

Course: : Physical and Health culture

Course coordinator: Viktor Moretti, Prof.

Department: Department of Humanities and Social Sciences in Medicine

Study program: Integrated Undergraduate and Graduate University Study of Dental Medicine

Year: 1st

Academic year: 2021/2022

SYLLABUS

Course description (a brief description of the course, general instructions, where and in what form the lessons are organized, necessary equipment, instructions for attendance and preparation for classes, student obligations, etc.):

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

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

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

- on the football field "Omladinsko igralište" – (free of charge)
- in the "Blue Gym" gym, where students will be allowed to use the gym, the hall for corrective gymnastics and the basketball area
- 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 participation in P.E. practicals.

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). 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.

Assigned reading:

Optional/additional reading:

COURSE TEACHING PLAN:

The list of lectures (with topics and descriptions):

The list of practicals with descriptions:

Practicals for the course Physical and Health culture are held in the outdoor areas of Campetto and in the "Blue Gym" gym.
Hiking and walking tours in the Rijeka's outskirts (the riverbed of Rječina, Platak, Učka, Velebit).
Sports tournaments are held on the court of the Faculty of Medicine and in the "3. Maj" sports hall.

Students' obligations:

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

COURSE SCHEDULE (for academic year 2021/22)

Date	Lectures (time and place)	Seminars (time and place)	Practicals (time and place)	Instructor
05.10.21.			P1(14,30-16,00)	Viktor Moretti, Prof
12.10.21.			P1(8,00-9,30)	Viktor Moretti, Prof

19.10.21.			P1(14,30-16,00)	Viktor Moretti, Prof
28.10.21.			P2(13,00-14,30)	Viktor Moretti, Prof
02.11.21.			P2(10,00-11,30)	Viktor Moretti, Prof
8.11.21.			P2(09,15-10,45)	Viktor Moretti, Prof
15.11.21.			P3(09,15-10,45)	Viktor Moretti, Prof
23.11.21.			P3(14,30-16,00)	Viktor Moretti, Prof
30.11.21.			P3(14,30-16,00)	Viktor Moretti, Prof
07.12.21.			P4(09,00-10,30)	Viktor Moretti, Prof
14.12.21.			P4(12,30-14,00)	Viktor Moretti, Prof
22.12.21.			P4(14,30-16,00)	Viktor Moretti, Prof
12.01.22.			P5(12,30-14,00)	Viktor Moretti, Prof
19.01.22.			P5(12,30-14,00)	Viktor Moretti, Prof
28.01.22.			P5(13,00-14,30)	Viktor Moretti, Prof
04.02.22.			P6(10,00-11,30)	Viktor Moretti, Prof
09.02.22.			P6(10,00-11,30)	Viktor Moretti, Prof
17.02.22.			P6(10,00-11,30)	Viktor Moretti, Prof
22.02.22.			P7(10,00-11,30)	Viktor Moretti, Prof
14.03.22.			P7(10,00-11,30)	Viktor Moretti, Prof
14.03.22.			P7(10,00-11,30)	Viktor Moretti, Prof
22.03.22.			P8(10,00-11,30)	Viktor Moretti, Prof
28.03.22.			P8(10,00-11,30)	Viktor Moretti, Prof
05.04.22.			P8(10,00-11,30)	Viktor Moretti, Prof
14.04.22.			P8(10,00-11,30)	Viktor Moretti, Prof
15.04.22.			P9(13,00-14,30)	Viktor Moretti, Prof

27.04.22.			P9(08,00-09,30)	Viktor Moretti, Prof
04.05.22.			P9(08,00-09,30)	Viktor Moretti, Prof
10.05.22.			P10(14,00-15,30)	Viktor Moretti, Prof
17.05.22.			P10(10,30-12,00)	Viktor Moretti, Prof
24.05.22			P10(12,00-13,30)	Viktor Moretti, Prof

List of lectures and seminars:

	LECTURES (Topics)	Teaching hours	Location/Lecture room
P1	Gym – circuit training. Athletics – running with overcoming various obstacles.	6	“Blue Gym” gym Football field “Omladinsko igralište”
P2	Gym – workout with stations. Athletics – discontinuous long-distance running. Basketball game.	6	“Blue Gym” gym Football field “Omladinsko igralište” Outdoor court
P3	Gym – exercises for developing repetitive strength (individual workout). Corrective gymnastics – scoliosis, kyphosis. Basketball game.	6	“Blue Gym” gym Hall Outdoor court
P4	Gym – exercises for developing explosive strength (individual workout). Corrective gymnastics – scoliosis, kyphosis. Basketball game.	6	“Blue Gym” gym Hall Outdoor court
P5	Gym – exercises for developing absolute strength (individual workout). Pilates – exercises for toning butt, abdominal and back muscles. Basketball game.	6	“Blue Gym” gym Hall Outdoor court
P6	Gym – exercises for developing repetitive arm and shoulder strength (individual training programming).	6	“Blue Gym” gym
P7	Gym – exercising in pairs (superseries). Pilates – exercises for toning arm and shoulder muscles. Basketball game.	6	“Blue Gym” gym Hall Outdoor court
P8	Gym – aerobic training (individual training programming). Pilates – individual training programming.	6	“Blue Gym” gym Hall
P9	Gym – individual training programming. Athletics – 10+5+5+5+5. Football game.	6	“Blue Gym” gym Football field “Omladinsko igralište” Football field “Omladinsko igralište”
P10	Gym – individual training programming. Athletics – 10+10+10.	6	“Blue Gym” gym Football field

	Football game.		“Omladinsko igralište” Football field “Omladinsko igralište”
P1	Gym – circuit training. Athletics – running with overcoming various obstacles.	6	“Blue Gym” gym Football field “Omladinsko igralište”
P2	Gym – workout with stations. Athletics – discontinuous long-distance running. Basketball game.	6	“Blue Gym” gym Football field “Omladinsko igralište” Outdoor court
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P5	Gym – exercises for developing absolute strength (individual workout). Pilates – exercises for toning butt, abdominal and back muscles. Basketball game.	6	“Blue Gym” gym Hall Outdoor court
	TOTAL TEACHING HOURS	60	

	SEMINARS (Topics)	Teaching hours	Location/Lecture room
S1-5			
	TOTAL TEACHING HOURS		

	FINAL EXAM DATES
1.	
2.	
3.	