

# AEROBIKA

## UČNI NAČRT PREDMETA/COURSE SYLLABUS

|                                   |          |
|-----------------------------------|----------|
| <b>Predmet:</b>                   | Aerobika |
| <b>Course title:</b>              | Aerobics |
| <b>Članica nosilka/UL Member:</b> | UL FŠ    |

| Študijski programi in stopnja               | Študijska smer                  | Letnik | Semestri    | Izbirnost |
|---------------------------------------------|---------------------------------|--------|-------------|-----------|
| Športna vzgoja, prva stopnja, univerzitetni | Ni členitve (študijski program) |        | 1. semester | izbirni   |

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| <b>Univerzitetna koda predmeta/University course code:</b> | 0045158 |
| <b>Koda učne enote na članici/UL Member course code:</b>   | 677     |

| Predavanja<br>/Lectures | Seminar<br>/Seminar | Vaje<br>/Tutorials | Klinične vaje<br>/Clinical<br>tutorials | Druge oblike<br>študija<br>/Other forms<br>of study | Samostojno<br>delo<br>/Individual<br>student work | ECTS |
|-------------------------|---------------------|--------------------|-----------------------------------------|-----------------------------------------------------|---------------------------------------------------|------|
| 15                      | 0                   | 30                 | 0                                       | 0                                                   | 45                                                | 3    |

|                                   |               |
|-----------------------------------|---------------|
| <b>Nosilec predmeta/Lecturer:</b> | Petra Zaletel |
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|                                    |                    |
|------------------------------------|--------------------|
| <b>Vrsta predmeta/Course type:</b> | izbirni/compulsory |
|------------------------------------|--------------------|

|                          |                      |             |
|--------------------------|----------------------|-------------|
| <b>Jeziki/Languages:</b> | Predavanja/Lectures: | Slovenščina |
|                          | Vaje/Tutorial:       | Slovenščina |

|                                                                              |                       |
|------------------------------------------------------------------------------|-----------------------|
| <b>Pogoji za vključitev v delo oz. za opravljanje študijskih obveznosti:</b> | <b>Prerequisites:</b> |
|                                                                              |                       |

### Vsebina:

- 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 gibalnih 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

### Content (Syllabus outline):

- Definition of aerobic (AE), its manifestations and the development of AE in the world and in Slovenia
- 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

|                                                                                                                                                                                                                                                                                                               |                                                                                                                                                                                                                                                                                                                                                                               |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <ul style="list-style-type: none"> <li>• organiziranje, načrtovanje in izvedba različnih vrst vadbe v AE</li> <li>• organiziranost športne panoge pri nas, njeni programi in licence</li> <li>• pomen in različne oblike sproščanja in sprostitve</li> <li>• stretching in druge metode raztezanja</li> </ul> | <ul style="list-style-type: none"> <li>• Characteristics of sport teacher – trainer of AE - instructor of AE</li> <li>• Organizing, planning and execution of different types of training in AE</li> <li>• The organization of sport in our country, its programs and licenses</li> <li>• The importance and the various forms of relaxation</li> <li>• Stretching</li> </ul> |
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### Temeljna literatura in viri/Readings:

1. ZALETEL, Petra (2024). Video učni pripomoček za aerobiko. E-učenje aerobike, Ljubljana, Fakulteta za šport. Dostopno na: [Aerobika \(fakultetazasport.si\)](http://fakultetazasport.si)
2. ZALETEL, Petra, FURJAN-MANDIČ, Gordana. *Aerobika : skupinska vadba ob glasbi : vadba naše preteklosti in prihodnosti : univerzitetni učbenik z recenzijo in delovne naloge*. 1. popravljena in dopolnjena izd. Ljubljana: Fakulteta za šport, 2024. 304 str., ilustr. ISBN 978-961-7095-27- [COBISS.SI-ID [186103811](#)]
3. ZALETEL, Petra. Body composition, heart rate frequency and caloric expenditure in women, engaging different types of aerobics. V: SAMARDŽIJA PAVLETIČ, Mitija (ur.), et al. *Plenary lectures, invited proceedings, book of abstracts and book of proceedings*. 4th International Scientific Congress, Slovenian Gymnastics Federation, Portorož, Slovenija, January 21st, 2017. Ljubljana: Gimnastična zveza Slovenije, 2017. Str. 60-75, tabele, graf. prikazi. ISBN 978-961-6733-14-4. <http://www.congress-gfs.com/2017/03/e-book-of-4th-international-scientific.html>. [COBISS.SI-ID [5178033](#)]
4. ZALETEL, Petra, KONDRIC, Miran, SATTLER, Tine, ŠAJBER, Dorica. Body composition of women participating in aerobics. V: *World anthropologies and privatization of knowledge : engaging anthropology in public : abstract book*. IUAES Inter Congress, 4-9 May 2016, Hotel Dubrovnik Palace, Dubrovnik, Croatia. [S. l.: s. n., 2016]. Str. 351. [COBISS.SI-ID [4874929](#)]
5. 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>.
6. ZALETEL, Petra, BREKALO, Mate, KARPLJUK, Damir, VIDEMŠEK, Mateja. Analysis of the effects of a three-month long weight loss programme on overweight women. *Acta kinesiologica : međunarodni znanstveni časopis iz područja kineziologije*, ISSN 1840-2976, jun. 2014, vol. 8, issue 1, str. 15-20, tabela, graf. prikaz. <http://www.actakin.com/PDFS/BR0801/SVEE/04%20CL%2002%20PZ.pdf>, <http://www.actakin.com/TEXT/TxTeku01.html>.
7. ZALETEL, Petra, FURJAN-MANDIČ, Gordana, ZAGORC, Meta. Differences in heart rate and lactate levels at three different workloads in step aerobics. *Kinesiology : international scientific journal of kinesiology and sport*, ISSN 1331-1441. [English ed.], 2009, vol. 41, no. 1, str. 97-104, tabele, graf. prikazi.

### Neobvezna:

1. JURGELE, Anže, PORI, Primož, ZALETEL, Petra, DOLENC, Maja. Vpliv šestmesečne športne vadbe aerobike combo na nekatere morfološke značilnosti udeleženk. *Šport : revija za teoretična in praktična vprašanja športa*, ISSN 0353-7455, 2013, letn. 61, št. 1/2, str. 87-91, ilustr. Champion, N., & Egger, G. (1990). *The fitness leader's hand book*. Kenthurst: Kangaroo press.
2. Feibiger, 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 Publishe

### Cilji in kompetence:

- Usposobiti kandidate za samostojno načrtovanje, organiziranje, vodenje in spremljanje procesa vadbe v aerobiki,
- Naučiti kandidate pravih metodskih postopkov poučevanja aerobike – skupinske vadbe ob glasbi.

