NAME OF THE COURSE	Windsurfing					
Course code		Year of study	2nd graduate			
Lecturer	Assoc. prof. Ognjen Uljević	Credits (ECTS)	3			
Associate teachers		Type of instruction (number of hours)	L	S	E	F
			10	20	-	15
Status of the course	Elective	Percentage of application of e-learning				

COURSE DESCRIPTION

Course objectives	General competencies in understanding windsurfing techniques. Specific competencies in windsurfing teaching.
Course enrolment requirements and entry competences required for the course	None
Learning outcomes expected at the level of the course (4 to 10 learning outcomes)	At the completion of this course, students will be able to do the following: - to know the basic biomechanical principles of windsurfing - to know kinematic, kinetic and hydrodynamic principles of windsurfing - to analyse the performance techniques of windsurfing in different classes - to demonstrate the proper performance windsurfing techniques - to identify errors in the performance windsurfing techniques - to know methodological approaches for errors windsurfing techniques

Course content broken down in detail by weekly class schedule (syllabus

Lectures	Teacher
Windsurfing history (2 hour)	Assoc. prof. Ognjen Uljević
Sailing board parts and their function (2 hour)	Assoc. prof. Ognjen Uljević
Assembling windsurfing equipment and carrying it (2 hour)	Assoc. prof. Ognjen Uljević
Kinesiological analysis of basic elements of windsurfing (2 hour)	Assoc. prof. Ognjen Uljević
Methodology of teaching basic elements of windsurfing (2 hour)	Assoc. prof. Ognjen Uljević

Seminar	Teacher
Security and equipment (2 hour)	Assoc. prof. Ognjen Uljević
Fundamentals of meteorology (2 hour)	Assoc. prof. Ognjen Uljević
Basic nodes (2 hour)	Assoc. prof. Ognjen Uljević
Fundamentals of sailing theory (2 hour)	Assoc. prof. Ognjen Uljević
Basic race rules (2 hour)	Assoc. prof. Ognjen Uljević
Parts of sailing boats and their function (2 hour)	Assoc. prof. Ognjen Uljević
Kinesiological analysis of lifting gear from the water and reaching the basic position (2 hour)	Assoc. prof. Ognjen Uljević
Kinesiological analysis of the element rotation in place by 180 ° or 360 (2 hour)	Assoc. prof. Ognjen Uljević
Start and sailing position (2 hour)	Assoc. prof. Ognjen Uljević
Kinesiological analysis of sailing position (2hour)	Assoc. prof. Ognjen Uljević

	Exercises	**Teacher**
	Assembling windsurfing equipment and carrying it (2 hour)	Assoc. prof. Ognjen Uljević
	Start and sailing position (2 hour)	Assoc. prof. Ognjen Uljević
	180 and 360 ° rotation in place (2 hour)	Assoc. prof. Ognjen Uljević
	Methodology of teaching the basic elements of windsurfing (9 hours)	Assoc. prof. Ognjen Uljević

Format of instruction	x lectures ☐ seminars and workshops x exercises ☐ *on line* in entirety ☐ partial e-learning ☐ field work	☐ independent assignments ☐ multimedia ☐ laboratory ☐ work with mentor ☐ (other)
Student responsibilities	Attendance at all forms of teaching	

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		Report		(Other)	
	Essay		Seminar essay		(Other)	
	Tests	1	Oral exam		(Other)	
	Written exam		Project		(Other)	

Grading and evaluating student work in class and at the final exam

The final grade on the course of sailing shall be determined on the basis of marks from:

→ **colloquia written test**
two tests carry a total of 60 % of the final grade

→ **practical colloquium / examination**
(carries 20 % of the final grade)

→ **oral exam -** carries 20% of the final grade

Mid-term test

Mid-term test with teaching topics of the lectures will be held within the schedule of lectures according to the schedule and each will contain traversed material to the day of the colloquium.

If the student does not pass the preliminary exam of the lectures they will be allowed to retake the colloquium on schedule to be adopted in due time, within the terms of test items (February - 1 term, June - 1 term July - 1 term and September - 1 term)

Oral exam

The oral part of the exam can take the regular examination periods at the end of the semester, provided that previously passed all the aforesaid parts (written tests and practical exam). The oral part of the exam, the student gets 2 questions (1 question of methodology training process, and 1 issue of the rules of racing and the history of the development of sailing)

Based on the above will determine the final grade exam in the way:

→ grade 2 (sufficient) to achieved 51 % to 60 %;
→ grade 3 (good) to achieved 61 % to 74 %;
→ grade 4 (very good) to achieved 75 % to 89 %;
→ grade 5 (excellent) to achieved 90 % to 100 %

	Title	Number of copies in the library	Availability via other media
Required literature (available in the library and via other media)	1. Conner, D. (1997). Naučite jedriti. Gandalf. Zagreb		
	2. Blackburn, M. (1997). Sailing Fitness & Training. Fitness Books. Australia		
	3. Tan, B. (2000). The complete introduction to Laser Racing. Singapore sports council		
	4. Marinović, M., T. Antunović, V. Velimirović (2004). Frekvencija srca kao parametar za praćenje opterećenja u jedrenju. XIII. Ljetna škola kineziologa Republike Hrvatske, Rovinj		
Optional literature (at the time of submission of study programme proposal)	1. Marinović, M. (2001). Morfološke karakteristike jedriličara u klasama Laser i Laser radial. Hrvat. Športskomed. Vjesn. 1;16:16-20 2. Marinović, M., M. Kvesić (2004). Tanita vaga kao instrument za mjerenje nekih antropoloških mjera u školi i sportu. XIII. Ljetna škola kineziologa Republike Hrvatske, Rovinj		
Quality assurance methods that ensure the acquisition of exit competences	Attendance Evaluation subjects and teachers by students Colloquia Written test		
Other (as the proposer wishes to add)			