06.21.			P10(09,00-10,30) 2	Viktor Moretti, Prof.
04.06.21.			P10(11,30-13,00) 1	Viktor Moretti, Prof.

List of lectures, seminars and practicals:

	LECTURES (topic of lecture)	Number of teaching hours	Location
P1			
P2			
P3			
P4			
P5			
P6			
P7			
P8			
P9			
P10			
P11			
P12			
....			
	Total number of lecture hours	12	

	SEMINARS (topic of seminar)	Number of teaching hours	Location
S1			
S2			
S3			
S4			
S5			
S6			
S7			
S8			
...			
	Total number of seminar hours		

	PRACTICALS (topic of practical)	Number of teaching hours	Location
V1	Gym – introduction about using the equipment and doing exercises properly, the relationship between loads and series, type of workout in the gym.	6	“Blue Gym“
V2	Gym – exercises in aerobic conditions. Athletics – continuous long-distance running Basketball game.	6	“Blue Gym“ Football field “Omladinsko igralište” Outdoor court
V3	Gym – exercises aimed at developing repetitive strength. Pilates – exercises on large balls.	6	“Blue gym“ Hall Outdoor court
V4	Gym – exercises for developing repetitive leg and body strength. Pilates – exercises on large balls. Basketball game.	6	“Blue gym“ Hall Outdoor court
V5	Gym – exercises for developing repetitive arm and shoulder belt strength. Corrective gymnastics – scoliosis, kyphosis. Basketball game.	6	“Blue gym“ Hall Outdoor court
V6	Gym – exercises for developing explosive strength. Corrective gymnastics – scoliosis, kyphosis. Basketball game.	6	“Blue gym“ Hall Outdoor court
V7	Gym – exercises for developing explosive leg and body strength. Corrective gymnastics – scoliosis, kyphosis. Football game.	6	“Blue gym“ Hall Football field “Omladinsko igralište”
V8	Gym – exercises for developing absolute strength. Athletics – 10+5+5+5+5. Football game.	6	“Blue gym“ Football field “Omladinsko igralište” Football field “Omladinsko igralište”
V9	Gym – exercises for developing absolute strength. Athletics – 10+5+5+5+5. Football game.	6	“Blue gym“ Football field “Omladinsko igralište” Football field “Omladinsko igralište”
V10	Gym – work in threes. Athletics – 10+10+10. Football game.	6	“Blue gym“ Football field “Omladinsko igralište” Football field “Omladinsko igralište”

	Total number of practicals hours	60	
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	EXAM DATES (final exam)
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2.	
3.	
4.	