

UČNI NAČRT PREDMETA / COURSE SYLLABUS

Predmet:	AEROBIKA
Course title:	AEROBICS

Študijski program in stopnja Study programme and level	Študijska smer Study field	Letnik Academic year	Semester Semester
Športna vzgoja, 1. stopnja		3.letnik	5.sem.

Vrsta predmeta / Course type Obvezni / obligatory

Univerzitetna koda predmeta / University course code:

Predavanja Lectures	Seminar Seminar	Vaje Tutorial	Klinične vaje work	Druge oblike študija	Samost. delo Individ. work	ECTS
15		30			45	3

Nosilec predmeta / Lecturer: Zaletel Petra

Jeziki / Languages: slovenski	Predavanja / Lectures:	SLO / ENG
	Vaje / Tutorial:	SLO / ENG

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

- poznavanje različnih zvrsti aerobike in osnovne terminologije
- osnovna koordinacija v ritmu
- zmožnost sledenja inštruktorju ter pomnjenja koreografije
- priporočamo predhodne obiske vadbe različnih zvrsti aerobike in fitnesa

Prerequisites:

- Knowledge of the different types of aerobics and basic terminology
- Basic co-ordination in the rhythm
- The ability to track instructor and memorizing choreography
- Recommend preliminary visits to various types of aerobics and fitness exercise

Vsebina: _____

Content (Syllabus outline): _____

Opis predmeta:

- opredelitev pojma aerobika (AE), njene pojavne oblike in razvoj AE v svetu in pri nas
- učinki AE na srčno-žilni sistem, živčno-mišični in energijski sistem, na telesno maso,
- vpliv AE na razvoj motoričnih sposobnosti
- uporaba različnih gibalnih struktur in rekvizitov v AE za razvoj posameznih motoričnih sposobnosti (ob glasbeni spremljavi)
- struktura in zakonitosti glasbe in ritma
- načrtovanje vadbe v aerobiki (tip, intenzivnost, trajanje, pogostost vadbe)
- tehnika gibalnih struktur v AE in njihovo povezovanje v koreografijo
- različne metode poučevanja v AE
- lik športnega pedagoga –trenerja AE oz. inštruktorja AE
- načrtovanje vadbe v tekmovalni – športni AE (A – program, B – program, C – program)
- zgradba koreografije v športni AE
- organiziranje, načrtovanje in izvedba različnih zvrsti vadbe v AE
- AE za različne populacije (nosečnice, osteoporoza, hipertenzija, otroci, starejši, diabetiki, ipd.)
- AE kot oblika kondicijske priprave vrhunskih športnikov
- povezava AE in fitnesa
- organiziranost športne panoge pri nas, njeni programi in licence
- pomen in različne oblike sproščanja in sprostitve
- stretching in druge metode raztezanja
- spremljanje učinkov vadbe v AE z baterijo testov (motoričnih, morfoloških in fizioloških)

Course Description:

- Definition of aerobic (AE), its manifestations and the development of AE in the world and in our country
- AE effects on the cardiovascular system, neuromuscular and energy system, body weight,
- The impact of AE on the development of different motor skills
- The use of different movement structures and equipment in AE for the development of individual motor skills (with musical accompaniment)
- Structure and characteristics of music and rhythm
- Planning aerobics exercise (type, intensity, duration, frequency of exercise)
- The technique of movement structures in AE and their integration in the choreography
- Different teaching methods in AE
- Character sport teacher – trainer of AE - instructor of AE
- Planning exercise for the competition - sport AE (A - program B - Program C - program)
- Building choreography in Sportaerobics
- Organizing, planning and execution of different types of training in AE
- AE for different populations (pregnant women, osteoporosis, hypertension, children, the elderly, diabetics, etc.).
- AE as a form of physical preparation of elite athletes
- AE and fitness
- The organization of sport in our country, its programs and licenses
- The importance and the various forms of relaxation
- Stretching
- Monitor the effects of exercise in AE with a battery of tests (motor, morphological and physiological)

Temeljni literatura in viri / Readings:

1. AFFA (Aerobics and Fitness Association of America) : *FITNESS THEORY & PRACTICE*; Reebok University Press, Stoughton, 1995
2. Zagorc, M., & Bergoč, Š. (2001). *Metode poučevanja v aerobiki*. Ljubljana: Fakulteta za šport
3. Zagorc, M., Zaletel, P. & Ižanc, N. (1998). *Aerobika*. Ljubljana: Fakulteta za šport.
4. Zagorc, M., Zaletel Černoš, P. & Ipavec, N. (2000). *Step in slide aerobika*. Ljubljana: Fakulteta za šport.
5. Zaletel, P., & Zagorc, M. (1998). Dynamics of the motivation structure of women participants in aerobic classes. V: Pavlovič, M. (ur.). *Šport mladih: zbornik: III. mednarodni simpozij: proceedings: III. international symposium, Bled, Slovenia, October 7 - 10, 1997*. Ljubljana: Fakulteta za šport, str. 718-724.