### 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 – group fitness exercise.

| <b>Predvideni študijski rezultati:</b>                                                                                                                                                                                                                                                                                                                               | <b>Intended learning outcomes:</b>                                                                                                                                                                                                                                                                                                                                                                                       |
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| Znanje in razumevanje: <ul style="list-style-type: none"> <li>• Študenti osvojijo praktična in teoretična znanja potrebna za uspešno vodenje programa aerobike in skupinskih vadb</li> <li>• Študenti poznajo osnovne tehnike izvajanja gibalnih struktur brez in z rekviziti</li> <li>• Znajo samostojno sestavljati koreografije in voditi proces vadbe</li> </ul> | Knowledge and understanding: <ul style="list-style-type: none"> <li>• Students gain practical and theoretical knowledge needed to successfully manage a program of aerobics and group exercise</li> <li>• The students are familiar with basic techniques for implementing motor structures with and without accessories</li> <li>• Are capable of self-composed choreography and manage the training process</li> </ul> |

| <b>Metode poučevanja in učenja:</b>                                            | <b>Learning and teaching methods:</b>                                     |
|--------------------------------------------------------------------------------|---------------------------------------------------------------------------|
| Teoretična predavanja<br>Eksperimentalna predavanja v majhnih skupinah<br>Vaje | Theoretical lectures<br>Experimental lectures in small groups<br>Tutorial |

| <b>Načini ocenjevanja:</b>          | <b>Delež/Weight</b> | <b>Assessment:</b> |
|-------------------------------------|---------------------|--------------------|
| Delovni zvezek, aktivno sodelovanje | 20,00 %             | Project - Workbook |
| Pisni izpit in ustno izpraševanje   | 40,00 %             | Examination        |
| Praktični izpit                     | 40,00 %             | Practical exam     |

| <b>Ocenjevalna lestvica:</b>                             | <b>Grading system:</b>                                         |
|----------------------------------------------------------|----------------------------------------------------------------|
| 5 - 10, pri čemer velja, da je pozitivna ocena od 6 - 10 | 5 - 10, a student passes the exam if he is graded from 6 to 10 |

| <b>Reference nosilca/Lecturer's references:</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |
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| <ul style="list-style-type: none"> <li>• ZALETEL, Petra (2024). Video učni pripomoček za aerobiko. E-učenje aerobike, Ljubljana, Fakulteta za šport. Dostopno na: <a href="https://fakultetazasport.si">Aerobika (fakultetazasport.si)</a></li> <li>• ZALETEL, Petra, FURJAN-MANDIČ, Gordana. <i>Aerobika : skupinska vadba ob glasbi : vadba naše preteklosti in prihodnosti : univerzitetni učbenik z recenzijo in delovne naloge</i>. 1. popravljena in dopolnjena izd. Ljubljana: Fakulteta za šport, 2024. 304 str., ilustr. ISBN 978-961-7095-27-2. [COBISS.SI-ID <a href="#">186103811</a>]</li> <li>• BAŠČEVAN, Saša, GILIĆ, Barbara, SUNDA, Mirela, GEETS KESIC, Marijana, ZALETEL, Petra. Isokinetic knee muscle strength parameters and anthropometric indices in athletes with and without hyperextended knees. <i>Medicina</i>. 2024, vol. 60, no. 3, art. 367, str. 1-11, ilustr. ISSN 1648-9144. <a href="https://www.mdpi.com/1648-9144/60/3/367">https://www.mdpi.com/1648-9144/60/3/367</a>, DOI: 10.3390/medicina60030367. [COBISS.SI-ID <a href="#">186499331</a>]</li> <li>• PRUŠ, Daša, ZALETEL, Petra. Body asymmetries in dancers of different dance disciplines = Asimetrías corporales en bailarines de diferentes disciplinas de baile. <i>International journal of morphology</i>. 2022, vol. 40, no. 1, str. 270-276, tabele. ISSN 0717-9502. <a href="https://www.scielo.cl/pdf/ijmorphol/v39n4/0717-9502-ijmorphol-39-04-977.pdf">https://www.scielo.cl/pdf/ijmorphol/v39n4/0717-9502-ijmorphol-39-04-977.pdf</a>, <a href="http://www.intjmorphol.com/abstract/?art_id=8551">http://www.intjmorphol.com/abstract/?art_id=8551</a>. [COBISS.SI-ID <a href="#">99116291</a>]</li> <li>• PRUŠ, Daša, MIJATOVIĆ, Dragan, HADŽIĆ, Vedran, OSOJIC, Daria, VERŠIĆ, Šime, ZENIĆ, Nataša, JEZDIMIROVIĆ, Tatjana, DRID, Patrik, ZALETEL, Petra. (Low) energy availability and its association with injury occurrence in competitive dance : cross-sectional analysis in female dancers. <i>Medicina</i>. 2022, vol. 58, no. 7, art. 853, str. 1-12. ISSN 1648-9144. <a href="https://www.mdpi.com/1648-9144/58/7/853">https://www.mdpi.com/1648-9144/58/7/853</a>, <a href="https://mdpi-res.com/d_attachment/medicina/medicina-58-00853/article_deploy/medicina-58-00853.pdf?version=1656243256">https://mdpi-res.com/d_attachment/medicina/medicina-58-00853/article_deploy/medicina-58-00853.pdf?version=1656243256</a>, DOI: 10.3390/medicina58070853. [COBISS.SI-ID <a href="#">112934659</a>]</li> <li>• ZALETEL, Petra, PRUŠ, Daša. Poškodbe v slovenskem plesu - analiza in primerjava različnih plesnih zvrsti. <i>Šport : revija za teoretična in praktična vprašanja športa</i>. 2021, letn. 69, št. 1/2, str. 69-75, ilustr. ISSN 0353-7455. [COBISS.SI-ID <a href="#">67427331</a>]</li> <li>• ZALETEL, Petra, DROLE, Kristina, KUKOVICA, Karla Marija, ORTIZ, Lucija, PRUŠ, Daša, TUŠAK, Matej. Vpliv programa vadbe po metodi "Feldenkrais for Business" na psihično stanje zaposlenih v delovni organizaciji. <i>Šport : revija za teoretična in praktična vprašanja športa</i>. 2021, letn. 69, št. 1/2, str. 187-192, ilustr. ISSN 0353-7455. [COBISS.SI-ID <a href="#">67593987</a>]</li> </ul> |

