

UNIVERSITY OF ZAGREB SCHOOL OF MEDICINE

Plan of the course

# **Physical Education 2**

Academic year **2016/2017**

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## I. COURSE AIMS

The goal of physical education in higher education is learning new motor skills

Development of basic theoretical and practical motor skills

Preventing the process of deterioration or premature fall of features and capabilities due to lack of physical activity,

To educate students for individual physical exercise, and promote physical activity and sports culture

## II. COURSE STRUCTURE

### **Course hours:**

Physical education exercises: 60

**Total hours: 60**

## III. PLAN OF THE COURSE AND COURSE SCHEDULE

### **BLOCKS OF THE COURSE**

Number of blocks: 2

Block number	Start	End
1.	3.10.2016	31.1.2017
2.	1.3.2017	31.5.2017

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Number of blocks: 2

Block number	Start	End
1.	3.10.2016	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
Thursday 6.10.2016.	13:00-14:30; MEF FITNESS	SVI	Physical education exercises	Fitness	Tončí Mašina, pred.
Thursday 13.10.2016.	13:00-14:30; MEF FITNESS	SVI	Physical education exercises	Fitness	Tončí Mašina, pred.
Thursday 20.10.2016.	13:00-14:30; MEF FITNESS	SVI	Physical education exercises	Fitness	Tončí Mašina, pred.
Thursday 27.10.2016.	13:00-14:30; MEF FITNESS	SVI	Physical education exercises	Fitness	Tončí Mašina, pred.
Thursday 3.11.2016.	13:00-14:30; MEF FITNESS	SVI	Physical education exercises	Fitness	Tončí Mašina, pred.

Date	Time	Group	Course hours type	Theme	Teaching staff
Thursday 10.11.2016.	13:00-14:30; MEF FITNESS	SVI	Physical education excercises	Fitnes	Tonći Mašina, pred.
Thursday 17.11.2016.	13:00-14:30; MEF FITNESS	SVI	Physical education excercises	Fitnes	Tonći Mašina, pred.
Thursday 24.11.2016.	13:00-14:30; MEF FITNESS	SVI	Physical education excercises	Fitnes	Tonći Mašina, pred.
Thursday 1.12.2016.	13:00-14:30; MEF FITNESS	SVI	Physical education excercises	Fitnes	Tonći Mašina, pred.
Thursday 8.12.2016.	13:00-14:30; MEF FITNESS	SVI	Physical education excercises	Fitnes	Tonći Mašina, pred.
Thursday 15.12.2016.	13:00-14:30; MEF FITNESS	SVI	Physical education excercises	Fitnes	Tonći Mašina, pred.
Thursday 22.12.2016.	13:00-14:30; MEF FITNESS	SVI	Physical education excercises	Fitnes	Tonći Mašina, pred.
Thursday 12.1.2017.	13:00-14:30; MEF FITNESS	SVI	Physical education excercises	Fitnes	Tonći Mašina, pred.
Thursday 19.1.2017.	13:00-14:30; MEF FITNESS	SVI	Physical education excercises	Fitnes	Tonći Mašina, pred.
Thursday 26.1.2017.	13:00-14:30; MEF FITNESS	SVI	Physical education excercises	Fitnes	Tonći Mašina, pred.

Block 2

Date	Time	Group	Course hours type	Theme	Teaching staff
Thursday 2.3.2017.	13:00-14:30; MEF FITNESS	SVI	Physical education excercises	Fitnes	Tonći Mašina, pred.
Thursday 9.3.2017.	13:00-14:30; MEF FITNESS	SVI	Physical education excercises	Fitnes	Tonći Mašina, pred.
Thursday 16.3.2017.	13:00-14:30; MEF FITNESS	SVI	Physical education excercises	Fitnes	Tonći Mašina, pred.
Thursday 23.3.2017.	13:00-14:30; MEF FITNESS	SVI	Physical education excercises	Fitnes	Tonći Mašina, pred.
Thursday 30.3.2017.	13:00-14:30; MEF FITNESS	SVI	Physical education excercises	Fitnes	Tonći Mašina, pred.
Thursday 6.4.2017.	13:00-14:30; MEF FITNESS	SVI	Physical education excercises	Fitnes	Tonći Mašina, pred.
Thursday 13.4.2017.	13:00-14:30; MEF FITNESS	SVI	Physical education excercises	Fitnes	Tonći Mašina, pred.
Thursday 20.4.2017.	13:00-14:30; MEF FITNESS	SVI	Physical education excercises	Fitnes	Tonći Mašina, pred.
Thursday 27.4.2017.	13:00-14:30; MEF FITNESS	SVI	Physical education excercises	Fitnes	Tonći Mašina, pred.

<b>Date</b>	<b>Time</b>	<b>Group</b>	<b>Course hours type</b>	<b>Theme</b>	<b>Teaching staff</b>
Thursday 4.5.2017.	13:00-14:30; MEF FITNESS	SVI	Physical education exercises	Fitnes	Tonći Mašina, pred.
Thursday 11.5.2017.	13:00-14:30; MEF FITNESS	SVI	Physical education exercises	Fitnes	Tonći Mašina, pred.
Thursday 18.5.2017.	13:00-14:30; MEF FITNESS	SVI	Physical education exercises	Fitnes	Tonći Mašina, pred.
Thursday 25.5.2017.	13:00-14:30; MEF FITNESS	SVI	Physical education exercises	Fitnes	Tonći Mašina, pred.

#### **IV. EXAMINATIONS**

##### **V./I. LIST OF LECTURERS AND TEACHING STAFF**

1. Tonći Mašina, pred.

##### **V./II EXTERNAL ASSOCIATES:**

##### **V./III UNTENURED LECTURERS:**

##### **VI. LITERATURE**