[Medicinski fakultet u Rijeci]

Curriculum
2023/2024

[Za kolegij]

Physical and Health Culture I

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:	**1**
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 of the first and 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). Instruction 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 program** (for students with health issues) is organized in collaboration with the doctor for each student separately.

The **C program** – the optional program (hiking, skiing, summer camps with appropriate content) will be organized as a way of compensating for missed classes.

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

Aims, tasks and learning outcomes of the course:

Keeping and improving students’ health by regularly applying kinesiological activities.

Keeping and promoting health (motor and functional abilities) through programed improvement and enhancement of motor information.

Developing permanent habits and needs for kinesiological activities in everyday life which enable students to make 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, swimming techniques (breaststroke, backstroke and freestyle), and rescue swimming training.

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

Racket game: Badminton.

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

Hiking and walking tours

Developing general competences (knowledge and skills)

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

Developing specific competences (knowledge and skills)

Developing students’ physical education in order to keep and promote their own health.

Satisfying the need for physical movement and make a habit out of everyday exercise.

Acquiring knowledge and skills for obtaining a 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

Gym – introduction about using the equipment and doing exercises properly, the relationship between loads and series, type of workout in the gym.

P2

Gym – exercises in aerobic conditions. Athletics – continuous long-distance running Basketball game.

P3

Gym – exercises aimed at developing repetitive strength. Pilates – exercises on large balls

P4

Gym – exercises for developing repetitive leg and body strength. Pilates – exercises on large balls. Basketball game.

P5

Gym – exercises for developing repetitive arm and shoulder belt strength. Corrective gymnastics – scoliosis, kyphosis. Basketball game.

P6

Gym – exercises for developing explosive strength. Corrective gymnastics – scoliosis, kyphosis. Basketball game

P7

Gym – exercises for developing explosive leg and body strength. Corrective gymnastics – scoliosis, kyphosis. Football game.

P8

Gym – exercises for developing absolute strength. Athletics – 10+5+5+5+5. Football game

P9

Gym – exercises for developing absolute strength. Athletics – 10+5+5+5+5. Football game.

P10

Gym – work in threes. Athletics – 10+10+10. Football game

Student obligations:

Students must regularly attend and actively participate in all forms of instruction.

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:

Practicals of the course Physical Education and Health are held in the outdoor areas of Campetto and the “Blue Gym”. Hiking and walking tours are done on the outskirts of Rijeka (the riverbed of Riječina, Platak, Učka, Velebit). Sports tournaments are held on the court of the Faculty of Medicine and the gym “3 Maj”.

COURSE HOURS 2023/2024

Physical and Health Culture I

[Vježbe] (Place and time or group)
03.10.2023

P1:
• [Blue Gym] (08:00 - 09:30) [219]
  ○ G 2
• [Blue Gym] (11:00 - 12:30) [219]
  ○ G 1

Moretti Viktor, prof. [219]
11.10.2023
P1: • [Blue Gym] (12:30 - 14:00) [219]   ○ G 1
Moretti Viktor, prof. [219]
13.10.2023
P1: • [Blue Gym] (09:30 - 11:00) [219]   ○ G 2
Moretti Viktor, prof. [219]
17.10.2023
P1: • [Blue Gym] (10:15 - 11:45) [219]   ○ G 1
Moretti Viktor, prof. [219]
19.10.2023
P1: • [Blue Gym] (13:30 - 15:00) [219]   ○ G 2
Moretti Viktor, prof. [219]
25.10.2023
P2: • [Blue Gym] (15:30 - 17:00) [219]   ○ G 2
Moretti Viktor, prof. [219]
27.10.2023
P2: • [Blue Gym] (11:30 - 13:00) [219]   ○ G 1
Moretti Viktor, prof. [219]
31.10.2023

P2:
- [Blue Gym] (09:00 - 10:30) [219]
  - G 2
- [Blue Gym] (11:00 - 12:30) [219]
  - G 1

Moretti Viktor, prof. [219]

10.11.2023

P2:
- [Blue Gym] (11:00 - 12:30) [219]
  - G 1
- [Blue Gym] (12:30 - 14:00) [219]
  - G 2

Moretti Viktor, prof. [219]

14.11.2023

P3:
- [Blue Gym] (08:00 - 09:30) [219]
  - G 2

Moretti Viktor, prof. [219]

17.11.2023

P3:
- [Blue Gym] (08:00 - 09:30) [219]
  - G 1

Moretti Viktor, prof. [219]

24.11.2023

P3:
- [Blue Gym] (11:00 - 12:30) [219]
  - G 2
- [Blue Gym] (12:30 - 14:00) [219]
  - G 1

Moretti Viktor, prof. [219]

28.11.2023

P3:
- [Blue Gym] (12:30 - 14:00) [219]
  - G 2

Moretti Viktor, prof. [219]

29.11.2023

P3:
- [Blue Gym] (12:30 - 14:00) [219]
  - G 1

Moretti Viktor, prof. [219]

05.12.2023

P4:
- [Blue Gym] (12:30 - 14:00) [219]
  - G 2

Moretti Viktor, prof. [219]