- ZALETEL, Petra. Body composition, heart rate frequency and caloric expenditure in women, engaging different types of aerobics. V: SAMARDŽIJA PAVLETIĆ, Mitija (ur.), et al. *Plenary lectures, invited proceedings, book of abstracts and book of proceedings*. 4th International Scientific Congress, Slovenian Gymnastics Federation, Portorož, Slovenija, January 21st, 2017. Ljubljana: Gimnastična zveza Slovenije, 2017. Str. 60-75, tabele, graf. prikazi. ISBN 978-961-6733-14-4. <http://www.congress-gfs.com/2017/03/e-book-of-4th-international-scientific.html>. [COBISS.SI-ID 5178033]
- 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, BREKALO, Mate, KARPLJUK, Damir, VIDEMŠEK, Mateja. Analysis of the effects of a three-month long weight loss programme on overweight women. *Acta kinesiologica : međunarodni znanstveni časopis iz područja kineziologije*, ISSN 1840-2976, jun. 2014, vol. 8, issue 1, str. 15-20, tabela, graf. prikaz. <http://www.actakin.com/PDFS/BR0801/SVEE/04%20CL%2002%20PZ.pdf>, <http://www.actakin.com/TEXT/TxTeku01.html>.
- FURJAN MANDIĆ, Gordana, KASOVIĆ, Marko, ZALETEL, Petra, BRUCKER, Laslo, KORŠIĆ, Marta. Program vadbe v aerobiki za zmerno in težje mentalno prizadeto mladino in odrasle = The aerobics exercises program as adapted physical activity for young people and adults with mental disability. V: PIŠOT, Rado (ur.), et al. *Otrok v gibanju : zbornik prispevkov = A child in motion : proceedings*. Ljubljana: Pedagoška fakulteta, 2002, str. 476-478.
- 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]
- PERIĆ, Mia, ZENIĆ, Nataša, SEKULIĆ, Damir, KONDRIČ, Miran, ZALETEL, Petra. Disordered eating, amenorrhea, and substance use and misuse among professional ballet dancers : preliminary analysis. *Medycyna Pracy*, ISSN 0465-5893, 2016, vol. 67, no. 1, str. 21-27, ilustr., tabele. <http://medpr.imp.lodz.pl/Disordered-eating-amenorrhea-and-substance-use-and-misuse-among-professional-ballet-dancers-preliminary-analysis-of-the-prevalence-and-as-sociations-between-studied-factors,60718,0,2.html>, <http://medpr.imp.lodz.pl/About-the-Journal,42.html>, doi: [10.13075/mp.5893.00294](https://doi.org/10.13075/mp.5893.00294). [COBISS.SI-ID 4854961]

# ALPSKO SMUČANJE - SMUČANJE JE IGRA

## UČNI NAČRT PREDMETA/COURSE SYLLABUS

|                                   |                                    |
|-----------------------------------|------------------------------------|
| <b>Predmet:</b>                   | Alpsko smučanje - smučanje je igra |
| <b>Course title:</b>              | Alpine skiing - skiing is a game   |
| <b>Članica nosilka/UL Member:</b> | UL FŠ                              |

| Študijski programi in stopnja                   | Študijska smer                  | Letnik | Semestri    | Izbirnost |
|-------------------------------------------------|---------------------------------|--------|-------------|-----------|
| Kineziologija, prva stopnja, univerzitetni      | Ni členitve (študijski program) |        | 1. semester | izbirni   |
| Športna vzgoja, prva stopnja, univerzitetni     | Ni členitve (študijski program) |        | 1. semester | izbirni   |
| Športno treniranje, prva stopnja, univerzitetni | Ni členitve (študijski program) |        | 1. semester | izbirni   |

|                                                            |         |
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| <b>Univerzitetna koda predmeta/University course code:</b> | 0077338 |
| <b>Koda učne enote na članici/UL Member course code:</b>   | 1129    |

| Predavanja<br>/Lectures | Seminar<br>/Seminar | Vaje<br>/Tutorials | Klinične vaje<br>/Clinical<br>tutorials | Druge oblike<br>študija<br>/Other forms<br>of study | Samostojno<br>delo<br>/Individual<br>student work | ECTS |
|-------------------------|---------------------|--------------------|-----------------------------------------|-----------------------------------------------------|---------------------------------------------------|------|
| 15                      |                     | 45                 |                                         |                                                     | 60                                                | 4    |

|                                   |                         |
|-----------------------------------|-------------------------|
| <b>Nosilec predmeta/Lecturer:</b> | Blaž Lešnik, Milan Žvan |
|-----------------------------------|-------------------------|

|                                    |                                   |
|------------------------------------|-----------------------------------|
| <b>Vrsta predmeta/Course type:</b> | splošni izbirni/general selective |
|------------------------------------|-----------------------------------|

|                          |                      |             |
|--------------------------|----------------------|-------------|
| <b>Jeziki/Languages:</b> | Predavanja/Lectures: | Slovenščina |
|                          | Vaje/Tutorial:       | Slovenščina |

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

Predmet se izvaja na **dodiplomskem študiju** v mesecih januarju in februarju v obliki 5 dnevnega tečaja s poudarkom na učenju alpskega smučanja skozi igro.

**Ostali pogoji:**

- Oprema za smučanje (smuči, čevlji, palice, smučarske rokavice, čelada z očali ter smučarska oblačila; smučarski komplet – hlače in bunda...).

### Prerequisites:

At **undergraduate study program** the subject is carried out in January or February as 5-days course of alpine skiing through the games.

**Other prerequisites:**

Equipment for alpine skiing (alpine skiing, ski boots, ski poles, ski gloves, ski helmet with ski goggles and ski clothes; ski trousers and jacket...).

### Vsebina:

**Teoretični del:**

- priprave na prvi smučarski dan,
- izbira smučarske opreme za otroke in začetnike,
- praktična priporočila za bolj učinkovit proces učenja,
- prednosti individualne in skupinske vadbe,

### Content (Syllabus outline):

**Theoretical part:**

- preparations for the first day,
- alpine skiing equipment for kids and beginners,
- recommendations for more effective learning process,
- benefits of individual or group learning,

