

UČNI NAČRT KREDITNO OVREDNOTENE OBŠTUDIJSKE DEJAVNOSTI / EXTRACURRICULAR COURSE SYLLABUS

Predmet:	Športna dejavnost - Plavanje
Course title:	Sports Activity - Swimming

Študijski program in stopnja Study programme and level	Študijska smer Study field	Letnik Academic year	Semester Semester
Obštudijska dejavnost		1./2./3.	zimski/poletni
Extracurricular activity		1./2./3.	Autumn/Spring

Vrsta predmeta / Course type	Obštudijska dejavnost - plavanje Extracurricular activity - Swimming
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Univerzitetna koda predmeta / University course code:	FS012
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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. Silvester Lipošek
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Jeziki /Languages:	Predavanja / Lectures:	slovenski
	Vaje / Tutorial:	slovenski

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

Ovladovanje osnovne tehnike plavanja.

Prerequisites:

An adequate level of psychophysical abilities.
Ability to overcome subjective efforts at a long-term load.
Mastering the basic swimming technique.

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 plavanja in razumevanje pomembnosti ukvarjanja z omenjeno aktivnostjo). <p>Praktične vsebine se nanašajo na:</p> <ul style="list-style-type: none"> • ugoden vpliv na človekov telesni razvoj, • izpopolnjevanje osnovnih tehničnih elementov različnih tehnik plavanja (kravl, prsno, hrbtno), • razvijati sposobnost vzdržljivostnega plavanja, 	<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 swimming 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; • improving the basic technical elements in different swimming techniques (crawl, breaststroke, backstroke),
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<ul style="list-style-type: none"> • povečevati hitrost plavanja, • obvladati osnove elemente reševanja in reševalnega plavanja ter se prosto potapljati. 	<ul style="list-style-type: none"> • developing the ability of endurance swimming, • increasing the swimming speed, • mastering the basics of rescue and rescue swimming, and mastering the basics of freediving.
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Temeljna literatura in viri / Readings:

Kapus V. Plavanje: učenje: slovenska šola plavanja za novo tisočletje: učbenik za učence-štoludente, učitelje-profesorje, trenerje in starše. Ljubljana: Fakulteta za šport, Inštitut za šport, 2011.

Elektronski vir: <http://eucenje.fakultetazasport.si>

Cilji in kompetence:

- Praktična izvedba posameznih elementov športne panoge.
- Oblikovanje pozitivnih stališč do športa ter navajanje na zdrav način življenja.
- Študent bo usvojil pravilno tehniko prsnega, kravl in hrbtnega plavanja.
- Študent bo znal pravilno izvesti nadvodni obrat.
- Študent bo znal pravilno izvesti skok na noge in glavo.

Objectives and competences:

- 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 referring to a healthy lifestyle.
- Mastering the correct technique of breaststroke, crawl, and backstroke swimming.
- Proper implementation of the flip turn.
- Proper implementation of the foot dive and head dive.

Predvideni študijski rezultati:

- Znanje in razumevanje:
- Študent navede možnosti aktivnega počitka in metode za regeneracijo telesa.
 - Študent opiše razvoj plavanja.
 - Študent prikaže različne elemente tehnik plavanja (kravl, prsno plavanje, hrbtno plavanje).
 - Študent sledi svojemu napredku v vzdržljivostnem plavanju in povečuje hitrost plavanja.
 - Študent demonstrira osnovne elemente reševanja in reševalnega plavanja.
 - Študent prikaže osnovne tehnike prostega potapljanja.

Intended learning outcomes:

- Knowledge and understanding:
The student:
- knows the theory of active rest and different methods for regenerating the body;
 - describes the development of swimming;
 - demonstrates technical elements in different swimming techniques (crawl, breaststroke, backstroke);
 - develops the ability of endurance swimming and increases the swimming speed;
 - demonstrates basic elements of rescue and rescue swimming;
 - demonstrates basic elements of freediving.

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 	<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 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.