

NAME OF THE COURSE		English in sport and exercise sciences				
Code		Year of study	1 st graduate			
Course teacher	ass. prof. Ana Penjak, PhD	Credits (ECTS)	3			
Associate teachers		Type of instruction (number of hours)	L	S	E	F
			45			
Status of the course	Elective	Percentage of application of e-learning				
COURSE DESCRIPTION						
Course objectives	<p>To develop reading and comprehensive skills needed for the understanding of the scientific texts in the field of sport and exercise sciences.</p> <p>To acquire and broaden vocabulary and idiomatic expressions in sport and exercise sciences.</p> <p>To improve and foster language communication on written and oral level.</p> <p>To work on expressing critical thinking on chosen topics and issues.</p>					
Course enrolment requirements and entry competences required for the course	Intermediate knowledge of English language.					
Learning outcomes expected at the level of the course (4 to 10 learning outcomes)	<p>At the completion of this course, students will be able to do the following:</p> <ul style="list-style-type: none"> - to develop independent read of scientific texts in English with understanding; -to present and to follow with understanding selected topic within the field of sport and exercise sciences in English; - to identify and implement specific vocabulary units within the field of sport and exercise sciences in English; -to use specific lexical and structural language patterns in meaningful way; - to avoid making usual grammatical mistakes; - to be able to express critical opinion by justifying it with different arguments. 					
Course content broken down in detail by weekly class schedule (syllabus)	Seminar		Teacher			
	Working on texts on training effects in sport and exercise (6 hours).		Assistant professor, Ana Penjak, PhD			
	Working on texts on training effects in (competitive) sports (6 hours).		Assistant professor, Ana Penjak, PhD			
	Written exam – part 1(1 hour).		Assistant professor, Ana Penjak, PhD			
	Working on texts on training effects in physical education (6 hours).		Assistant professor, Ana Penjak, PhD			
	Working on a text on training effects in fitness and recreation (6 hours).		Assistant professor, Ana Penjak, PhD			
	Written exam – part 2 (1 hour).		Assistant professor, Ana Penjak, PhD			
Working on a text on experimental design and methodology in evaluation of testing and measurement procedures in sport and		Assistant professor, Ana Penjak, PhD				

	exercise (5 hours).					
	Written exam – part 3(1 hour).		Assistant professor, Ana Penjak, PhD			
	Working on a text on monitoring training load and fatigue (6 hours).		Assistant professor, Ana Penjak, PhD			
	Written exam – part 4 (1 hour).		Assistant professor, Ana Penjak, PhD			
Format of instruction	x lectures	x independent assignments				
	<input type="checkbox"/> seminars and workshops <input type="checkbox"/> exercises <input type="checkbox"/> <i>on line</i> in entirety <input type="checkbox"/> partial e-learning <input type="checkbox"/> field work	<input type="checkbox"/> multimedia <input type="checkbox"/> laboratory <input type="checkbox"/> work with mentor <input type="checkbox"/> (other)				
Student responsibilities	Course attendance, homework, exam					
Screening student work (<i>name the proportion of ECTS credits for each activity so that the total number of ECTS credits is equal to the ECTS value of the course</i>)	Class attendance	0.5	Research		Practical training	
	Experimental work		Report		(Other)	
	Essay		Seminar essay	1	(Other)	
	Tests		Oral exam	0.5	(Other)	
	Written exam	1	Project		(Other)	
Grading and evaluating student work in class and at the final exam	The final grade is defined on a basis of five sub-grades (see later) and final oral exam (optional). Sub grades are earned throughout written exams carried out during the course (see Syllabus), each consisting of 3 questions and maximal 6 points (4 points minimum for successful evaluation of the sub-exam; 16-19 points in total: grade 2; 19-22 points in total – grade 3; 22-25 points in total – grade 4). Oral exam is obligatory only if student wants to earn the grade 5 (excellent)					
Required literature (available in the library and via other media)	Title			Number of copies in the library	Availability via other media	
	Idrizovic K, Gjinovci B, Sekulic D, Uljevic O, Joao PV, Spasic M, Sattler T (2018) The Effects of 3-Month Skill-Based and Plyometric Conditioning on Fitness Parameters in Junior Female Volleyball Players. Pediatric Exercise Science. 30(3) 353-363				On demand	
	Green, B. S., Blake, C., Caulfield, B. M. (2011) A Valid Field Test Protocol of Linear Speed and Agility in Rugby				On demand	

	Union. Journal of Strength and Conditioning Research. 25(5)/1256-1262		
	Borresen, J., & Ian Lambert, M. (2009). The Quantification of Training Load, the Training Response and the Effect on Performance. Sports Medicine, 39(9), 779–795.		Open access
	Halson, S. L. (2014). Monitoring Training Load to Understand Fatigue in Athletes. Sports Medicine, 44(S2), 139–147.		Open access
	Cambridge Advanced Learner’s Dictionary. Accessed February 22, 2017. http://dictionary.cambridge.org/6 .		Online
	Oxford Dictionary of Sports Science & Medicine, 2nd Edition. Michael Kent (Ed.). Oxford-New York-Tokyo: Oxford University Press, 1998.		On demand
	Dictionary of Sport and Exercise Science, London: A & C Black, 2006.		On demand
	Oxford Advanced Learner’s Dictionary, 7th edition. Wehmeier, S., McIntosh, C., & Turnbull, J. (Eds). Oxford: Oxford University Press, 2010.		On demand
Optional literature (at the time of submission of study programme proposal)			
Quality assurance methods that ensure the acquisition of exit competences	As defined by the Faculty.		
Other (as the proposer wishes to add)			