[Medicinski fakultet u Rijeci]

Curriculum
2024/2025

[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):

V1

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

V2

Cardio-respiratory fitness – methods of pulse measurement

V3

Gym – exercises in aerobic conditions.

Athletics – continuous long-distance running

Basketball game.

V4

Introduction about trekking rules and instructions.

V5

Gym – exercises aimed at developing repetitive strength.

Badminton.

Football game.

V6

Trekking.

V7

Gym – exercises for developing repetitive leg and body strength.

Full body strength partner workout and stretching.

Basketball game.

V8

Gym – exercises for developing repetitive arm and shoulder belt strength.

Kinesitherapy – upper and lower extremities exercises.

Basketball game.

V9

Gym – exercises for developing explosive strength

Kinesitherapy – chest and back exercises.

Basketball game.

V10

Gym – exercises for developing explosive leg and

body strength.

Volleyball game.

Football game.

V11

Gym – exercises for developing absolute strength.

Athletics – 10+5+5+5+5.

Football game.

Volleyball game.

V12

Gym – exercises for developing absolute strength.

Athletics – 10+10+5+5.

Football game.

Volleyball game.

V13

Gym – exercises for developing absolute strength.

Athletics – 10+10+10.

Football game.

Volleyball 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 2024/2025

Physical and Health Culture I

[Vježbe] (Place and time or group)
01.10.2024

V1:
• [Blue Gym] (13:00 - 14:00) [2797]
  ◦ G 1
• [Blue Gym] (14:00 - 15:00) [2797]
  ◦ G 2

Marić Željana, mag. kineziologije [2797]
11.10.2024

V2:
• [Blue Gym] (13:00 - 14:00) [2797]
  ◦ G 2
• [Blue Gym] (14:00 - 15:00) [2797]
  ◦ G 1

Marić Željana, mag. kineziologije [2797]
17.10.2024
V3: • [Blue Gym] (14:00 - 15:00) [2797]   ◦ G 2
Marić Željana, mag. kineziologije [2797]
18.10.2024
V3: • [Blue Gym] (14:00 - 15:00) [2797]   ◦ G 1
Marić Željana, mag. kineziologije [2797]
19.10.2024

V4:
• [TZK] (12:00 - 14:00) [2797]
  ◦ G 1
• [TZK] (14:00 - 16:00) [2797]
  ◦ G 2

Marić Željana, mag. kineziologije [2797]
23.10.2024
V3: • [Blue Gym] (12:30 - 13:30) [2797]   ◦ G 2
Marić Željana, mag. kineziologije [2797]
25.10.2024
V3: • [Blue Gym] (11:00 - 12:30) [2797]   ◦ G 1

Marić Željana, mag. kineziologije [2797]

28.10.2024

V3:
- [Blue Gym] (14:30 - 15:30) [2797]
  - G 1

Marić Željana, mag. kineziologije [2797]

29.10.2024

V3:
- [Blue Gym] (08:00 - 09:00) [2797]
  - G 2

Marić Željana, mag. kineziologije [2797]

06.11.2024

V3:
- [Blue Gym] (13:00 - 14:00) [2797]
  - G 2

Marić Željana, mag. kineziologije [2797]

08.11.2024

V3:
- [Blue Gym] (11:00 - 12:00) [2797]
  - G 1

Marić Željana, mag. kineziologije [2797]

13.11.2024

V5:
- [Blue Gym] (13:00 - 14:00) [2797]
  - G 2

Marić Željana, mag. kineziologije [2797]

15.11.2024

V5:
- [Blue Gym] (08:00 - 09:00) [2797]
  - G 1

Marić Željana, mag. kineziologije [2797]

16.11.2024

V6:
- [TZK] (12:00 - 14:00) [2797]
  - G 1
- [TZK] (14:00 - 16:00) [2797]
  - G 2

Marić Željana, mag. kineziologije [2797]

