[Medicinski fakultet u Rijeci]

Curriculum
2023/2024

[Za kolegij]

Physical and Health Culture II

Study program:	**Medical Studies in English (R)** [Sveučilišni integrirani prijediplomski i diplomski studij]
Department:	**[Katedra za društvene i humanističke znanosti u medicini]**
Course coordinator:	**Marić Željana, mag. kineziologije**
Year of study:	**2**
ECTS:	**1.5**
Incentive ECTS:	**0 (0.00%)**
Foreign language:	**Possibility of teaching in a foreign language**

Course information:

The course **Physical Education and Health** is a compulsory course at the first and the second year of the Integrated Undergraduate and Graduate University Study of Medicine in English. The course comprises 60 hours of practicals (**1.5 ECTS credits**).

Practicals will be organized in groups according to the scheduled time.

The **A program**, which is mandatory for all healthy students, will take place:

- on the sports field Otvoreno igralište Kampus
- in the gym at Student center Kampus
- on the court of the gym where is basketball field and cageball
- on the court of the Faculty of Medicine where student tournaments, the student league and preparatory workout of sports groups will be organized for the purpose of “Humanijada”. Entering these competitions will count as P.E. instruction.

The **B programme** (for students with health issues) is organized in collaboration with the doctor for each student separately.

The **C programme – the optional programme** (hiking, skiing, summer camps with appropriate content) are not mandatory and will be organized as a way of compensating for missed classes.

A top athlete status – students who have a top athlete status, i.e. students who have been granted the title of a Croatian athlete in the I, II or III category by the Croatian Olympic Committee, are exempted from classes. In order to be exempted from classes, students have to provide a document from the Croatian Olympic Committee about the categorization.

Course aims, tasks, and learning outcomes:

Maintaining and improving students' health by regularly applying kinesiological activities. Improving and increasing the fund motor information with the aim of promoting and preserving health (motor and functional abilities). Developing permanent habits and needs for kinesiological activities in a student's everyday life, which would enable the student to overcome intellectual efforts more easily.

General course outline:

General preparatory and specific exercises through various organizational forms of work (with or without equipment and music)

Athletics: running (sprints, middle-distance, long distance tracks), jumps.

Swimming: teaching swimming to non-swimmers, swimming techniques (breaststroke, backstroke, and freestyle), and rescue swimming training.

Sports games: volleyball, basketball, five-a-side football (perfecting the technique and playing).

Racket game: Badminton.

Fitness: aerobics, step aerobics, machine exercise workout, yoga.

Hiking and walking tours.

Developing general competencies (knowledge and skills):

Positive influence on students' anthropological traits (anthropometrical characteristics, motor and functional abilities).

Developing specific competencies (knowledge and skills):

Developing students' physical education for the purpose of maintaining and promoting their own health.

Satisfying the need for physical movement and creating a habit out of the everyday exercise.
Acquiring knowledge and skills for obtaining a certain level of motor achievement.

Training students for creative and individual research in various forms of P.E. and Health, especially those that contribute to humanization and socialization of a person.

List of assigned reading:

List of optional reading:

Curriculum:

[Vježbe] list (with titles and explanation):

P1 rGym – circuit training. Athletics – running with overcoming various obstacles.

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P2 Gym – workout with stations. Athletics – discontinuous long-distance running. Basketball game.

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P3 Gym – exercises for developing repetitive strength (individual workout). Corrective gymnastics – scoliosis, kyphosis. Basketball game.

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P4 Gym – exercises for developing explosive strength (individual workout). Corrective gymnastics – scoliosis, kyphosis. Basketball game.

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P5 Gym – exercises for developing absolute strength (individual workout). Pilates – exercises for toning butt, abdominal and back muscles. Basketball game.

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P6 Gym – exercises for developing repetitive arm and shoulder strength (individual training programming).

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P7 Gym – exercising in pairs (superseries). Pilates – exercises for toning arm and shoulder muscles. Basketball game

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P8 Gym – aerobic training (individual training programming). Pilates – individual training programming.

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P9 Gym – individual training programming. Athletics – 10+5+5+5+5. Football game.

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P10 Gym – individual training programming. Athletics – 10+10+10. Football game.

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Student obligations:

Students are obligated to regularly attend and actively participate in all forms of classes.

