

UČNI NAČRT KREDITNO OVREDNOTENE OBŠTUDIJSKE DEJAVNOSTI / EXTRACURRICULAR COURSE SYLLABUS

Predmet: Športna dejavnost – Fitness
Course title: Sports Activity – Fitness

Študijski program in stopnja Study programme and level	Študijska smer Study field	Letnik Academic year	Semester Semester
Obštudijska dejavnost	1. in 2. stopnja	1., 2. in 3.	oba
Extracurricular activity			both

Vrsta predmeta / Course type

Obštudijska dejavnost / Extracurricular activity

Univerzitetna koda predmeta / University course code:

MF003

Predavanja Lectures	Seminar Seminar	Vaje Tutorial	Klinične vaje work	Druge oblike študija	Samost. delo Individ. work	ECTS	
5		55				30	3
		AV	LV	RV			

Nosilec predmeta / Lecturer:

Vesna Rauter, prof.

Jeziki / Languages:

Predavanja / Lectures: slovenski

Vaje / Tutorial: slovenski

Pogoji za vključitev v delo oz. za opravljanje študijskih obveznosti:

Prerequisites:

Desire for additional knowledge and skills in various sport disciplines. Understanding the values of sport, recreation and a healthy lifestyle.

Vsebina:

Content (Syllabus outline):

<p>Teoretične vsebine se nanašajo na:</p> <ul style="list-style-type: none"> - zdrav življenjski slog, - pomen pravilne prehrane, - specifiko športne panoge (pregled razvoja fitnesa, oblike vadbe in razumevanje pomembnosti pravilne uporabe trenažerjev in uteži). <p>Praktične vsebine se nanašajo na:</p>	<p>Theoretical contents refer to the following:</p> <ul style="list-style-type: none"> - healthy lifestyle, - importance of proper diet, - specifics of individual sports discipline (a review of development of Fitness, forms of exercise, understanding the importance of correct use of fitness equipment and weights). <p>Practical content refers to:</p>
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<ul style="list-style-type: none"> - pravilno in varno izvajanje treninga na kardio napravah, na trenažerjih, z utežmi in drugimi rekviziti ter z lastno telesno težo. 	<ul style="list-style-type: none"> - correct exercise execution using cardio and fitness equipment, weights and own body weight.
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Temeljni literatura in viri / Readings:

<ul style="list-style-type: none"> - Pori M., Pori, P., Pistotnik, B., Dolenc, A., Tomažin, K., Štirn, I. in Majerič, M. (2013). Športna rekreacija. Ljubljana: Športna unija Slovenije. - Pori, P., Pori, M., Jakovljevič, M. in Ščepanović, D. (2011). Zdrava vadba (A, B, C). Ljubljana: Športna unija Slovenije. - Pori, P., Pori, M in Vidič, S. (2013). 251 vaj moči za radovedne. Ljubljana: Športna unija Slovenije.

Cilji in kompetence:

<ul style="list-style-type: none"> - Oblikovanje pozitivnih stališč do športa ter navajanje na zdrav način življenja. - Odpravljanje in preprečevanje posledic pomanjkanja gibanja oziroma skrb za izboljšanje psihofizičnih sposobnosti, krepitev zdravja. - Samostojna, varna in učinkovita fitnes vadba glede na izbrane posameznikove cilje. - Spoznati lastno fizično telo, psihično telo in stanje duha. Oblikovati telo, v katerem bi se dobro počutili. - Usvojiti osnovne metode vadbe za moč. - Spoznati vadbo po fitnes postajah in krožno vadbo. - Seznaniti se z varno in učinkovito vadbo v fitnesu. - Uporabiti pridobljena znanja v vsakdanjem življenju in za kompenzacijo negativnih učinkov enostranskih obremenitev v času študija. - Oblikovati trajne gibalne navade v vsakdanjem življenju.