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| <ul style="list-style-type: none"> <li>• razvoj in nadgradnja naravnih oblik gibanja skozi igre na snegu,</li> <li>• pomen didaktično gibalne igre pri učenju alpskega smučanja,</li> <li>• prenos gibalnih znanj pri učenju smučanja,</li> <li>• prvi koraki na snegu in zagotavljanje najboljših pogojev za učenje osnov alpskega smučanja,</li> <li>• igre na snegu kot temeljno sredstvo za lažji in kvalitetnejši napredek učencev,</li> <li>• interakcija učenec-učitelj-starši,</li> <li>• shema storitev Slovenske šole alpskega smučanja,</li> <li>• definicija smučarskega zavoja in poznavanje s tem povezanih pojmov,</li> <li>• pet značilnosti sodobnega alpskega smučanja,</li> <li>• metodika učenja in značilnosti tehnike izvajanja elementov šole smučanja - poudarek na začetnih oblikah smučanja skozi igro,</li> <li>• pedagoško didaktična načela učenja smučanja,</li> <li>• 10 mednarodnih FIS pravil varnega smučanja,</li> <li>• naloge in pooblastila nadzornikov na smučiščih,</li> <li>• ravnanje v primeru nesreče na smučišču,</li> <li>• shema odprte piramide in izbira vaj glede na individualne izvedbe elementov smučanja,</li> <li>• organizacija vadbe na smučišču,</li> <li>• vrste in učinkovita uporaba sodobnih didaktičnih pripomočkov v praksi (pravilna izbira in uporaba, postavitve...),</li> <li>• smučarski poligoni za otroke glede na vsebine in cilje vadbe,</li> <li>• organizacija tekmovanja skozi poligon za otroke.</li> </ul> <p><b>Praktični del:</b></p> <ul style="list-style-type: none"> <li>• organizacijski vidiki priprave na smučanje (prihod na smučišče),</li> <li>• pregled smučarske opreme (smuči, nastavitev vezi, smučarskih čevljev, dolžina palic, idr.),</li> <li>• prilagajanje na opremo: prvi koraki na snegu brez in s smučmi s pomočjo različnih iger na snegu (drsenja...),</li> <li>• osnovni smučarski položaji na mestu in v drsenju naravnost,</li> </ul> <p>Usvajanje tehnike elementov Slovenske šole smučanja na ustrezno izbranih nakloninah (s posredniškimi in korektivnimi vajami) ter postopnim napredkom v petih značilnostih sodobnega alpskega smučanja: Manjša naklonina; primeri vadbe skozi igro glede na cilje vadbe:</p> <ul style="list-style-type: none"> <li>• načini zaustavljanja,</li> <li>• pahljača zavojev (plužni/klinasti položaj smuči),</li> <li>• pahljača zavojev (paralelni položaj smuči),</li> <li>• preproste spremembe smeri drsenja (plužni/klinasti/paralelni položaj smuči),</li> <li>• plužni/klinasti loki s prečenjem po robnikih.</li> </ul> <p>Srednja naklonina; primeri vadbe skozi igro glede na cilje vadbe:</p> <ul style="list-style-type: none"> <li>• osnovni zavoj (brez in z vbodom palice),</li> <li>• osnovno vijuganje.</li> </ul> | <ul style="list-style-type: none"> <li>• development and upgrade of basic movements through games on the snow,</li> <li>• importance of a didactic game for learning of alpine skiing,</li> <li>• motor learning transfer in alpine skiing,</li> <li>• first steps on the snow and providing the best conditions for learning the basics of alpine skiing,</li> <li>• the game as a basic method for easier and better progress in alpine skiing,</li> <li>• interaction between student-teacher-parents,</li> <li>• the schema of Slovenian Alpine Ski School elements,</li> <li>• definition of a ski turn and knowledge of related contents,</li> <li>• five characteristics of modern alpine skiing,</li> <li>• the teaching methods and technical characteristics of performing the elements of the alpine ski school - focus on basic forms of skiing through the game,</li> <li>• pedagogical and didactic principles of learning to ski,</li> <li>• 10 international FIS rules for safe skiing,</li> <li>• tasks and duties of ski patrols at ski slopes,</li> <li>• what to do in the case of accident on the ski slope,</li> <li>• open pyramid system and choice of exercises according to the individual performance,</li> <li>• organization of learning process on the ski slope,</li> <li>• types and effective use of modern didactic accessories in process of learning (proper choose and use, setting...),</li> <li>• ski polygons for kids according to goals and content of learning process,</li> <li>• organization of competition in ski-polygon for kids.</li> </ul> <p><b>Practical part:</b></p> <ul style="list-style-type: none"> <li>• important aspects of preparation for skiing (arrival at the ski resort),</li> <li>• ski equipment checking (skis, setting of bindings, ski boots, length of ski poles, etc.),</li> <li>• first steps on the snow without and with ski equipment though the games in snow (gliding with the skis),</li> <li>• basic positions of the skis without and through gliding straight,</li> </ul> <p>Learning of technique of elements of Slovenian Ski School on appropriately selected slopes (with intermediary and corrective exercises) with gradual progress in five characteristics of modern Alpine skiing:</p> <p>Lower inclination; examples of games according to the goals:</p> <ul style="list-style-type: none"> <li>• the options how to stop,</li> <li>• turns fan (snowplow/wedge ski position),</li> <li>• turns fan (parallel ski position),</li> <li>• simple ski turns form glide direction (snowplow/wedge/parallel ski position),</li> </ul> |
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| <p>Večja naklonina; primeri vadbe skozi igro glede na cilje vadb:</p> <ul style="list-style-type: none"> <li>terensko vijuganje (vijuganje v ožjem/širšem hodniku).</li> </ul> <p>Ograjen prostor za otroke:</p> <ul style="list-style-type: none"> <li>organizacija tekmovanj s smučarskim poligonom za otroke.</li> </ul> <p>Vsak dan del vadbe namenjen individualnemu snemanju in video analizam lastnega napredka.</p> | <ul style="list-style-type: none"> <li>snowplow/wedge turns with crossing the slope with the carving technique,</li> </ul> <p>Medium inclination; examples of games according to the goals:</p> <ul style="list-style-type: none"> <li>elemental turn (with using the ski pole),</li> <li>basic turns,</li> </ul> <p>Higher inclination; examples of games according to the goals:</p> <ul style="list-style-type: none"> <li>Cross terrain skiing forms in narrower/wider corridor.</li> </ul> <p>Marked ski slope for kids:</p> <ul style="list-style-type: none"> <li>organization of competition with kids ski polygon.</li> </ul> <p>Each day a part of the training will be intend for individual recording and video analysis of own progress.</p> |
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### Temeljna literatura in viri/Readings:

Lešnik B. & M. Žvan (2010). Naše smučine, teorija in metodika alpskega smučanja (dopolnjena izdaja). Ljubljana: SZS-ZUTS Slovenije

Lešnik B. & M. Žvan (2011). A turn to move on – Alpine skiing – Slovenian way, Theory and Methodology of Alpine Skiing. Ljubljana: Ski Association of Slovenia-Ski instructor association of Slovenia

Pišot R. & M. Videmšek (2004). Smučanje je igra. Ljubljana: SZS – Združenje učiteljev in trenerjev smučanja

Kuzmin A. & S. Jug (2019). <https://www.youtube.com/watch?v=N-BzAnCLiLg>

Smučarska zveza Slovenije, ZUTS Slovenije, DEMO Team Slovenia - Slovenian ski school basic drills and exercises: <https://www.youtube.com/watch?v=PmPZYYJqd0A&t=13s>

### Cilji in kompetence:

#### Cilji predmeta so:

- Študenti bodo znali prikazati kvalitetno in tehnično pravilno demonstracijo začetnih oblik alpskega smučanja,
- študenti bodo pridobili temeljna teoretična in praktična znanja za načrtovanje, organizacijo, izvajanje, spremljanje in vrednotenje športne vadbe na področju učenja alpskega smučanja mlajših otrok in začetnikov,
- študenti bodo sposobni varnega vodenja in poučevanja osnov alpskega smučanja v okviru športnih dni in zimovanj v osnovnih in srednjih šolah ter drugih izobraževalnih ustanovah.

#### Predmetno specifične kompetence predmeta:

- Študenti bodo pridobili del kompetenc za pridobitev strokovnega naziva Strokovni delavec 1 (Učitelj alpskega smučanja 1),
- študenti bodo poznali in razumeli standarde varnega in kvalitetnega smučanja skozi igro,
- študenti bodo glede na vsebino in cilje učnega procesa delo na snegu znali organizirati skozi didaktično gibalno igro,
- študenti bodo poznali namen in učinek uporabe improviziranih smučarskih poligonov za otroke,
- študenti bodo glede na individualno raven smučarskega znanja in sposobnosti znali tehnično pravilno demonstrirati začetne (in tudi nadaljevalne) elemente šole alpskega smučanja,

### Objectives and competences:

#### Goals of the subject are:

- Students will be able of quality and technically correct demonstration of beginner forms of alpine skiing,
- students will acquire the basic theoretical and practical knowledge for planning, organizing, managing, monitoring and evaluating the learning process of alpine skiing and basics for kids and beginners,
- students will be able to manage and teach the basics of alpine skiing during outdoor activities in primary and secondary schools and other educational institutions.

