

NAME OF THE COURSE		Synchronized swimming				
Code		Year of study	1 st and 2 nd year graduate			
Course teacher	Assistant professor, Perić Mia, PhD	Credits (ECTS)	3			
Associate teachers		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	<ul style="list-style-type: none"> - To get more information about synchronized swimming; - to be able for coaching in synchro swimming school; - to get into the training process of high level athletes; - to became synchronized swimming judge. 					
Course enrolment requirements and entry competences required for the course	For this course entry competences are: English course and Swimming (1 or/and 2)					
Learning outcomes expected at the level of the course (4 to 10 learning outcomes)	<ul style="list-style-type: none"> - To know basic positions in synchronized swimming; - to know basic movements and transitions in synchronized swimming; - to demonstration of basic positions in synchronized swimming; - to coach basic positions, movements, transitions and sculling in synchronized swimming; - to create a choreography for younger or recreational swimmers; - to learn about FINA figures in all age groups; - to know FINA rules and regulations on a "basic level" judge in Croatia. 					
Course content broken down in detail by weekly class schedule (syllabus)	Lectures		Teacher			
	FINA synchronized swimming rules (10 hours)		Mia Perić, assistant professor			
	Judging Figures (5 hours)		Mia Perić, assistant professor			
	Judging Free routines (5 hours)		Mia Perić, assistant professor			
	Judging Technical routines (5 hours)		Mia Perić, assistant professor			
	Teaching basic positions (5 hours)		Mia Perić, assistant professor			
	Exercises		Teacher			
	Basic positions in synchronized swimming (2 hours)		Mia Perić, assistant professor			
	Sculls in synchronized swimming (2 hours)		Mia Perić, assistant professor			
	FINA figures all age groups (6 hours)		Mia Perić, assistant professor			
	Making choreography (5 hours)		Mia Perić, assistant professor			
	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.				

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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	1
	Experimental work	0.5	Report		(Other)	
	Essay		Seminar essay		(Other)	
	Tests		Oral exam	0.5	(Other)	
	Written exam	0.5	Project		(Other)	
Grading and evaluating student work in classes 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 25% Oral exam 25% <hr/> Total 100%					
Required literature (available in the library and via other media)	Title			Number of copies in the library		Availability via other media
	Sajber, D., Peric, M., Spasic, M., Zenic, N., & Sekulic, D., (2013). Sport-specific and anthropometric predictors of synchronised swimming performance. <i>International Journal of Performance Analysis in Sport</i> , 13, 23-37.					Web page of the course
	Peric, M., Zenic, N., Mandic, G.F., Sekulic, D., & Sajber, D. (2012). The Reliability, Validity and Applicability of Two Sport-Specific Power Tests in Synchronized Swimming. <i>Journal of Human Kinetics</i> , 32, 135-145.					Web page of the course
	Gabrilo, G., Peric, M., & Stipic, M. (2011). Pulmonary function in pubertal synchronized swimmers: 1-year follow-up results and its relation to competitive achievement. <i>Medical Problems of Performing Artists</i> , 26(1), 39-43.					Web page of the course
	Zenic, N., Peric, M., Zubcevic, N.G., Ostojic, Z., & Ostojic, L. (2010). Comparative analysis of substance use in ballet, dance sport, and synchronized swimming: results of a longitudinal study. <i>Medical Problems of Performing Artists</i> , 25(2), 75-81.					Web page of the course
	Sekulic, D., Peric, M., & Rodek, J. (2010). Substance use and misuse among professional ballet dancers. <i>Substance Use And Misuse</i> , 45(9), 1420-30.					Web page of the course
	Fédération Internationale de Natation, FINA (2017) Synchronized Swimming Manual for Judges, Coaches and Referees. Laussane, Switzerland					Web page of the course
Optional literature (at the time of submission of study programme)	Also available on web of the course: 1. Perić M., Petrić S., Žižić K., (2007). Utjecaj motoričkih sposobnosti na izvođenje					

proposal)	<p>osnovnih elemenata sinkroniziranog plivanja. U: Maleš B., Đ. Miletić, N. Rausavljević, M. Kondrič (Ur.) Zbornik radova 2. međunarodne konferencije Suvremena kineziologija, 209-214.</p> <ol style="list-style-type: none"> 2. Perić, M., Prajo, M., Gabrilo, G., (2010). Testovi eksplozivne snage i brzine u sinkroniziranom plivanju-konstrukcija i validacija. U I. Jukić, C. Gregov, S. Šalaj, L. Milanović, T. Trošt-Bobić (Ur.), Kondicijska priprema sportaša, Zbornik radova 8.međunarodnog znanstveno-stručnog skupa, Zagreb, 26.i 27. veljače 2010., (242-246), Zagreb: Kineziološki fakultet Sveučilišta u Zagrebu; Udruga kondicijskih trenera Hrvatske. 3. Perić, M., Spasić M., (2010). Utjecaj trenažnih operatora na snagu i fleksibilnost sinkro-plivačica u različitim periodima natjecateljske sezone. U A. Biberović (Ur.), Zbornik radova 3. međunarodnog simpozijuma "Sport i zdravlje" (159-163), Fakultet za tjelesni odgoji sport; Univrzitet u Tuzli. 4. Perić M., Božanić A., Restović M., (2008). Izvođenje koreografije u sinkroniziranom plivanju u relaciji s motoričkim sposobnostima i specifičnim znanjima: U: Maleš B., Đ. Miletić, N. Rausavljević, M. Kondrič, M. Kvesić (Ur.) Zbornik radova 3. međunarodne konferencije Suvremena kineziologija, 188-193. 5. Perić M., (2011). Koliko je koordinacija u sinkroniziranom plivanju ovisna o specifičnoj snazi i brzini? U I. Jukić, C. Gregov, S. Šalaj, L. Milanović, T. Trošt-Bobić (Ur.), Kondicijska priprema sportaša, Zbornik radova 9.međunarodne konferencije Zagreb, 25.i 26. veljače 2011., (212-215), Zagreb: Kineziološki fakultet Sveučilišta u Zagrebu; Udruga kondicijskih trenera Hrvatske. 6. Perić, M., Zenić, N., Šajber, D., Ivančić, P., Eksplozivna snaga u sinkro plivanju-validacija specifičnih testova. U: Đ. Miletić, S. Krstulović, Z. Grgantov, A. Kezić, T. Bavčević (urednici) Zbornik radova 4. međunarodne konferencije Suvremena kineziologija. Kineziološki fakultet Split, 139-145.
Quality assurance methods that ensure the acquisition of exit competences	<p>Final exam and quality of practical work with synchro-swimmers at the pool. External evaluation of teaching quality through 'Questionnaire for student's evaluation of teaching'</p>
Other (as the proposer wishes to add)	<p>http://moodle.kifst.hr/course/view.php?id=515</p>