Objectives and competences:

<ul style="list-style-type: none"> - Raising awareness about the values of sport thus influencing positive attitude towards sport as well as getting accustomed to a healthy lifestyle. - Eliminating and preventing consequences of insufficient physical activity, improving psychophysical abilities, enhancing health. - Independent, safe and effective execution of fitness exercises, based on the set goals. - Getting to know one's own physical body, mental body and state of mind. Building a body in which one feels good. - Mastering basic methods of strength exercise. - Getting acquainted with Station exercise and Circuit Training. - Getting familiarised with safe and efficient fitness training. - Using acquired knowledge in everyday life also to compensate for the negative effects of one-sided workloads over the course of studies. - Developing lasting exercise habits in everyday life.
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Predvideni študijski rezultati:

<p>Znanje in razumevanje o naslednjem:</p> <ul style="list-style-type: none"> - Študent opiše teorije aktivnega počitka in metode za regeneracijo telesa. - Razume teorijo fitnesa in opiše praktične izkušnje. - Demonstrira pravilno in varno izvedbo treninga na kardio napravah in trenažerjih. - Navede osnovna načela varne in samostojne vadbe v fitnesu.
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Intended learning outcomes:

<p>Knowledge and Understanding of the following: The student:</p> <ul style="list-style-type: none"> - knows the theory of active rest and different methods for regenerating the body; - understands the theory of fitness and describes practical experience; - demonstrates correct and safe training exercises on cardio- and fitness equipment;

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- describes basic principles of safe and independent workout at the gym.
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Metode poučevanja in učenja:

Learning and teaching methods:

V programu bodo uporabljene naslednje metode in oblike poučevanja: - metoda razlage in razgovora (predavanja) - frontalna učna oblika - metoda demonstracije - skupinska učna oblika
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Following methods and forms of teaching will be used in the program: - explanation and discussion method (lecture) - frontal learning - method of demonstration - group learning
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Načini ocenjevanja:

Delež (v %) /
Weight (in %)

Assessment:

Način (zagovor seminarske naloge in demonstracija posameznih elementov) <ul style="list-style-type: none"> • Teoretični izpit • Praktični izpit-demonstracija vaj na trenažerjih in z utežmi 	<p>20 %</p> <p>80 %</p>	Method (presenting a seminar paper and demonstrating individual elements) <ul style="list-style-type: none"> • Written exam • Practical exam – training demonstration on fitness equipment and exercise using weights.
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Reference nosilca

<ul style="list-style-type: none"> - Predavateljica na Medicinski fakulteti UM - Izvajalka vaj pri predmetih Medicina in šport 1 in 2 na MF UM in pri predmetu Kineziologina na FOV UM - Strokovna sodelavka pri Zvezi društev za socialno gerontologijo Slovenije, Društvu študentov invalidov Slovenije in Medobčinskem društvu za slepe in slabovidne Maribor - Inštruktor vadbe Zdrava hrbtenica, Fitpro Ljubljana - Jogalates inštruktor, Fitpro Ljubljana - Reiki System into the first degree, Aerofit Kranj - Pilates inštruktor, The Pilates Coach, Aerofit Kranj - Vodnik nordijske hoje, INWA - Inštruktor aerobike, Fakulteta za šport Ljubljana

Lecturer's references:

<ul style="list-style-type: none"> - Lecturer at <i>Faculty of Medicine, University of Maribor (FM-UM)</i> - Exercise executor within study courses Sports Medicine 1 and 2 at <i>FM-UM</i> and study course Kinesiology at <i>Faculty of Organizational Sciences, University of Maribor (FOS UM)</i> - Expert collaborator at <i>Association of societies for Social Gerontology of Slovenia, Society of Students with Dissabilities and Intermunicipal Association for the Blind and Visually-impaired.</i> - »Healthy Spine« exercise coach at <i>Fitpro, Ljubljana</i> - Yogalates instructor at <i>Fitpro, Ljubljana</i>
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- Reiki System into the first degree at *Aerofit, Kranj*
- Pilates instructor, The Pilates Coach, *Aerofit Kranj*
- Guide for Nordic Walking, INWA
- Aerobics instructor at *Faculty of Sports, University of Ljubljana*