Exam (exam taking, description of the written/oral/practical part of the exam, point distribution, grading criteria):

Other notes (related to the course) important for students:

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COURSE HOURS 2023/2024

Physical and Health Culture II

[Vježbe] (Place and time or group)
08.03.2023
P6 Gym – exercises for developing repetitive arm and shoulder strength (individual training programming).: • [Blue Gym] (11:00 - 12:30) [219]   ◦ Grupa 1
Moretti Viktor, prof. [219]
15.03.2023
P6 Gym – exercises for developing repetitive arm and shoulder strength (individual training programming).: • [Blue Gym] (09:30 - 11:00) [219]   ◦ Grupa 1
Moretti Viktor, prof. [219]
29.03.2023
P6 Gym – exercises for developing repetitive arm and shoulder strength (individual training programming).: • [Blue Gym] (09:30 - 11:00) [219]   ◦ Grupa 1
Moretti Viktor, prof. [219]
05.10.2023

P1 rGym – circuit training. Athletics – running with overcoming various obstacles.:
• [Blue Gym] (11:30 - 13:00) [219]
  ◦ Grupa 2
• [Blue Gym] (13:00 - 14:30) [219]
  ◦ Grupa 1

Moretti Viktor, prof. [219]
12.10.2023
P1 rGym – circuit training. Athletics – running with overcoming various obstacles.: • [Blue Gym] (11:00 - 12:30) [219]   ◦ Grupa 1
Moretti Viktor, prof. [219]
13.10.2023
P1 rGym – circuit training. Athletics – running with overcoming various obstacles.: • [Blue Gym] (12:30 - 14:00) [219]   ◦ Grupa 2
Moretti Viktor, prof. [219]
19.10.2023
P1 rGym – circuit training. Athletics – running with overcoming various obstacles.: • [Blue Gym] (11:00 - 12:30) [219]   ◦ Grupa 1
Moretti Viktor, prof. [219]
20.10.2023

P1 rGym – circuit training. Athletics – running with overcoming various obstacles.:
- [Blue Gym] (14:15 - 15:45) [219]
  - Grupa 2

Moretti Viktor, prof. [219]

24.10.2023

P2 Gym – workout with stations. Athletics – discontinuous long-distance running. Basketball game.:
- [Blue Gym] (13:30 - 15:00) [219]
  - Grupa 2
- [Blue Gym] (15:00 - 16:30) [219]
  - Grupa 1

Moretti Viktor, prof. [219]

30.10.2023

P2 Gym – workout with stations. Athletics – discontinuous long-distance running. Basketball game.:
- [Blue Gym] (13:30 - 15:00) [219]
  - Grupa 2

Moretti Viktor, prof. [219]

02.11.2023

P2 Gym – workout with stations. Athletics – discontinuous long-distance running. Basketball game.:
- [Blue Gym] (08:00 - 09:30) [219]
  - Grupa 1

Moretti Viktor, prof. [219]

07.11.2023

P2 Gym – workout with stations. Athletics – discontinuous long-distance running. Basketball game.:
- [Blue Gym] (13:30 - 15:00) [219]
  - Grupa 2

Moretti Viktor, prof. [219]

08.11.2023

P2 Gym – workout with stations. Athletics – discontinuous long-distance running. Basketball game.:
- [Blue Gym] (08:00 - 09:30) [219]
  - Grupa 1

Moretti Viktor, prof. [219]

16.11.2023

P3 Gym – exercises for developing repetitive strength (individual workout). Corrective gymnastics – scoliosis, kyphosis. Basketball game.:
- [Blue Gym] (11:15 - 12:45) [219]
  - Grupa 2

Moretti Viktor, prof. [219]

17.11.2023

P3 Gym – exercises for developing repetitive strength (individual workout). Corrective gymnastics – scoliosis, kyphosis. Basketball game.:
- [Blue Gym] (12:30 - 14:00) [219]
  - Grupa 1

Moretti Viktor, prof. [219]

20.11.2023

P3 Gym – exercises for developing repetitive strength (individual workout). Corrective gymnastics – scoliosis, kyphosis. Basketball game.:

- [Blue Gym] (13:30 - 15:00) [219]
  - Grupa 2

Moretti Viktor, prof. [219]

24.11.2023

P3 Gym – exercises for developing repetitive strength (individual workout). Corrective gymnastics – scoliosis, kyphosis. Basketball game.:

- [Blue Gym] (14:00 - 15:30) [219]
  - Grupa 1

Moretti Viktor, prof. [219]

27.11.2023

P3 Gym – exercises for developing repetitive strength (individual workout). Corrective gymnastics – scoliosis, kyphosis. Basketball game.:

- [Blue Gym] (11:00 - 12:30) [219]
  - Grupa 1

Moretti Viktor, prof. [219]

30.11.2023

P3 Gym – exercises for developing repetitive strength (individual workout). Corrective gymnastics – scoliosis, kyphosis. Basketball game.:

- [Blue Gym] (11:30 - 13:00) [219]
  - Grupa 2

Moretti Viktor, prof. [219]

