



Table 2

3.2. Course description

Basic description		
Course coordinator	Denis Lopac	
Course title	Physical Education	
Study programme	Management of sustainable development	
Course status	Compulsory	
Year	1 st year	
ECTS credits and teaching	ECTS student 's workload coefficient	3 ECTS
	Number of hours (L+E+S)	30 (0+30+0)

1. COURSE DESCRIPTION				
<i>a. Course objectives</i>				
<p>Physical education aims at dedicating a daily time for some physical activity. Through physical training classes involving sports, games and exercises, students will be offered a break from the indoors sedentary learning. Students will be instilled the values and skills of maintaining a healthy lifestyle. Students will be made aware of healthy lifestyle through daily physical activities which also contributes to the socialization with other students. It boosts them to engage in physical activities on a daily basis and to lead a healthy life in adulthood.</p>				
<i>b. Course enrolment requirements</i>				
None.				
<i>c. Expected course learning outcomes</i>				
<p>Physical education gives the sports people a platform to exhibit their talents. Those with a flair for sports get an opportunity to display their natural talent. Students are expected to acquire knowledge about the usefulness of physical education and sports recreation in daily life.</p>				
<i>d. Course content</i>				
<p>Various kinds of sports – football, basketball, volleyball, table tennis, techniques as well as group and individual tactics basics.</p>				
<i>e. Teaching methods</i>	<input type="checkbox"/> lectures <input type="checkbox"/> seminars and workshops <input checked="" type="checkbox"/> exercises <input type="checkbox"/> long distance education <input checked="" type="checkbox"/> fieldwork	<input type="checkbox"/> individual assignment <input type="checkbox"/> multimedia and network <input type="checkbox"/> laboratories <input type="checkbox"/> mentorship <input type="checkbox"/> other		
<i>6.6. Comments</i>				
<i>6.7. Student's obligations</i>				
Regular attending of the exercises.				
<i>6.8. Evaluation of student's work</i>				
Course attendance	1,2	Activity/Participation	Seminar paper	Experimental work



Written exam	0,5	Oral exam		Essay		Research	
Project		Sustained knowledge check	0,9	Report		Practice	0,4
Portfolio							

6.9. Assessment of learning outcomes in class and at the final exam (procedure and examples)

Assessment and evaluation of students in classes and at the final exam is conducted under the Rulebook on evaluation of students at the Faculty of tourism and hospitality management. For each course it is made a detailed course syllabus which coordinates activities, student load, learning outcomes and evaluation methods.

6.10. Assigned reading (at the time of the submission of study programme proposal)

1. Tocigl, I., Verunica, Z., Basketball memento, HKS, 2007.
2. Trninić, S., Analiza i učenje košarkaške igre, Vikta d.o.o., Pula, 1996.

6.11. Optional / additional reading (at the time of proposing study programme)

1. Šimenc, Pavlin, Vuleta, Osnove taktike rukometne igre, FKK Zagreb, 1998.
2. Bartolucci, Mato i suradnici, Menagement i poduzetništvo u sportu i fitnessu, FKK Zagreb, 1996.
3. Kučukalić, Faruk, Odbojka, Sarajevo, 1978.

6.12. Quality monitoring methods which ensure acquirement of output knowledge, skills and competences

The quality of the programme, teaching process, *teaching* skills and level of acquired course matter will be evaluated in writing, by means of extensive questionnaires and by employing other methods that are in accordance with the accepted standards and with the Book of regulations on the quality of the University of Rijeka, as well as the Book of regulations on the quality of the Faculty of tourism and hospitality management.