

(Table 5.2) Course unit description - PHYSICAL AND HEALTH EDUCATION

Study program : Class Teacher Education, Boarding school Education				
Type and level of studies: Bachelor studies				
Course unit: Physical And Health Education				
Teacher in charge : Assistant professor Aleksandar Ignjatovic, PhD				
Language of instruction <i>English</i>				
ECTS: 4				
Prerequisites: <i>None</i>				
Semester <i>Summer Semester</i>				
Course unit objective Enabling students to achieve the objectives and tasks of physical and health education; Defining curriculum content of kinesiology activities teaching, learning about human psychosomatic dimensions.				
Learning outcomes of Course unit Student understands the value of the physical and health education through the application of different forms of physical culture (physical education, sport, and recreation), application of modern technology in the process of physical exercise and in planning and programming of selected activities, to qualify for a critical use of literature.				
Course unit contents Theoretical classes Historical development of physical culture and system of exercise. Important terms in physical culture, new technologies in kinesiology, theories and laws of physiology development, physical, biological, psychological and sociological aspects of physical education Practical teaching: Exercises The effect of physical exercise on the human body, students learns the natural and constructed forms of movement, application of different elements, organization forms and exercises in physical education - physical education, sport (sports games), recreation (sports and recreation elements), analysis of the effects of different exercise program.				
Literature 1.Green, K. & Hardman, K. Physical Education: Essential Issues, SAGE Publications Company, London, 2005. 2. Crowther, N. B. Sport in ancient times. Praeger Publishers, Westport, USA, 2007. 3. Hoffman, SJ. Introduction to kinesiology (4th ed), Human Kinetics, Champaign, IL, USA, 2012.				
Number of active teaching hours				Other classes
Lectures: 30	Practice: 30	Other forms of classes: <i>(mentoring system for small classes)</i>	Independent work:	
Teaching methods: Lectures, exercises, practical training, consultative teaching, research work - seminars, presentation of results				
Examination methods (maximum 100 points)				
Exam prerequisites		No. of points:	Final exam	No. of points:
Student's activity during lectures		10	oral examination	10
practical classes/		20	written examination	20
Seminars/homework		10	tests	30
Project				
Other				
Grading system				
Grade	No. of points		Description	
10	95-100		Excellent	
9	85-94		Exceptionally good	
8	75-84		Very good	
7	65-74		Good	

6	55-64	Passing
5	0-54	Failing