23.11.2024

V5:
- [TZK] (12:00 - 13:00) [2797]
  - G 1
- [TZK] (13:00 - 14:00) [2797]
  - G 2

Marić Željana, mag. kineziologije [2797]

29.11.2024

V5:
- [Blue Gym] (12:00 - 13:00) [2797]
  - G 1
- [Blue Gym] (13:00 - 14:00) [2797]
  - G 2

Marić Željana, mag. kineziologije [2797]

02.12.2024

V5:
- [Blue Gym] (15:00 - 16:00) [2797]
  - G 2

Marić Željana, mag. kineziologije [2797]

06.12.2024

V5:
- [Blue Gym] (11:00 - 12:00) [2797]
  - G 1

Marić Željana, mag. kineziologije [2797]

12.12.2024

V7:
- [Blue Gym] (08:00 - 09:00) [2797]
  - G 2
- [Blue Gym] (11:30 - 12:30) [2797]
  - G 1

Marić Željana, mag. kineziologije [2797]

20.12.2024

V7:
- [Blue Gym] (11:00 - 12:00) [2797]
  - G 1
- [Blue Gym] (12:00 - 13:00) [2797]
  - G 2

Marić Željana, mag. kineziologije [2797]

21.12.2024

V6:
- [TZK] (12:00 - 14:00) [2797]
  - G 1
- [TZK] (14:00 - 16:00) [2797]
  - G 2

Marić Željana, mag. kineziologije [2797]

08.01.2025

V7:
- [Blue Gym] (13:00 - 14:00) [2797]
  - G 1

Marić Željana, mag. kineziologije [2797]

09.01.2025

V7:
- [Blue Gym] (08:00 - 09:00) [2797]
  - G 2

Marić Željana, mag. kineziologije [2797]

13.01.2025

V7:
- [Blue Gym] (13:00 - 14:00) [2797]
  - G 2

Marić Željana, mag. kineziologije [2797]

15.01.2025

V7:
- [Blue Gym] (13:00 - 14:00) [2797]
  - G 1

Marić Željana, mag. kineziologije [2797]

24.01.2025

V8:
- [Blue Gym] (09:00 - 10:00) [2797]
  - G 1
- [Blue Gym] (10:00 - 11:00) [2797]
  - G 2

Marić Željana, mag. kineziologije [2797]

07.03.2025

V8:
- [Blue Gym] (09:00 - 10:00) [2797]
  - G 1
- [Blue Gym] (10:00 - 11:00) [2797]
  - G 2

Marić Željana, mag. kineziologije [2797]

08.03.2025

V6:
- [TZK] (12:00 - 14:00) [2797]
  - G 1
- [TZK] (14:00 - 16:00) [2797]
  - G 2

Marić Željana, mag. kineziologije [2797]

14.03.2025

V8:
- [Blue Gym] (11:30 - 12:30) [2797]
  - G 2
- [Blue Gym] (12:30 - 13:30) [2797]
  - G 1

Marić Željana, mag. kineziologije [2797]

21.03.2025

V8:
- [Blue Gym] (09:00 - 10:00) [2797]
  - G 2
- [Blue Gym] (12:00 - 13:00) [2797]
  - G 1

Marić Željana, mag. kineziologije [2797]

28.03.2025

V9:
- [Blue Gym] (10:30 - 11:30) [2797]
  - G 2
- [Blue Gym] (11:30 - 12:30) [2797]
  - G 1

Marić Željana, mag. kineziologije [2797]

04.04.2025

V9:
- [Blue Gym] (09:00 - 10:00) [2797]
  - G 2
- [Blue Gym] (11:30 - 12:30) [2797]
  - G 1

Marić Željana, mag. kineziologije [2797]

05.04.2025

V6:
- [TZK] (12:00 - 14:00) [2797]
  - G 1
- [TZK] (14:00 - 16:00) [2797]
  - G 2

Marić Željana, mag. kineziologije [2797]