04.12.2023

P4 Gym – exercises for developing explosive strength (individual workout). Corrective gymnastics – scoliosis, kyphosis. Basketball game.:

- [Blue Gym] (13:30 - 15:00) [219]
  - Grupa 2

Moretti Viktor, prof. [219]

05.12.2023

P4 Gym – exercises for developing explosive strength (individual workout). Corrective gymnastics – scoliosis, kyphosis. Basketball game.:

- [Blue Gym] (09:30 - 11:00) [219]
  - Grupa 1

Moretti Viktor, prof. [219]

11.12.2023

P4 Gym – exercises for developing explosive strength (individual workout). Corrective gymnastics – scoliosis, kyphosis. Basketball game.:

- [Blue Gym] (11:00 - 12:30) [219]
  - Grupa 1
- [Blue Gym] (13:30 - 15:00) [219]
  - Grupa 2

Moretti Viktor, prof. [219]

18.12.2023

P4 Gym – exercises for developing explosive strength (individual workout). Corrective gymnastics – scoliosis, kyphosis. Basketball game.:

- [Blue Gym] (12:30 - 14:00) [219]
  - Grupa 1

Moretti Viktor, prof. [219]

19.12.2023

P4 Gym – exercises for developing explosive strength (individual workout). Corrective gymnastics – scoliosis, kyphosis. Basketball game.:

- [Blue Gym] (08:00 - 09:30) [219]
  - Grupa 2

Moretti Viktor, prof. [219]

12.01.2024

P5 Gym – exercises for developing absolute strength (individual workout). Pilates – exercises for toning butt, abdominal and back muscles. Basketball game.:

- [Blue Gym] (12:30 - 14:00) [219]
  - Grupa 2
- [Blue Gym] (14:15 - 15:45) [219]
  - Grupa 1

Moretti Viktor, prof. [219]

17.01.2024

P5 Gym – exercises for developing absolute strength (individual workout). Pilates – exercises for toning butt, abdominal and back muscles. Basketball game.:

- [Blue Gym] (08:00 - 09:30) [219]
  - Grupa 1

Moretti Viktor, prof. [219]

18.01.2024

P5 Gym – exercises for developing absolute strength (individual workout). Pilates – exercises for toning butt, abdominal and back muscles. Basketball game.:

- [Blue Gym] (09:30 - 11:00) [219]
  - Grupa 2

Moretti Viktor, prof. [219]

25.01.2024

P5 Gym – exercises for developing absolute strength (individual workout). Pilates – exercises for toning butt, abdominal and back muscles. Basketball game.:

- [Blue Gym] (11:30 - 13:00) [219]
  - Grupa 1
- [Blue Gym] (13:00 - 14:30) [219]
  - Grupa 2

Moretti Viktor, prof. [219]

06.03.2024

P6 Gym – exercises for developing repetitive arm and shoulder strength (individual training programming).:

- [Blue Gym] (08:00 - 09:30) [219]
  - Grupa 2

Moretti Viktor, prof. [219]

08.03.2024

P6 Gym – exercises for developing repetitive arm and shoulder strength (individual training programming).:
- [Blue Gym] (11:00 - 12:30) [219]
  - Grupa 1

Moretti Viktor, prof. [219]

14.03.2024

P6 Gym – exercises for developing repetitive arm and shoulder strength (individual training programming).:
- [Blue Gym] (09:30 - 11:00) [219]
  - Grupa 2

Moretti Viktor, prof. [219]

15.03.2024

P6 Gym – exercises for developing repetitive arm and shoulder strength (individual training programming).:
- [Blue Gym] (09:30 - 11:00) [219]
  - Grupa 1

Moretti Viktor, prof. [219]

22.03.2024

P6 Gym – exercises for developing repetitive arm and shoulder strength (individual training programming).:
- [Blue Gym] (09:30 - 11:00) [219]
  - Grupa 1
- [Blue Gym] (11:00 - 12:30) [219]
  - Grupa 2

Moretti Viktor, prof. [219]

29.03.2024

P7 Gym – exercising in pairs (superseries). Pilates – exercises for toning arm and shoulder muscles. Basketball game:
- [Blue Gym] (09:30 - 11:00) [219]
  - Grupa 1
- [Blue Gym] (11:00 - 12:30) [219]
  - Grupa 2

Moretti Viktor, prof. [219]

05.04.2024

P7 Gym – exercising in pairs (superseries). Pilates – exercises for toning arm and shoulder muscles. Basketball game:
- [Blue Gym] (09:30 - 11:00) [219]
  - Grupa 1
- [Blue Gym] (11:00 - 12:30) [219]
  - Grupa 2

