

UČNI NAČRT KREDITNO OVREDNOTENE OBŠTUDIJSKE DEJAVNOSTI / EXTRACURRICULAR COURSE SYLLABUS

Predmet:	Športna dejavnost - nogomet
Course title:	Sports Activity - Football

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 - nogomet
Extracurricular activity - Football

Univerzitetna koda predmeta / University course code: FS008

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

Jeziki /Languages: **Predavanja / Lectures:** slovenski
Vaje / Tutorial: slovenski

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

Prerequisites:

Understanding the values of a healthy lifestyle, sports, 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 nogometa in razumevanje pomembnosti ukvarjanja z omenjeno aktivnostjo). <p>Praktične vsebine se nanašajo na:</p> <ul style="list-style-type: none"> - pravilno izvajanje osnovnih vaj, - izpopolnjevanje osnovnih tehničnih elementov : vodenje, podajanje, preigravanje, 	<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 football and comprehending the importance of engaging in said activity). <p>The practical contents refer to:</p> <ul style="list-style-type: none"> - the proper execution of basic exercises,
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<ul style="list-style-type: none"> - osvajanje tehnike z žogo, posamične taktike v napadu in obrambi, skupinske taktike v napadu in obrambi ter igre – moštvena taktika, - poznavanje pravil in sodniških znakov. 	<ul style="list-style-type: none"> - the improvement of basic technical elements: controlling the ball, passing, dribbling - learning on-the-ball techniques, individual tactics in offense and defense, team tactics in offense and defense and team tactics of the game, - knowing the rules and referee signals.
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Temeljni literatura in viri / Readings:

<ul style="list-style-type: none"> • Elsner, B. Nogomet: trening mladih: program dolgoročnega načrta procesa treninga mladih in program treningov. Ljubljana, Fakulteta za šport, Inštitut za šport, 2015. • Šajn, V. Pravila nogometne igre 2017/2018: uradno besedilo s komentarji. Ljubljana, Nogometna zveza Slovenije, 2017. • http://www.nzs.si/NZS/Sodniki/Pravila_nogometne_igre.

Cilji in kompetence:

<ul style="list-style-type: none"> • Študent zna praktično izvesti posamezne elemente športne panoge. • Študent oblikuje pozitivna stališča do športa ter se navaja na zdrav način življenja. • Izpopolni tehniko in taktiko športne igre do stopnje, ki omogoča učinkovito igro, študent razvija gibalne sposobnosti z različnimi nalogami in organizacijskimi oblikami. • Študent zna podajati z notranjim in zunanjim delom stopala. • Študent zna zaustavljati žogo. • Študent bo oblikoval trajne gibalne navade v vsakdanjem življenju. • Uporaba pridobljenih znanj v vsakdanjem življenju in za kompenzacijo negativnih učinkov enostranskih obremenitev v času študija. • Razumeti vpliv športne vadbe za ohranjanje zdravja in dobrega počutja.

Objectives and competences:

<ul style="list-style-type: none"> • Practical implementation of individual elements of the sport discipline. • Raising awareness of the values of sport and, through this, influencing the formation of positive attitudes towards sport and towards a healthy lifestyle. • Perfecting the technique and tactics of the game to a level that enables an effective game, developing the motor skills with various tasks and organizational forms. • Passing with the inside and outside of the foot. • Stopping the ball. • Developing lasting exercise habits in everyday life. • The use of acquired skills in everyday life and to compensate negative effects of one-sided workloads over the course of the study. • Understanding the impact of exercise on maintaining health and well-being.

Predvideni študijski rezultati:

<p>Znanje in razumevanje:</p> <ul style="list-style-type: none"> • Študent navede možnosti aktivnega počitka in metode za regeneracijo telesa. • Študent prikaže tehnike športne igre za njeno varno izvajanje v različnih oblikah aktivnosti. • Študent pravilo izvede osnovne vaje. • Študent prikaže osnovne elemente manipulacije žoge: vodenje, podajanje, preigravanje.

Intended learning outcomes:

<p>Knowledge and Understanding:</p> <p>The student:</p> <ul style="list-style-type: none"> • knows the theory of active rest and different methods for regenerating the body; • demonstrates the technique of a sports game for its safe execution in various forms of activity; • properly executes basic exercises; • demonstrates basic elements of manipulating the ball (controlling the ball, passing, dribbling);
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- Študent izvede posamične taktike v napadu in obrambi.
- Študent prepozna in pravilno tolmači nogometna pravila in sodniške znake
- Študent tvorno sodeluje v skupini za doseg skupnega cilja.

- demonstrates individual tactics in offense and defense;
- knows and understands the rules and referee signals;
- participates in a group, comprehending the mutual effort for achieving a common goal.

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)

- Teoretični izpit
- Praktični izpit

20 %

80 %

Method (presenting a seminar paper and demonstrating individual elements)

- 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 Zenič, 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.