#### The subject-specific competences are:

- Students will acquire a part of the competencies for obtaining the professional title Ski Instructor - 1st Level,
- students will know and understand the standards of safe and quality skiing through the games,
- students will be able to organize the learning process through the game according to goals and content of learning process,
- students will be aware with the purpose and impact of using improvised ski polygons for kids,
- students will be (regarding to individual level of skiing knowledge and skills) able technically properly demonstrate basic (and advanced) elements of the Alpine Skiing School,

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| <ul style="list-style-type: none"> <li>• študenti bodo znali svetovati pri izbiri smučarske opreme za otroke in začetnike,</li> <li>• študenti bodo poznali in razumeli hierarhijo storitev Slovenske šole alpskega smučanja,</li> <li>• študenti bodo poznali in razumeli osnove metodike in tehnike alpskega smučanja,</li> <li>• študenti bodo znali smiselno upoštevati pedagoško didaktična načela pri učenju smučanja,</li> <li>• študenti bodo seznanjeni z odgovornostjo pri vodenju šolskih skupin na smučiščih,</li> <li>• študenti bodo seznanjeni z različnimi pristopi k učenju ter z izbiro vaj glede na individualne izvedbe elementov smučanja,</li> <li>• študenti bodo razumeli pomen didaktičnih pripomočkov in učinkovite uporabe le-teh v praksi.</li> </ul> | <ul style="list-style-type: none"> <li>• students will know how to advise at choosing the properly ski equipment for kids and beginners,</li> <li>• students will know and understand the hierarchy of elements of the Slovenian Alpine Ski School,</li> <li>• students will know the basics of the methods and techniques of alpine skiing,</li> <li>• students will be able to follow pedagogically and didactic principles by learning to ski,</li> <li>• students will be informed with responsibility by leading the groups of groups on the ski slopes,</li> <li>• students will be able to use the different approaches of learning process according to individual performances of the elements of skiing,</li> <li>• students will understand the effects of using the modern didactic accessories in practice.</li> </ul> |
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| <b>Predvideni študijski rezultati:</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               | <b>Intended learning outcomes:</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |
| <b>Znanje in razumevanje:</b> <ul style="list-style-type: none"> <li>• poznajo standarde znanj začetnih (in nadaljevalnih) oblik alpskega smučanja,</li> <li>• znajo uspešno načrtovati, organizirati in izvajati pedagoški proces na področju alpskega smučanja,</li> <li>• znajo in razumejo metodično didaktične postopke učenja osnovnih in zahtevnejših elementov alpskega smučanja za potrebe mlajših otrok in začetnikov,</li> <li>• znajo analizirati in vrednotiti pravilno tehniko izvedb začetnih (in nadaljevalnih) oblik smučanja,</li> <li>• znajo in so sposobni iskanja virov za pomoč pri izdelavi priprave na učenje alpskega smučanja.</li> </ul> | <b>Knowledge and Understanding:</b> <ul style="list-style-type: none"> <li>• students know the standards of basic (and advanced) Alpine ski elements,</li> <li>• students know how to plan, organize and realize a teaching process,</li> <li>• they know and understand methodic and didactic process how to teach the basic elements of alpine skiing for kids and beginners,</li> <li>• they know how to analyze and evaluate the quality of technique of basic (and advanced) elements of alpine skiing,</li> <li>• they will be able to find new sources of technical support for teaching the alpine skiing.</li> </ul> |

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| <b>Metode poučevanja in učenja:</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        | <b>Learning and teaching methods:</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |
| <ul style="list-style-type: none"> <li>• Teoretična predavanja bodo delno izvedena pred (december) začetkom praktičnega dela, delno pa med in po (marec, april) izvedbi vaj na snegu,</li> <li>• praktični del: demonstracija z razlago; frontalno-skupinsko in individualno s tematskimi delavnicami, individualno snemanje in analiza lastnega napredka znanja,</li> <li>• praktični del vaj se izvaja v obliki 5-dnevnega tečaja v januarju ali februarju,</li> <li>• preverjanje praktičnega znanja je zadnji dan tečaja,</li> <li>• seminarska naloga v obliki analize lastnega napredka znanja iz realiziranega programa.</li> </ul> | <ul style="list-style-type: none"> <li>• Theoretical lectures will be partially realized before (December), partially during and after practical work on the snow (in March and April),</li> <li>• practical part: demonstrations with explanations; frontal-group option, individual work and workshops, individual video recording and analysis of individual progress of skiing knowledge,</li> <li>• practical part of is organized as 5-day course in January or February,</li> <li>• practical exam is at the end of the course,</li> <li>• seminar work with an analysis of own progress in skiing knowledge from the realized program.</li> </ul> |

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| <b>Načini ocenjevanja:</b>                                                                                                                                            | <b>Delež/Weight</b> | <b>Assessment:</b>                                                                                                                                                    |
| • Ocenjevanje praktičnega znanja (ocene 1-10),                                                                                                                        | 50,00 %             | • Assessing of practical knowledge (grades 1-10),                                                                                                                     |
| • analiza individualnega napredka in izbire vaj za korekcijo pomanjkljivosti v gibanju ter ocena končnega pisnega izdelka (1A in 1B) na podlagi videoposnetkov svojih | 20,00 %             | • analysis of individual progress and choose of exercises to correct the movement and the mark of the final seminar work (1A and 1B program) based on videos of their |

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| lastnih izvedb elementov šole smučanja (ocene 1-10),           |         | own performances of ski school elements (grades 1-10),              |
| • pisni izpit z odgovori na teoretična vprašanja (ocene 1-10). | 30,00 % | • written exam with answers on theoretical questions (grades 1-10). |

**Ocenjevalna lestvica:**
**Grading system:**
**Reference nosilca/Lecturer's references:**
**Prof. dr. Milan Žvan**

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PETROVIČ, Krešimir, ŠMITEK, Janez, ŽVAN, Milan. Pot do uspeha: alpsko smučanje - pionirji. Ljubljana: samozal. K. Petrovič, 1983. 131 str.

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DŽELALIJA, Mile, RAUSAVLJEVIĆ, Nikola, ŽVAN, Milan. Influence of body mass on performance in downhill skiing = Vpliv telesne mase smučarja na njegov rezultat pri smuku. Kinesiologia Slovenica : scientific journal on sport, ISSN 1318-2269.

ŽVAN, Milan, DOLENC, Maja. Evaluating the competitive successfulness of female junior alpine skiers. Acta Universitatis Carolinae. Kinesiology, ISSN 1212-1428, 2002, vol. 38, št. 1, str. 75-81.

KONDRIČ, Miran, SEKULIĆ, Damir, ULJEVIĆ, Ognjen, GABRILO, Goran, ŽVAN, Milan. Sport nutrition and doping in tennis: an analysis of athletes' attitudes and knowledge. Journal of Sports Science and Medicine: ISSN 1303-2968, June 2013, vol. 12, issue 2, str. 290-297.

LEŠNIK, Blaž, SEKULIĆ, Damir, SUPEJ, Matej, ESCO, Michael R., ŽVAN, Milan. Balance, basic anthropometrics and performance in young alpine skiers : longitudinal analysis of the associations during two competitive seasons. Journal of Human Kinetics, ISSN 1640-5544, 2017, vol. 57, str. 7-16.

