

| NAME OF THE COURSE | | Physical activity and health | | | | |
|---|---|---|--|---|----|---|
| Code | | Year of study | 3 rd undergraduate | | | |
| Course teacher | Assoc. professor, Perić Mia, PhD | Credits (ECTS) | 3 | | | |
| Associate teachers | Marijana Geets Kesić, teaching assistant | Type of instruction (number of hours) | L | S | E | F |
| | | | 30 | 0 | 15 | |
| Status of the course | Elective | Percentage of application of e-learning | | | | |
| COURSE DESCRIPTION | | | | | | |
| Course objectives | To teach students the effects of physical activity on general health status in different population groups. | | | | | |
| Course enrolment requirements and entry competences required for the course | For this course entry competences are: English course attendance. | | | | | |
| Learning outcomes expected at the level of the course (4 to 10 learning outcomes) | <ul style="list-style-type: none"> - To know the benefits of exercising; - to know the negative effects of exercising; - to advice trainees about appropriate exercises according to their age/gender; - to know some basic nutrition advices for trainees. | | | | | |
| Course content broken down in detail by weekly class schedule (syllabus) | Lectures | | Teacher | | | |
| | Sedentary Lifestyle (5 hours) | | Assistant professor, Perić Mia, PhD | | | |
| | Basics of Proper Nutrition (10 hours) | | Assistant professor, Perić Mia, PhD | | | |
| | Psychological Health (3 hours) | | Assistant professor, Perić Mia, PhD | | | |
| | Cardiovascular Diseases (1 hour) | | Assistant professor, Perić Mia, PhD | | | |
| | Musculoskeletal Diseases (1 hour) | | Assistant professor, Perić Mia, PhD | | | |
| | Health and well-being in different life period (1 hour) | | Assistant professor, Perić Mia, PhD | | | |
| | Seminars | | Teacher | | | |
| | Cardiovascular Diseases (2 hours) | | Marijana Geets Kesić, teaching assistant | | | |
| | Musculoskeletal Diseases (3 hours) | | Marijana Geets Kesić, teaching assistant | | | |
| | Health and well-being in different life period (4 hours) | | Marijana Geets Kesić, teaching assistant | | | |
| | Exercises | | Teacher | | | |
| | Calorie consumption while walking/Nordic walking (4 hours) | | Assistant professor, Perić Mia, PhD | | | |
| | Calorie consumption while running (3 hours) | | Assistant professor, Perić Mia, PhD | | | |
| | Exercises in office (2 hours) | | Assistant professor, Perić Mia, PhD | | | |
| | Proper performing warm up exercises (3 hours) | | Assistant professor, Perić Mia, PhD | | | |
| | Proper performing cooling down/stretching exercises (3 hours) | | Assistant professor, Perić Mia, PhD | | | |

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| Format of instruction | <input checked="" type="checkbox"/> lectures <input type="checkbox"/> seminars and workshops <input checked="" 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"/> independent assignments <input type="checkbox"/> multimedia <input type="checkbox"/> laboratory <input type="checkbox"/> work with mentor <input type="checkbox"/> (other) | | | | |
| Student responsibilities | Students are to attend lectures and exercises, do practical work and do written/oral 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 | 1 | Research | | Practical training | |
| | Experimental work | | Report | | (Other) | |
| | Essay | | Seminar essay | | (Other) | |
| | Tests | | Oral exam | | (Other) | |
| | Written exam | 1 | Project | | (Other) | |
| Grading and evaluating student work in class and at the final exam | Grades from 1 to 5: 1 (below 62%); 2 (63% -74%); 3 (75% - 84%); 4 (85% - 93%); 5 (94% - 100%) Class attendance 25% Experimental work 25% Written exam 50% <hr/> Total 100% | | | | | |
| Required literature (available in the library and via other media) | Title | | Number of copies in the library | Availability via other media | | |
| | Bouchard, C., Blair, S., & Haskel, W. (2012). <i>Physical Activity and Health</i> . United states: Human Kinetics | | | Web page of the course | | |
| | Sharkey, B., & Gaskill, S. (2013). <i>Fitness&Health</i> . United states: Human Kinetics | | | Web page of the course | | |
| | Volpe, S., Sabelawski, S., & Mohr, C. (2007). <i>Fitness Nutrition for Special Dietary Needs</i> . United states: Human Kinetics. | | | Web page of the course | | |
| Optional literature (at the time of submission of study programme proposal) | Heyward, V. (2006). <i>Advanced Fitness Assessment and Exercise Perscription</i> . United states: Human Kinetics | | | | | |
| Quality assurance methods that ensure the acquisition of exit competences | Attendance, practical mid-term tests, theoretical (written) exam. External evaluation of teaching quality through 'Questionnaire for student's evaluation of teaching'. | | | | | |
| Other (as the proposer wishes to add) | http://moodle.kifst.hr/course/view.php?id=488 | | | | | |