neobvezna:

1. Champion, N., & Egger, G. (1990). *The fitness leader's hand book*. Kenthurst: Kangaroo press.
2. Febiger, L. (1991). *Guidelines for exercise testing and prescription*. Philadelphia: American College of Sports Medicine.
3. McClaren, G., & Powers, M. (1990). *The fitness training manual*. Harmondsworth: Penguin Books Australia Ltd.
4. Sharkey, J.B. (1991). *New dimensions in aerobic fitness*. Champaign: Human Kinetics Books.
5. Wilmoth, K.S. (1986). *Leading aerobic dance - exercise*. Champaign: Human Kinetics Publishers.

Cilji in kompetence:

- usposobiti kandidate za samostojno načrtovanje, organiziranje, vodenje in spremljanje procesa vadbe v aerobiki,
- naučiti kandidate pravih metodskih postopkov poučevanja aerobike.

Objectives and competences:

- To train candidates for the independent planning, organizing, managing and monitoring the process of workouts in aerobics,
- Teach candidates the correct procedures regarding methods of teaching aerobics

Predvideni študijski rezultati:

- Znanje in razumevanje:
- Študenti osvojijo praktična in teoretična znanja potrebna za uspešno vodenje programa aerobike in skupinskih vadb
 - Študenti poznajo osnovne tehnike izvajanja gibalnih struktur brez in z rekviziti
 - znajo samostojno sestavljati koreografije in voditi proces vadbe

Intended learning outcomes:

- Knowledge and understanding:
- Students gain practical and theoretical knowledge needed to successfully manage a program of aerobics and group exercise
 - The students are familiar with basic techniques for implementing motor structures with and without accessories
 - Are capable of self-composed choreography and manage the training process

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Metode poučevanja in učenja:

Teoretična predavanja
 Eksperimentalna predavanja v majhnih skupinah
 Vaje, seminarji

Learning and teaching methods:

Theoretical lectures
 Experimental lectures in small groups
 Tutorial, seminars

Načini ocenjevanja:	Delež (v %) / Weight (in %)	Assessment:
pisni izpit, ustno izpraševanje, prikaz usvojenih praktičnih znanj	20% 30% 40% 10%	Type (examination, oral, coursework, project) - Project - Workbook - Examination - Practical exam - The presence and participation

Reference nosilca / Lecturer's references:

dr. Petra Zaletel, docent

- **Zagorc, M., Zaletel, P., & Ižanc, N. (1996). Aerobika. Ljubljana: Fakulteta za šport. (COBISS-ID 63932416)**
 - ZALETEL, Petra, FURJAN-MANDIĆ, Gordana, ZAGORC, Meta. Differences in heart rate and lactate levels at three different workloads in step aerobics. *Kinesiology*, ISSN 1331-1441. [English ed.], 2009, vol. 41, no. 1, str. 97-104, tabele, graf. prikazi.
 - ZALETEL, Petra, GABRILO, Goran, PERIĆ, Mia. The training effects of dance aerobics : a review with an emphasis on the perspectives of investigations. *Collegium antropologicum*, ISSN 0350-6134, 2013, vol. 37, suppl. 2, str. 125-130, preglednica. <http://hrcak.srce.hr/file/150879>.
 - ZALETEL, Petra, VERŠIĆ, Šime, PERIĆ, Mia, ZENIĆ, Nataša, SEKULIĆ, Damir, KONDRIČ, Miran. Toward (more) effective antidoping policy in sports: what should we target in antidoping efforts?. *Medicina dello sport*, ISSN 0025-7826, 2015, vol. 68, no. 3, str. 447-460, ilustr., tabele. <http://www.minervamedica.it/en/journals/medicina-dello-sport/article.php?cod=R26Y2015N03A0447>, <http://www.minervamedica.it/en/journals/medicina-dello-sport/issue.php?cod=R26Y2015N03>. [COBISS.SI-ID 4753585]
 - ZALETEL, Petra, KONDRIČ, Miran, SATTLER, Tine, ŠAJBER, Dorica. Body composition of women participating in aerobics. V: IUAES Inter Congress, 4-9 May 2016, Hotel Dubrovnik

Palace, Dubrovnik, Croatia. *World anthropologies and privatization of knowledge : engaging anthropology in public : abstract book*. [S. l.: s. n., 2016], str. 351. [COBISS.SI-ID [4874929](#)]