ŽVAN, Milan, ZENIĆ, Nataša, SEKULIĆ, Damir, CUBELA, Mladen, LEŠNIK, Blaž. Gender- and sport-specific associations between religiousness and doping behavior in high-level team sports. Journal of religion and health, ISSN 1573-6571. [Online ed.], 2017, vol. 56, issue 4, str. 1348-1360.

SEKULIĆ, Damir, TAHIRAJ, Enver, ŽVAN, Milan, ZENIĆ, Nataša, ULJEVIĆ, Ognjen, LEŠNIK, Blaž. Doping attitudes and covariates of potential doping behaviour in high-level team-sport athletes: gender specific analysis. Journal of Sports Science and Medicine, ISSN 1303-2968, Dec. 2016, vol. 15, iss. 4, str. 606-615.

**Prof. dr. Blaž Lešnik**

LEŠNIK, Blaž, ŽVAN, Milan. Assessing the morphologic, motoric and psychologic status of young boys in alpine skiing based on expert modelling. Ocenjevanje morfološkega, motoričnega in psihološkega statusa mlajših dečkov v alpskem smučanju na podlagi ekspertnega modeliranja. Kinesiologia Slovenica : scientific journal on sport, ISSN 1318-2269. [Print ed.], 1998, letn. 4, št. 1, str. 27-35.

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LEŠNIK, Blaž, ŽVAN, Milan. Comparison of centre of mass trajectories in modern giant slalom techniques. Kinesiology: international scientific journal of kinesiology and sport, ISSN 1331-1441, 2003, vol. 35, no. 2, str. 191-200.

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LEŠNIK, Blaž, ŽVAN, Milan. A turn to move on : alpine skiing - Slovenian way: theory and methodology of alpine skiing: a university textbook and official syllabus developed for training courses for levels 1, 2 and 3 ski instructors. Ljubljana: Faculty of Sport, 2010. 209 str. (Univerzitetni, visokošolski ali višješolski učbenik z recenzijo)

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ZORKO, Martin, NEMEC, Bojan, BABIČ, Jan, LEŠNIK, Blaž, SUPEJ, Matej. The waist width of skis influences the kinematics of the knee joint in alpine skiing. *Journal of Sports Science and Medicine*, ISSN 1303-2968, 2015, vol. 14, iss. 3, str. 606-619.

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DEMŠAR, Ivan, DUHOVNIK, Jože, LEŠNIK, Blaž, SUPEJ, Matej. Multi-axis prosthetic knee resembles alpine skiing movements of an intact leg. *Journal of Sports Science and Medicine*, ISSN 1303-2968, 2015, vol. 14, iss. 4, str. 841-LEŠNIK, Blaž, SEKULIĆ, Damir, SUPEJ, Matej, ESCO, Michael R., ŽVAN, Milan.

Balance, basic anthropometrics and performance in young alpine skiers : longitudinal analysis of the associations during two competitive seasons. *Journal of Human Kinetics*, ISSN 1640-5544, 2017, vol. 57, str. 7-16.

# ALPSKO SMUČANJE IN DESKANJE NA SNEGU 1A

## UČNI NAČRT PREDMETA/COURSE SYLLABUS

|                           |                                         |
|---------------------------|-----------------------------------------|
| <b>Predmet:</b>           | Alpsko smučanje in deskanje na snegu 1A |
| <b>Course title:</b>      | Alpine skiing and snowboarding 1A       |
| <b>Članica nosilka/UL</b> | UL FŠ                                   |
| <b>Member:</b>            |                                         |

| Študijski programi in stopnja                                                        | Študijska smer                  | Letnik    | Semestri    | Izbirnost |
|--------------------------------------------------------------------------------------|---------------------------------|-----------|-------------|-----------|
| Športna vzgoja, prva stopnja, univerzitetni<br>(od študijskega leta 2025/2026 dalje) | Ni členitve (študijski program) | 2. letnik | 1. semester | obvezni   |

Univerzitetna koda predmeta/University course code: 0045081

Koda učne enote na članici/UL Member course code: 687

| Predavanja<br>/Lectures | Seminar<br>/Seminar | Vaje<br>/Tutorials | Klinične vaje<br>/Clinical<br>tutorials | Druge oblike<br>študija<br>/Other forms<br>of study | Samostojno<br>delo<br>/Individual<br>student work | ECTS |
|-------------------------|---------------------|--------------------|-----------------------------------------|-----------------------------------------------------|---------------------------------------------------|------|
| 8                       | 0                   | 22                 | 0                                       | 0                                                   | 30                                                | 2    |

Nosilec predmeta/Lecturer: Blaž Lešnik, Milan Žvan

Vrsta predmeta/Course type: obvezni/compulsory

Jeziki/Languages:

|                      |             |
|----------------------|-------------|
| Predavanja/Lectures: | Slovenščina |
| Vaje/Tutorial:       | Slovenščina |

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

Prerequisites:

Vsebina:

**Teoretični del:**

**Alpsko smučanje:**

- pomen smučarskega športa za narodno identifikacijo Slovencev,
- prvi dokumentirani viri o zametkih smučanja v svetu,
- zgodovinski pregled razvoja alpskih smučarskih tehnik skozi čas,
- Slovenci in glavne prelomnice smučanja skozi čas,
- smučanje in različice v današnjem času,
- značilnosti in izbira opreme za alpsko smučanje,
- definicija in pomen šole smučanja za napredek v smučarskem znanju,
- prvi koraki na snegu in zagotavljanje najboljših pogojev za učenje osnov alpskega smučanja,

**Content (Syllabus outline):**

**Theoretical part:**

**Alpine skiing:**

- the importance of skiing for the Slovenian national identification,
- the first documented sources of the skiing in the world,
- historical overview of the development of alpine skiing techniques through time,
- overview of the main points of skiing in Slovenia,
- modern variants of skiing,
- characteristics and choosing of equipment,
- definition and importance of the ski school for progression in skiing knowledge,
- first steps on the snow and providing the best conditions for learning the basics of alpine skiing,
- the game as a basic method for easier and better progress in alpine skiing,

