

Study programme	MEDICAL STUDIES IN ENGLISH					
Cycle	INTEGRATED	Type	UNIVERSITY			
Study track	-	Module	-			
Year of study	1	Semester	II			
Course title	PHYSICAL EDUCATION I	Course code	MFMSE202			
ECTS	0.5	Status	OBLIGATORY			
Teaching hours			Lectures	Exercises	Seminars	Practice
			0	25	0	0
Teachers	dr. sc. Ivan Kvesić, doc.		0	20	0	0
	Filip Zovko, asistent		0	5	0	0
Course objectives	<ul style="list-style-type: none">- To expand students' knowledge about the impact of kinesiology activities on the level of health.- To expand students' knowledge about the general process of exercise as well as the consequences of the effects of these processes on the human body with special reference to the preservation of health achieved through kinesiology processes.- To expand students' knowledge about ways to solve problems related to exercise processes.- to train students for independent work and expand students' knowledge about the importance of exercise in everyday life.					
Course learning outcomes	Learning outcome (LO) Student:				Course learning outcome code	LO code at the study program level
	Applies warm-up exercises for a particular kinesiological activity.				IU-MFMSE202-1	IU-MSE21
	Independently analyzes and becomes aware of the importance of exercise in everyday life.				IU-MFMSE202-2	IU-MSE21 IU-MSE13
	It assesses the need and importance of daily exercise in order to preserve health and improve the quality of life.				IU-MFMSE202-3	IU-MSE13
	It creates an active break (an active break between studying and during free time).				IU-MFMSE202-4	IU-MSE13
	It presents tolerance, work habits and self-discipline.				IU-MFMSE202-5	IU-MSE13
Prerequisites for the course enrolment	In accordance with the Rulebook on the Integrated Studies at the School of Medicine University of Mostar					
Course content	Week / shift		Topic			
	1.		Introductory meeting and familiarization of students with obligations			
	2.		Structure of the Physical Education class			
	3.		General preparatory exercises and their application			
	4.		Football - structure of football training (content and organization)			
	5.		Football – a modified form of indoor and outdoor football			
	6.		Handball - basics of handball game and improvement of new elements			
	7.		Volleyball - the basics of the volleyball game and improvement of volleyball training structures			
	8.		Volleyball - service, service reception, lifting, throwing, block and defense in the field			
	9.		Basketball - structure of basketball training (content and organization)			
	10.		Basketball – a modified mode of basketball			
	11.		Tennis – forehand shot under the hand, forehand shot above the head			
	12.		Tennis - high serve and short serve and movements on the court in the direction back and forth			
	13.		Walking tour - organization of excursions in nature			
	14.		Repetition and improvement of general preparatory exercises			
	15.		Repetition of the learned content as chosen by the student			
Language	English					

E-learning	Sumarum, possibility of establishing online classes via the platform: Google meet or Zoom up to a maximum 20 %.										
Teaching methods	<ul style="list-style-type: none"> - teaching methods - presentation - practical methods (exercises in the hall, exercises in nature or outdoors, exercises in the pool) - interactive methods (conversation and agreement about the class and exercises, dialogue, communication about the course and mutual, creative ideas about the contents of the exercises) 										
Types of assessment (indicate - Bold)											
Type of pre-examination obligation						Type of exam					
midterm	seminar paper	essay/report	practical/project task		other	written exam	oral exam		practical		
Allocation of ECTS credits and share in the grade											
Student obligations		Learning outcome code		Hours of workload		Share in ECTS		Share in grade			
Attending classes preparing for the practical		IU-MFMSE202-1 IU-MFMSE202-2 IU-MFMSE202-3 IU-MFMSE202-4 IU-MFMSE202-5		25		0.5		100 %			
In total				25		0.5		100 %			
Method of calculating the final grade											
Attending classes and preparing for the practical assignment/exam:											
Class attendance and class activities:											
<ul style="list-style-type: none"> - irregular arrivals = 0% grade - more than 80% attendance at exercises = 100% descriptive grade 											
Exceptionally for students who are exempted from exercises due to health or sports (top athletes) exemptions, students are required to write a seminar paper.											
Writing a seminar paper:											
<ul style="list-style-type: none"> - the paper is not written = 0% grade. - The work fully meets the formal and content criteria and is grammatically and spelling correct = 100% grade 											
According to the Study Regulations, the final grade is obtained as follows:											
0 – 54% insufficient (1)											
55 – 66% sufficient (2)											
67 – 78% good (3)											
79 – 90% very good (4)											
91 – 100% excellent (5)											
An exception is the subject of Physical Education, where a descriptive grade of "passed" is included in accordance with regular attendance at exercises.											
Literature (indicate)	Title (title, author, year)	Edition		Language				Type of literature			
		own	other	croatian	english	other	multilingual	book	article	script	other
Compulsory	Educating the Student Body: Taking Physical Activity and Physical Education to School, Harold W. Kohl III and Heather D. Cook, 2013.		X		X			X			
Additional											
Additional course information											
<ul style="list-style-type: none"> - The student is obliged to regularly attend exercises from the course. - The condition for entering the final descriptive grade is met with the attendance of at least 80% of the classes held. - Exceptional efforts at exercises will be rewarded with additional (accumulation) pluses. The maximum number of accumulation points is 2 plus in the record. - Unexcused absences must be justified with our student doctor and with a request to the course instructor. - Exempted students are required to write a seminar paper 											