Moretti Viktor, prof. [219]

11.04.2024

P7 Gym – exercising in pairs (superseries). Pilates – exercises for toning arm and shoulder muscles. Basketball game:
- [Blue Gym] (09:30 - 11:00) [219]
  - Grupa 2
- [Blue Gym] (12:30 - 14:00) [219]
  - Grupa 1

Moretti Viktor, prof. [219]

19.04.2024

P8 Gym – aerobic training (individual training programming). Pilates – individual training programming.:
- [Blue Gym] (09:30 - 11:00) [219]
  - Grupa 1
- [Blue Gym] (11:00 - 12:30) [219]
  - Grupa 2

Moretti Viktor, prof. [219]

26.04.2024

P8 Gym – aerobic training (individual training programming). Pilates – individual training programming.:
- [Blue Gym] (09:30 - 11:00) [219]
  - Grupa 1
- [Blue Gym] (11:00 - 12:30) [219]
  - Grupa 2

Moretti Viktor, prof. [219]

03.05.2024

P8 Gym – aerobic training (individual training programming). Pilates – individual training programming.:
- [Blue Gym] (08:00 - 09:30) [219]
  - Grupa 1
- [Blue Gym] (09:30 - 11:00) [219]
  - Grupa 2

Moretti Viktor, prof. [219]

10.05.2024

P9 Gym – individual training programming. Athletics – 10+5+5+5+5. Football game.:
- [Blue Gym] (09:30 - 11:00) [219]
  - Grupa 1
- [Blue Gym] (11:00 - 12:30) [219]
  - Grupa 2

Moretti Viktor, prof. [219]

17.05.2024

P9 Gym – individual training programming. Athletics – 10+5+5+5+5. Football game.:
- [Blue Gym] (09:30 - 11:00) [219]
  - Grupa 1
- [Blue Gym] (11:00 - 12:30) [219]
  - Grupa 2

Moretti Viktor, prof. [219]

24.05.2024

P9 Gym – individual training programming. Athletics – 10+5+5+5+5. Football game.:
- [Blue Gym] (09:30 - 11:00) [219]
  - Grupa 1
- [Blue Gym] (11:00 - 12:30) [219]
  - Grupa 2

Moretti Viktor, prof. [219]

31.05.2024

P10 Gym – individual training programming. Athletics – 10+10+10. Football game.:
- [Blue Gym] (08:00 - 09:30) [219]
  - Grupa 1
- [Blue Gym] (09:30 - 11:00) [219]
  - Grupa 2

Moretti Viktor, prof. [219]
07.06.2024

P10 Gym – individual training programming. Athletics – 10+10+10. Football game.:
• [Blue Gym] (08:00 - 09:30) [219]
  ◦ Grupa 1
• [Blue Gym] (12:30 - 14:00) [219]
  ◦ Grupa 2

Moretti Viktor, prof. [219]
14.06.2024

P10 Gym – individual training programming. Athletics – 10+10+10. Football game.:
• [Blue Gym] (08:00 - 09:30) [219]
  ◦ Grupa 1
• [Blue Gym] (09:30 - 11:00) [219]
  ◦ Grupa 2

Moretti Viktor, prof. [219]

List of lectures, seminars and practicals:

[VJEŽBE] (TOPIC)	Number of hours	Location
P1 rGym – circuit training. Athletics – running with overcoming various obstacles.	6	[Blue Gym]
P2 Gym – workout with stations. Athletics – discontinuous long-distance running. Basketball game.	6	[Blue Gym]
P3 Gym – exercises for developing repetitive strength (individual workout). Corrective gymnastics – scoliosis, kyphosis. Basketball game.	6	[Blue Gym]
P4 Gym – exercises for developing explosive strength (individual workout). Corrective gymnastics – scoliosis, kyphosis. Basketball game.	6	[Blue Gym]
P5 Gym – exercises for developing absolute strength (individual workout). Pilates – exercises for toning butt, abdominal and back muscles. Basketball game.	6	[Blue Gym]
P6 Gym – exercises for developing repetitive arm and shoulder strength (individual training programming).	6	[Blue Gym]
P7 Gym – exercising in pairs (superseries). Pilates – exercises for toning arm and shoulder muscles. Basketball game	6	[Blue Gym]
P8 Gym – aerobic training (individual training programming). Pilates – individual training programming.	6	[Blue Gym]
P9 Gym – individual training programming. Athletics – 10+5+5+5+5. Football game.	6	[Blue Gym]
P10 Gym – individual training programming. Athletics – 10+10+10. Football game.	6	[Blue Gym]

EXAM DATES (final exam):