10.04.2025

V9:
- [Blue Gym] (08:00 - 09:00) [2797]
  - G 2
- [Blue Gym] (12:30 - 13:30) [2797]
  - G 1

Marić Željana, mag. kineziologije [2797]

12.04.2025

V6:
- [TZK] (12:00 - 14:00) [2797]
  - G 1
- [TZK] (14:00 - 16:00) [2797]
  - G 2

Marić Željana, mag. kineziologije [2797]

17.04.2025

V9:
- [Blue Gym] (08:00 - 09:00) [2797]
  - G 2
- [Blue Gym] (13:00 - 14:00) [2797]
  - G 1

Marić Željana, mag. kineziologije [2797]

23.04.2025

V10:
- [Blue Gym] (14:30 - 15:30) [2797]
  - G 1

Marić Željana, mag. kineziologije [2797]

24.04.2025

V10:
- [Blue Gym] (08:00 - 09:00) [2797]
  - G 2

Marić Željana, mag. kineziologije [2797]

02.05.2025

V10:
- [Blue Gym] (10:00 - 11:00) [2797]
  - G 2
- [Blue Gym] (13:30 - 14:30) [2797]
  - G 1

Marić Željana, mag. kineziologije [2797]

08.05.2025

V10:
- [Blue Gym] (11:00 - 12:00) [2797]
  - G 1

Marić Željana, mag. kineziologije [2797]

09.05.2025

V10:
- [Blue Gym] (10:00 - 11:00) [2797]
  - G 2

Marić Željana, mag. kineziologije [2797]

15.05.2025

V10:
- [Blue Gym] (11:00 - 12:00) [2797]
  - G 1

Marić Željana, mag. kineziologije [2797]

16.05.2025

V10:
- [Blue Gym] (09:00 - 10:00) [2797]
  - G 2

Marić Željana, mag. kineziologije [2797]

20.05.2025

V11:
- [Blue Gym] (11:00 - 12:00) [2797]
  - G 2

Marić Željana, mag. kineziologije [2797]

22.05.2025

V11:
- [Blue Gym] (12:00 - 13:00) [2797]
  - G 1

Marić Željana, mag. kineziologije [2797]

26.05.2025

V11:
- [Blue Gym] (13:00 - 14:00) [2797]
  - G 2

Marić Željana, mag. kineziologije [2797]

29.05.2025

V11:
- [Blue Gym] (14:30 - 15:30) [2797]
  - G 1

Marić Željana, mag. kineziologije [2797]

31.05.2025

V6:
- [TZK] (12:00 - 14:00) [2797]
  - G 1
- [TZK] (14:00 - 16:00) [2797]
  - G 2

Marić Željana, mag. kineziologije [2797]

02.06.2025

V12:
- [Blue Gym] (13:30 - 14:30) [2797]
  - G 1
- [Blue Gym] (14:30 - 15:30) [2797]
  - G 2

Marić Željana, mag. kineziologije [2797]

12.06.2025

V13:
- [Blue Gym] (10:00 - 11:00) [2797]
  - G 2
- [Blue Gym] (13:30 - 14:30) [2797]
  - G 1

Marić Željana, mag. kineziologije [2797]
14.06.2025

V6:
• [TZK] (09:00 - 10:00) [2797]
  ○ G 2
  ○ G 1

Marić Željana, mag. kineziologije [2797]

List of lectures, seminars and practicals:

[VJEŽBE] (TOPIC)	Number of hours	Location
V1	1.5	[Blue Gym]
V2	1.5	[Blue Gym]
V3	6	[Blue Gym]
V4	2	[TZK]
V5	6	[Blue Gym] [TZK]
V6	12	[TZK]
V7	6	[Blue Gym]
V8	6	[Blue Gym]
V9	6	[Blue Gym]
V10	6	[Blue Gym]
V11	3	[Blue Gym]
V12	1.5	[Blue Gym]
V13	1.5	[Blue Gym]

EXAM DATES (final exam):