

UNIVERSITY OF ZAGREB SCHOOL OF MEDICINE

Plan of the course

Physical Education

Academic year **2016/2017**

Tonći Mašina, pred.

I. COURSE AIMS

1. The goal of physical education in higher education is learning new motor skills
2. Development of basic theoretical and practical motor skills
3. Preventing the process of deterioration or premature fall of features and capabilities due to lack of physical activity,
4. To educate students for individual physical exercise, and promote physical activity and sports culture

II. COURSE STRUCTURE

Course hours:

Physical education exercises: 30

Total hours: 30

DAY	MON	TUE	WED	THU	FRI	SAT	SUN
CONTENST							
GYM SRC „VLADIMIR PRELOG“ Basketball, handball, volleyball	15 – 18	15 - 17	15 - 16				

DAY	MON	TUE	WED	THU	FRI	SAT	SUN
CONTENST							
WATER POLO							14 - 15

DAY	MON	TUE	WED	THU	FRI	SAT	SUN
CONTENST							
DANCING PC SALSA Savska 166							

Dates for salsa dancing will be determined in first week of October!

DAY	MON	TUE	WED	THU	FRI	SAT	SUN
CONTENST							
SWIMMING SWIMMING POOL UTRINA					15 - 16	12 - 13	
SWIMMING POOL “MLADOST” (DOM SPORTOVA)				15 - 16			19 - 20

III. PLAN OF THE COURSE AND COURSE SCHEDULE

BLOCKS OF THE COURSE

Number of blocks: 2

Block number	Start	End
1.	4.10.2016	31.1.2017
2.	1.3.2017	31.5.2017

BLOCKS OF THE COURSE SCHEME

Block 1

Date	Time	Group	Course hours type	Theme	Teaching staff
Tuesday 4.10.2016.	13:00-14:30; MEF FITNESS	SVI	Physical education exercises	Fitness	Tonći Mašina, pred.
Tuesday 11.10.2016.	13:00-14:30; MEF FITNESS	SVI	Physical education exercises	Fitness	Tonći Mašina, pred.
Tuesday 18.10.2016.	13:00-14:30; MEF FITNESS	SVI	Physical education exercises	Fitness	Tonći Mašina, pred.
Tuesday 25.10.2016.	13:00-14:30; MEF FITNESS	SVI	Physical education exercises	Fitness	Tonći Mašina, pred.
Tuesday 8.11.2016.	13:00-14:30; MEF FITNESS	SVI	Physical education exercises	Fitness	Tonći Mašina, pred.
Tuesday 15.11.2016.	13:00-14:30; MEF FITNESS	SVI	Physical education exercises	Fitness	Tonći Mašina, pred.
Tuesday 22.11.2016.	13:00-14:30; MEF FITNESS	SVI	Physical education exercises	Fitness	Tonći Mašina, pred.
Tuesday 29.11.2016.	13:00-14:30; MEF FITNESS	SVI	Physical education exercises	Fitness	Tonći Mašina, pred.
Tuesday 6.12.2016.	13:00-14:30; MEF FITNESS	SVI	Physical education exercises	Fitness	Tonći Mašina, pred.
Tuesday 13.12.2016.	13:00-14:30; MEF FITNESS	SVI	Physical education exercises	Fitness	Tonći Mašina, pred.
Tuesday 20.12.2016.	13:00-14:30; MEF FITNESS	SVI	Physical education exercises	Fitness	Tonći Mašina, pred.
Tuesday 10.1.2017.	13:00-14:30; MEF FITNESS	SVI	Physical education exercises	Fitness	Tonći Mašina, pred.
Tuesday 17.1.2017.	13:00-14:30; MEF FITNESS	SVI	Physical education exercises	Fitness	Tonći Mašina, pred.
Tuesday 24.1.2017.	13:00-14:30; MEF FITNESS	SVI	Physical education exercises	Fitness	Tonći Mašina, pred.
Tuesday 31.1.2017.	13:00-14:30; MEF FITNESS	SVI	Physical education exercises	Fitness	Tonći Mašina, pred.

Block 2

Date	Time	Group	Course hours type	Theme	Teaching staff
Tuesday 7.3.2017.	13:00-14:30; MEF FITNESS	SVI	Physical education exercises	Fitness	Tonći Mašina, pred.
Tuesday 14.3.2017.	13:00-14:30; MEF FITNESS	SVI	Physical education exercises	Fitness	Tonći Mašina, pred.
Tuesday 21.3.2017.	13:00-14:30; MEF FITNESS	SVI	Physical education exercises	Fitness	Tonći Mašina, pred.
Tuesday 28.3.2017.	13:00-14:30; MEF FITNESS	SVI	Physical education exercises	Fitness	Tonći Mašina, pred.

Date	Time	Group	Course hours type	Theme	Teaching staff
Tuesday 4.4.2017.	13:00-14:30; MEF FITNESS	SVI	Physical education excercises	Fitness	Tonći Mašina, pred.
Tuesday 11.4.2017.	13:00-14:30; MEF FITNESS	SVI	Physical education excercises	Fitness	Tonći Mašina, pred.
Tuesday 18.4.2017.	13:00-14:30; MEF FITNESS	SVI	Physical education excercises	Fitness	Tonći Mašina, pred.
Tuesday 25.4.2017.	13:00-14:30; MEF FITNESS	SVI	Physical education excercises	Fitness	Tonći Mašina, pred.
Tuesday 2.5.2017.	13:00-14:30; MEF FITNESS	SVI	Physical education excercises	Fitness	Tonći Mašina, pred.
Tuesday 9.5.2017.	13:00-14:30; MEF FITNESS	SVI	Physical education excercises	Fitness	Tonći Mašina, pred.
Tuesday 16.5.2017.	13:00-14:30; MEF FITNESS	SVI	Physical education excercises	Fitness	Tonći Mašina, pred.
Tuesday 23.5.2017.	13:00-14:30; MEF FITNESS	SVI	Physical education excercises	Fitness	Tonći Mašina, pred.
Tuesday 30.5.2017.	13:00-14:30; MEF FITNESS	SVI	Physical education excercises	Fitness	Tonći Mašina, pred.

NOTE:

1. Students choose physical activities by personal interests
2. With regular attendance at schools they create the conditions for signature.
3. Signatures will be shared at the end of each semester, which will be notified to the LMS!
4. Consultations are at each Tuesday, 10 – 12 AM. School of Public Health, “Andrija Štampar”, Department for physical education, room 3.
5. Dates of all activities are temporary. We are waiting to sign new contracts with our partners.
6. Students who have some other interests should contact to professor email tonci.masina@mef.hr. They will do their PE lessons in consultations with professor.

IV. EXAMINATIONS

V./I. LIST OF LECTURERS AND TEACHING STAFF

1. Tonći Mašina, pred.

V./II EXTERNAL ASSOCIATES:

V./III UNTENURED LECTURERS:

VI. LITERATURE