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| <ul style="list-style-type: none"> <li>• igre na snegu kot temeljno sredstvo za lažji in kvalitetnejši napredek učencev,</li> <li>• interakcija učenec-učitelj-starši,</li> <li>• shema storitev Slovenske šole alpskega smučanja,</li> <li>• definicija smučarskega zavoja in poznavanje s tem povezanih vsebin,</li> <li>• pet značilnosti sodobnega alpskega smučanja,</li> <li>• postopno dvigovanje hitrostne bariere,</li> <li>• metodika učenja in značilnosti tehnike izvajanja posameznih elementov šole smučanja,</li> <li>• pedagoško didaktična načela učenja smučanja,</li> <li>• 10 mednarodnih FIS pravil varnega smučanja,</li> <li>• smučarska zakonodaja ter dolžnosti in odgovornosti pri vodenju skupin doma in v tujini,</li> <li>• kodeks etike učiteljev in trenerjev smučanja Slovenije,</li> <li>• naloge in pooblastila nadzornikov na smučiščih,</li> <li>• ravnanje v primeru nesreče na smučišču,</li> <li>• najpogostejši vzroki in preprečevanje smučarskih poškodb,</li> <li>• vplivi smučanja v goratem svetu na telesno počutje (dehidracija, sončarica, snežna slepota...),</li> <li>• specifične telesne priprave na alpsko smučanje,</li> <li>• postopek priprave drsne ploskve smuči za alpsko smučanje,</li> <li>• prednosti in slabosti individualne ter skupinske vadbe glede na stopnjo znanja tečajnikov,</li> <li>• shema odprte piramide in izbira vaj glede na individualne izvedbe elementov smučanja,</li> <li>• učinkovitost vadbe; kroženje z individualnimi nalogami,</li> <li>• učinkovita uporaba sodobnih didaktičnih pripomočkov v praksi (pravilna izbira in uporaba, postavitve...),</li> <li>• prednosti smučanja v parih, trojkah in večjih formacijah.</li> </ul> <p><b>Praktični del:</b></p> <p><b>Alpsko smučanje:</b></p> <ul style="list-style-type: none"> <li>• pregled smučarske opreme (smuči, nastavitve vezi, smučarskih čevljev, dolžina palic, idr.),</li> <li>• prilagajanje na opremo: prvi koraki na snegu brez in s smučmi s pomočjo različnih iger na snegu (drsenja...),</li> <li>• osnovni smučarski položaji na mestu in v drsenju naravnost,</li> </ul> <p>Usvajanje tehnike elementov Slovenske šole smučanja na ustrezno izbranih nakloninah (s posredniškimi in korektivnimi vajami) ter postopnim napredkom v petih značilnostih sodobnega alpskega smučanja:</p> <p>Manjša naklonina:</p> <ul style="list-style-type: none"> <li>• načini zaustavljanja,</li> <li>• pahljača zavojev (plužni/klinasti položaj smuči),</li> <li>• pahljača zavojev (paralelni položaj smuči),</li> <li>• preproste spremembe smeri drsenja (plužni/klinasti/paralelni položaj smuči),</li> <li>• plužni/klinasti loki s prečenjem po robnikih. ...</li> </ul> <p>Srednja naklonina:</p> <ul style="list-style-type: none"> <li>• osnovni zavoj (brez in z vbodom palice),</li> </ul> | <ul style="list-style-type: none"> <li>• interaction between student-teacher-parents,</li> <li>• the schema of Slovenian Alpine Ski School elements,</li> <li>• definition of a ski turn and knowledge of related contents,</li> <li>• five characteristics of modern alpine skiing,</li> <li>• the push up of the speed barrier,</li> <li>• the teaching methods and technical characteristics of performing the ski school elements,</li> <li>• pedagogical and didactic principles of learning to ski,</li> <li>• 10 international FIS rules for safe skiing,</li> <li>• law in skiing and the duties and responsibilities of ski instructors at ski resorts in Slovenia and abroad,</li> <li>• Ethical codex of ski instructors and trainers in Slovenia,</li> <li>• tasks and duties of ski patrols at ski slopes,</li> <li>• what to do in the case of accident on the ski slope,</li> <li>• the most common reasons of ski injuries and prevention,</li> <li>• possible effects by skiing in the high mountains (dehydration, sunburn, snow blindness...),</li> <li>• specifics of physical preparation for alpine skiing,</li> <li>• the process of preparing the sliding surface of the skis for alpine skiing,</li> <li>• advantages and disadvantages of individual or group training according to the level of skiing knowledge,</li> <li>• open pyramid system and choice of exercises according to the individual performance,</li> <li>• efficiency of learning process; circulation with individual tasks,</li> <li>• effective use of modern didactic accessories in process of learning (proper choose and use, setting...),</li> <li>• advantages of skiing in pairs, triples and larger groups.</li> </ul> <p><b>Practical part:</b></p> <p><b>Alpine skiing:</b></p> <ul style="list-style-type: none"> <li>• ski equipment checking (skis, setting of bindings, ski boots, length of ski poles, etc.),</li> <li>• first steps on the snow without and with ski equipment though the games in snow (gliding with the skis),</li> <li>• basic positions of the skis without and through gliding straight,</li> </ul> <p>Learning of technique of elements of Slovenian Ski School on appropriately selected slopes (with intermediary and corrective exercises) with gradual progress in five characteristics of modern Alpine skiing:</p> <p>Lower inclination:</p> <ul style="list-style-type: none"> <li>• the options how to stop,</li> <li>• turns fan (snowplow/wedge ski position),</li> <li>• turns fan (parallel ski position),</li> </ul> |
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| <ul style="list-style-type: none"> <li>osnovno vijuganje.</li> </ul> <p>Večja naklonina:</p> <ul style="list-style-type: none"> <li>terensko vijuganje (vijuganje v ožjem/širšem hodniku).</li> </ul> <p>Metodika in tehnika nadaljevalnih oblik Slovenske šole smučanja z nadgradnjo petih značilnosti sodobnega alpskega smučanja na različnih terenih (s posredniškimi in korektivnimi vajami):</p> <p>Manjša naklonina:</p> <ul style="list-style-type: none"> <li>enostavnejše koordinacijske oblike smučanja,</li> </ul> <p>Srednja naklonina:</p> <ul style="list-style-type: none"> <li>osnovno vijuganje z dodatnimi nalogami,</li> <li>vijuganje v ožjem hodniku z dodatnimi vajami,</li> <li>vijuganje v širšem hodniku z dodatnimi vajami,</li> <li>spremembe ritma smučanja,</li> <li>zahtevnejše koordinacijske oblike smučanja,</li> <li>»senčno« smučanje v parih, trojkah in večjih formacijah,</li> <li>»zasledovalno« smučanje v parih, trojkah in večjih formacijah.</li> </ul> <p>Večja naklonina:</p> <ul style="list-style-type: none"> <li>terensko vijuganje,</li> <li>vaje za ustrezno izvedbo zadnjega dela zavoja (3. odsek) kot izhodišča za začetek-vhod v nov zavoj (1. odsek),</li> <li>usklajenost vboda smučarske palice pri večjih hitrostih,</li> <li>pomen hitrosti smučanja in vertikalnega gibanja.</li> </ul> <p>Vsak dan del vadbe namenjen individualnemu snemanju in video analizam lastnega napredka.</p> | <ul style="list-style-type: none"> <li>simple ski turns form glide direction (snowplow/wedge/parallel ski position),</li> <li>snowplow/wedge turns with crossing the slope with the carving technique.</li> </ul> <p>Medium inclination:</p> <ul style="list-style-type: none"> <li>elemental turn (with using the ski pole),</li> <li>basic turns.</li> </ul> <p>Higher inclination:</p> <ul style="list-style-type: none"> <li>Cross terrain skiing forms in narrower/wider corridor.</li> </ul> <p>The methodic and technique of advanced forms of the Slovenian Alpine Ski School according to upgrade of five characteristics of modern Alpine skiing on different slopes (with intermediary and corrective exercises):</p> <p>Lower inclination:</p> <ul style="list-style-type: none"> <li>simple coordination forms of alpine skiing,</li> </ul> <p>Medium inclination:</p> <ul style="list-style-type: none"> <li>basic turns with additional movement tasks,</li> <li>turns in a narrow corridor with additional tasks,</li> <li>turns in a wider corridor with additional tasks,</li> <li>skiing with the rhythm changes,</li> <li>more demanding coordination forms of skiing,</li> <li>“shadow” skiing in pairs, triples and larger groups of students,</li> <li>“track” skiing in pairs, triples and larger formations.</li> </ul> <p>Higher inclination:</p> <ul style="list-style-type: none"> <li>terrain alpine skiing,</li> <li>exercises for the proper completing phase of the turn (Phase 3) as a starting point for entering in a new turn (Phase 1),</li> <li>coordination of ski pole planting at higher speeds,</li> <li>the meaning of speed and vertical movement in skiing.</li> </ul> <p>Each day a part of the training will be intend for individual recording and video analysis of own progress.</p> |
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### Temeljna literatura in viri/Readings:

