

UČNI NAČRT KREDITNO OVREDNOTENE OBŠTUDIJSKE DEJAVNOSTI / EXTRACURRICULAR COURSE SYLLABUS

Predmet:	Športna dejavnost - pohodništvo
Course title:	Sports Activity - Hiking

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./3.	zimski/poletni
Extracurricular activity		1./2./3.	Autumn/Spring

Vrsta predmeta / Course type	Obštudijska dejavnost Extracurricular activity
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Univerzitetna koda predmeta / University course code:	FS013
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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:	Dr. Lipošek Silvester
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Jeziki /Languages:	Predavanja / Lectures:	Slovenski/slovene
	Vaje / Tutorial:	Slovenski/slovene

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

Prerequisites:

Understanding the values of a healthy lifestyle, sport, physical exercise and the desire for acquiring additional knowledge and skills in individual sport disciplines.

Vsebina:

Content (Syllabus outline):

<p>Teoretične vsebine se nanašajo na:</p> <ul style="list-style-type: none"> - zdrav življenjski slog, - pomen pravilne prehrane, - specifika športne panoge (pregled razvoja pohodništva in razumevanje pomembnosti ukvarjanja z omenjeno aktivnostjo). <p>Praktične vsebine se nanašajo na:</p> <ul style="list-style-type: none"> - ugoden vpliv na človekovo duhovno bogatitev in na njegov telesni razvoj, - doživljanje narave, ki jo bodo prenesli v družino in med prijatelje. 	<p>The theoretical contents refer to:</p> <ul style="list-style-type: none"> - a healthy lifestyle, - the importance of a proper diet, - the specifics of the sport discipline (an overview of the evolution and progress of hiking and comprehending the importance of engaging in said activity). <p>The practical contents refer to:</p> <ul style="list-style-type: none"> - the favourable influence on human spiritual enrichment and physical development,
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<ul style="list-style-type: none"> - skrb za naravo in pravila obnašanja na pohodih 	<ul style="list-style-type: none"> - the didactic task - this means that we want to use this activity about to teach students about the moments of beauty in life - experiencing nature, which students will transfer to their families and among friends.
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Temeljni literatura in viri / Readings:

<ul style="list-style-type: none"> • Pori, M., Pori, P., Pistotnik, B., Dolenc, A., Tomažin., Štirn, I. in Majerič, M. (2013). <i>Športna rekreacija</i>. Športna unija Slovenije, Fundacija za šport, Ljubljana. • Pori, P., Pori, M., Jakovljevič, M. in ščepanović, D. (2014). <i>Zdrava vadba</i>. Fakulteta za šport, Univerza v Ljubljani.
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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. • Izboljšanja telesnih in motoričnih sposobnosti. • Izboljšanje telesne kondicije. • Pravilna izbira in uporaba pohodniških palic. • Uporaba pridobljenih znanj v vsakdanjem življenju in za kompenzacijo negativnih učinkov enostranskih obremenitev v času študija.

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. • Improving body and motor skills. • Improving fitness. • Proper use of trekking poles. • The use of acquired skills in everyday life and to compensate negative effects of one-sided workloads over the course of the study.
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Predvideni študijski rezultati:

<p>Znanje in razumevanje:</p> <ul style="list-style-type: none"> • Študent opiše teorije aktivnega počitka in metode za regeneracijo telesa. • Teoretično opiše in praktično prikaže vadbo za razvijanje motoričnih sposobnosti in povečevanje funkcionalnih sposobnosti organizma. • Opiše in oceni vpliv športne vadbe in pohodništva za ohranjanje zdravja in dobrega počutja.
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Intended learning outcomes:

<p>Knowledge and understanding: The student:</p> <ul style="list-style-type: none"> • knows the theory of active rest and different methods for regenerating the body; • theoretically describes and demonstrates exercise for developing motor skills and enhancing functional abilities of the body; • describes and estimates the impact of exercise and hiking on maintaining health and well-being.

Metode poučevanja in učenja:

V programu bodo uporabljene naslednje metode in oblike poučevanja:

- metoda razlage in razgovora (predavanja),
- metoda demonstracije.

Oblike:

- frontalna učna oblika,
- individualna učna oblika,
- skupinska učna oblika.