08.12.2023

P4:
- [Blue Gym] (11:30 - 13:00) [219]
  - G 1

Moretti Viktor, prof. [219]

15.12.2023

P4:
- [Blue Gym] (11:00 - 12:13) [219]
  - G 2
- [Blue Gym] (12:30 - 14:00) [219]
  - G 1

Moretti Viktor, prof. [219]

22.12.2023

P4:
- [Blue Gym] (09:30 - 11:00) [219]
  - G 1
- [Blue Gym] (11:00 - 12:30) [219]
  - G 2

Moretti Viktor, prof. [219]

11.01.2024

P5:
- [Blue Gym] (08:30 - 10:00) [219]
  - G 2
- [Blue Gym] (11:00 - 12:30) [219]
  - G 1

Moretti Viktor, prof. [219]

16.01.2024

P5:
- [Blue Gym] (11:00 - 12:30) [219]
  - G 1
- [Blue Gym] (12:30 - 14:00) [219]
  - G 2

Moretti Viktor, prof. [219]

23.01.2024

P5:
- [Blue Gym] (08:30 - 10:00) [219]
  - G 2
- [Blue Gym] (11:00 - 12:30) [219]
  - G 1

Moretti Viktor, prof. [219]

08.03.2024

P6:
- [Blue Gym] (08:00 - 09:30) [219]
  - G 2
- [Blue Gym] (09:30 - 11:00) [219]
  - G 1

Moretti Viktor, prof. [219]

14.03.2024

P6:
- [Blue Gym] (11:00 - 12:30) [219]
  - G 1

Moretti Viktor, prof. [219]

15.03.2024

P6:
- [Blue Gym] (08:00 - 09:30) [219]
  - G 2

Moretti Viktor, prof. [219]

22.03.2024

P6:
- [Blue Gym] (08:00 - 09:30) [219]
  - G 2
- [Blue Gym] (12:30 - 14:00) [219]
  - G 1

Moretti Viktor, prof. [219]

29.03.2024

P7:
- [Blue Gym] (08:00 - 09:30) [219]
  - G 2
- [Blue Gym] (12:30 - 14:00) [219]
  - G 1

Moretti Viktor, prof. [219]

05.04.2024

P7:
- [Blue Gym] (08:00 - 09:30) [219]
  - G 2
- [Blue Gym] (12:30 - 14:00) [219]
  - G 1

Moretti Viktor, prof. [219]

11.04.2024

P7:
- [Blue Gym] (08:00 - 09:30) [219]
  - G 2
- [Blue Gym] (11:00 - 12:30) [219]
  - G 1

Moretti Viktor, prof. [219]

19.04.2024

P8:
- [Blue Gym] (08:00 - 09:30) [219]
  - G 2
- [Blue Gym] (12:30 - 14:00) [219]
  - G 1

Moretti Viktor, prof. [219]

26.04.2024

P8:
- [Blue Gym] (08:00 - 09:30) [219]
  - G 2
- [Blue Gym] (12:30 - 14:00) [219]
  - G 1

Moretti Viktor, prof. [219]

30.04.2024

P8:
- [Blue Gym] (11:15 - 12:45) [219]
  - G 2

Moretti Viktor, prof. [219]

03.05.2024

P8:
- [Blue Gym] (12:30 - 14:00) [219]
  - G 1

Moretti Viktor, prof. [219]

10.05.2024

P9:
- [Blue Gym] (08:00 - 09:30) [219]
  - G 2
- [Blue Gym] (12:30 - 14:00) [219]
  - G 1

Moretti Viktor, prof. [219]

17.05.2024

P9:
- [Blue Gym] (08:00 - 09:30) [219]
  - G 2
- [Blue Gym] (12:30 - 14:00) [219]
  - G 1

Moretti Viktor, prof. [219]

24.05.2024

P9:
- [Blue Gym] (08:00 - 09:30) [219]
  - G 2
- [Blue Gym] (12:30 - 14:00) [219]
  - G 1

Moretti Viktor, prof. [219]

31.05.2024

P10:
• [Blue Gym] (11:00 - 12:30) [219]
  ◦ G 2
• [Blue Gym] (12:30 - 14:00) [219]
  ◦ G 1

Moretti Viktor, prof. [219]
07.06.2024

P10:
• [Blue Gym] (09:30 - 11:00) [219]
  ◦ G 1
• [Blue Gym] (11:00 - 12:30) [219]
  ◦ G 2

Moretti Viktor, prof. [219]
14.06.2024

P10:
• [Blue Gym] (11:00 - 12:30) [219]
  ◦ G 2
• [Blue Gym] (12:30 - 14:00) [219]
  ◦ G 1

Moretti Viktor, prof. [219]

List of lectures, seminars and practicals:

[VJEŽBE] (TOPIC)	Number of hours	Location
P1	6	[Blue Gym]
P2	6	[Blue Gym]
P3	6	[Blue Gym]
P4	6	[Blue Gym]
P5	6	[Blue Gym]
P6	6	[Blue Gym]
P7	6	[Blue Gym]
P8	6	[Blue Gym]
P9	6	[Blue Gym]
P10	6	[Blue Gym]

EXAM DATES (final exam):