

<b>NAME OF THE COURSE</b>		<b>Rowing</b>					
<b>Code</b>		<b>Year of study</b>		3rd undergraduate			
Course teacher	assoc. prof. Ognjen Uljević, PhD	<b>Credits (ECTS)</b>		3			
Associate teachers	ass. prof. Šime Veršić, PhD	<b>Type of instruction (number of hours)</b>		L	S	E	F
				15			30
Status of the course	Obligatory	<b>Percentage of application of e-learning</b>					
<b>COURSE DESCRIPTION</b>							
Course objectives	- Knowledge of the theoretical bases of rowing, and the quality implementation of the rowing program with the rimen and skul techniques						
Course enrolment requirements and entry competences required for the course	Advanced knowledge of English language.						
Learning outcomes expected at the level of the course (4 to 10 learning outcomes)	- to know basic biomechanical rowing principles - to demonstrate proper rowing technique in rowing pool and ergometer - to analyze rowing sweep and scull tehnique - to know methodical exercise for correction of rowing technique - to know anthropological characteristics of top rowers - to explain the basic principles of fitness training in rowing - to explain the basics of planning and programming the training process in rowing - to use diagnostics procedures in rowing						
Course content broken down in detail by weekly class schedule (syllabus)	- History of rowing - Rowing rules and basics - Methodics of rowing - Kinesiological analysis of rowing - Anthropological analysis of rowing - Rigging of boat - Diagnostics in rowing - Rowing training - Training monitoring in rowing - Application of modern technical equipment in training process - Periodization in rowing						
Format of instruction	<input checked="" type="checkbox"/> lectures <input checked="" type="checkbox"/> seminars and workshops <input checked="" type="checkbox"/> exercises <input type="checkbox"/> on line 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							
Screening student work (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)	Class attendance	1	Research		Practical training	2	
	Experimental work		Report		(Other)		
	Essay		Seminar essay		(Other)		
	Tests	2	Oral exam		(Other)		
	Written exam		Project		(Other)		

Grading and evaluating student work in class and at the final exam	Grades are from 1 to 5 : grade 1 (below 59%); grade 2 (60% -72%); grade 3 (73% - 82%); grade 4 (83% - 90%); grade 5 (91% - 100%) Class attendance: 15% Practical: 25% Oral exam: 20% <u>Written exam: 40%</u> Total: 100%		
Required literature (available in the library and via other media)	Title	Number of copies in the library	Availability via other media
	Köerner, T., P. Schwanitz (1985). Rudern. Berlin: Sportverlag	5	
	McMeely E., Royle M., (2002). Skillful Rowing		FB
	Kleshnev V., (2016). The biomechanics of Rowing		FB
	Nolte V., (2011). Rowing Faster: Serious Training for Serious Rowers		FB
	Nilsen T.S., Daigneault T., Smith M. (2002). The FISA Coaching Development Programme		FB
Optional literature (at the time of submission of study programme proposal)			
Quality assurance methods that ensure the acquisition of exit competences	Individual work with teacher, conversation, participation in class, oral seminar presentation, class attendance registering, final questionnaire on the subject and teacher efficiency.		
Other (as the proposer wishes to add)			