Learning and teaching methods:

The following methods and forms of teaching will be used in the program:

- the method of explanation and discussion (lectures),
- the method of demonstration.

Forms:

- frontal learning,
- individual learning,
- group learning.

Načini ocenjevanja:

Delež (v %) /

Weight (in %)

Assessment:

Način (zagovor seminarske naloge in demonstracija posameznih elementov)	Delež (v %) / Weight (in %)	Assessment:
<ul style="list-style-type: none"> • Teoretični izpit • Praktični izpit (demonstracija) 	<p>20 %</p> <p>80 %</p>	<p>Method (presenting a seminar paper and demonstrating individual elements)</p> <ul style="list-style-type: none"> • Theoretical examination • Practical examination (demonstration).

Reference nosilca / Lecturer's references:**Izbrani znanstveno raziskovalni projekti / Selected scientific research projects:**

1. Silvester Lipošek, Mojca Doupona Topič (2014). Relations of swimming coaches towards their athletes. *Journal of Martial Arts Anthropology*. 14(2), 15–22.
2. Silvester Lipošek, Nataša Zenić, Jose M Saavedra, Damir Sekulić, Jelena Rodek, Miha Marinšek, Dorica Šajber (2018). EXAMINATION OF FACTORS EXPLAINING COACHING STRATEGY AND TRAINING METHODOLOGY AS CORRELATES OF POTENTIAL DOPING BEHAVIOR IN HIGH-LEVEL SWIMMING. *Journal of Sport Science and Medicine*. 17, 82-91.
3. Sime Devčić, Jakob Bednarik, Dora Marić, Šime Versić, Damir Sekulić, Zvonimir Kutleša, Antonino Bianco, Jelena Rodek in Silvester Lipošek (2018). Identification of Factors Associated with Potential Doping Behavior in Sports: A Cross-Sectional Analysis in High-Level Competitive Swimmers. *International Journal of Environmental Research and Public Health*, 15(8), 1720.
4. Zvonimir Kutleša, Antonino Bianco, Jelena Rodek in Silvester Lipošek (2018). Identification of Factors Associated with Potential Doping Behavior in Sports: A Cross-Sectional Analysis in High-Level Competitive Swimmers. *International Journal of Environmental Research and Public Health*. 15(8), 1720.

Izbrani članki nosilca / Selected articles:

1. Silvester Lipošek: Sport at the University of Maribor. International Scientific Symposium Book of abstracts; Ljubljana 14. – 16. Nov. 2008. Univerza v Ljubljani, Fakulteta za šport: Narodna in univerzitetna knjižnica Ljubljana ISBN 978-961-6583-67-1.
2. Silvester Lipošek: Športna rekreacija od zgodnjega otroštva do pozne starosti. Zbornik 7. kongresa športne rekreacije. Sokolska zveza Slovenije; Narodna in univerzitetna knjižnica Ljubljana ISSN 1855-5357.
3. Silvester Lipošek: Šport v univerzitetnem prostoru. Rektorat UM 01. 04. 2009 Maribor

Reference:

1. Predavatelj predmeta Šport na Fakulteti za strojništvo UM.
2. Predsednik Strokovnega sveta Športne zveze Maribor.
3. Član Upravnega odbora Športne zveze Maribor.
4. Predsednik Strokovnega sveta Plavalne zveze Slovenije.
5. Član Upravnega odbora Plavalne zveze Slovenije.
6. Strokovni koordinator Plavalnega kluba Branik Maribor.
7. Predsednik Komisije za razdeljevanje proračunskih sredstev za športne programe v občini Miklavž na Dravskem polju.
8. Član Odbora za šport na UM.

References:

1. Lecturer of Sport at the Faculty of Mechanical Engineering UM.
2. Chairman of the Expert Council of the Maribor Sports Association.
3. Member of the Management Board of the Maribor Sports Association.
4. President of the Expert Council of the Swimming Federation of Slovenia.
5. Member of the Management Board of the Swimming Federation of Slovenia.
6. Expert coordinator of the Swimming Club Branik Maribor.
7. President of the Commission for the distribution of budget funds for sports programs in the municipality of Miklavž na Dravskem polju.
8. Member of the Sports Committee at UM.