- Lešnik B. & M. Žvan (2010). Naše smučine, teorija in metodika alpskega smučanja (dopolnjena izdaja). Ljubljana: SZS-ZUTS Slovenije
- Lešnik B. & M. Žvan (2011). A turn to move on – Alpine skiing – Slovenian way, Theory and Methodology of Alpine Skiing. Ljubljana: Ski Association of Slovenia-Ski instructors Association of Slovenia
- Pišot R. & M. Videmšek (2004). Smučanje je igra. Ljubljana: SZS – Združenje učiteljev in trenerjev smučanja
- Kuzmin A. & S. Jug (2019). <https://www.youtube.com/watch?v=N-BzAnCLiLg>
- Smučarska zveza Slovenije, ZUTS Slovenije, DEMO Team Slovenia - Slovenian ski school basic drills and exercises: <https://www.youtube.com/watch?v=PmPZYYJqd0A&t=13s>
- Smučarska zveza Slovenije, ZUTS Slovenije (2014). Deskanje na snegu, delovno gradivo za učitelje deskanja na snegu.

### Cilji in kompetence:

#### Cilji predmeta so:

### Objectives and competences:

#### Goals of the subject are:

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| <ul style="list-style-type: none"> <li>• Študenti bodo znali prikazati kvalitetno in tehnično pravilno demonstracijo začetnih in nadaljevalnih oblik alpskega smučanja,</li> <li>• študenti bodo poznali metodiko učenja začetnih oblik smučanja,</li> <li>• študenti bodo pridobili temeljna teoretična in praktična znanja za načrtovanje, organizacijo, izvajanje, spremljanje in vrednotenje vadbe alpskega smučanja,</li> <li>• študenti bodo usposobljeni za vodenje in poučevanje alpskega smučanja v okviru šolskih športnih dni in zimovanj v osn., sred. šolah in drugih izobraž. ustanovah.</li> </ul> <p><b>Predmetno specifične kompetence predmeta:</b></p> <ul style="list-style-type: none"> <li>• Študenti bodo pridobili del kompetenc za pridobitev strokovnega naziva Strokovni delavec 1 (Učitelj alpskega smučanja 1),</li> <li>• študenti bodo poznali in se zavedali nacionalnega pomena smučarskega športa za Slovenijo,</li> <li>• študenti bodo znali izbrati ustrezne pogoje za učenje alpskega smučanja,</li> <li>• študenti bodo sposobni tehnično pravilne demonstracije začetnih in nadaljevalnih oblik smučanja,</li> <li>• študenti bodo poznali namembnost opreme za alpsko smučanje,</li> <li>• študenti bodo poznali in razumeli hierarhijo storitev Slovenske šole alpskega smučanja,</li> <li>• študenti bodo poznali in razumeli metodiko in tehnike alpskega smučanja,</li> <li>• študenti bodo znali smiselno upoštevati pedagoško didaktična načela pri učenju smučanja,</li> <li>• študenti bodo poznali in razumeli standarde varnega in kvalitetnega smučanja,</li> <li>• študenti bodo glede na individualno raven smučarskega znanja in sposobnosti znali ustrezno demonstrirati tako začetne, kot tudi zahtevnejše elemente Slovenske šole alpskega smučanja,</li> <li>• študenti bodo seznanjeni s smučarsko zakonodajo ter odgovornostjo pri vodenju šolskih skupin na smučiščih doma in v tujini,</li> <li>• študenti bodo poznali najpogostejše vzroke in možnosti preprečevanja smučarskih poškodb,</li> <li>• študenti bodo poznali pozitivne in negativne vplive smučanja v goratem svetu na telesno počutje,</li> <li>• študenti bodo poznali posebnosti sistematične telesne priprave na alpsko smučanje,</li> <li>• študenti bodo seznanjeni s servisom smuči,</li> <li>• študenti bodo poznali prednosti in slabosti individualne ter skupinske vadbe glede na stopnjo znanja tečajnikov,</li> <li>• študenti bodo seznanjeni z različnimi pristopi k učenju ter z izbiro vaj glede na individualne izvedbe elementov smučanja,</li> <li>• študenti bodo razumeli pomen in učinkovitost uporabe didaktičnih pripomočkov v praksi,</li> </ul> | <ul style="list-style-type: none"> <li>• Students will be able of technically correct demonstration of beginner and advanced forms of alpine skiing,</li> <li>• students will know the methods of learning the beginner forms of skiing,</li> <li>• students will acquire the basic theoretical and practical knowledge for planning, organizing, managing, monitoring and evaluating the learning process of alpine skiing,</li> <li>• students will be educated for leading and teaching the alpine skiing at outdoor activities in primary and secondary schools and other educational institutions.</li> </ul> <p><b>The subject-specific competences:</b></p> <ul style="list-style-type: none"> <li>• Students will acquire a part of the competencies for obtaining the professional title Ski Instructor - 1st Level,</li> <li>• students will be informed about national importance of skiing in Slovenia,</li> <li>• students will be able to choose the right conditions for learning to alpine skiing,</li> <li>• students will be able of technically properly demonstration of beginner and advanced forms of alpine skiing,</li> <li>• students will know the purpose and specifics of alpine ski equipment,</li> <li>• students will know and understand the hierarchy of Slovenian Alpine Ski School elements,</li> <li>• students will know the learning methods and techniques of alpine skiing,</li> <li>• students will be able to follow pedagogically and didactic principles by learning to ski,</li> <li>• students will know and understand the standards of safe and quality skiing,</li> <li>• students will be (regarding to individual level of skiing knowledge and skills) able to demonstrate all (basic and advanced) elements of the Slovenian Alpine Skiing School,</li> <li>• students will be informed with skiing law and responsibility by leading the groups of groups on the ski slopes in Slovenia and abroad,</li> <li>• students will know the most common reasons for ski injuries and the best prevention,</li> <li>• students will be informed about positive and negative effects of skiing in the high mountains,</li> <li>• students will be informed about systematic physical preparation for alpine skiing,</li> <li>• students will be informed about ski service,</li> <li>• students will know the main points of individual and group training according to the level of students skiing knowledge,</li> <li>• students will be able to use the different approaches of learning process according to individual performances of the elements of skiing,</li> <li>• students will understand the effects of using the modern didactic accessories in practice,</li> </ul> |
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| <ul style="list-style-type: none"> <li>• študenti bodo razumeli prednosti smučanja v parih, trojkah in večjih formacijah</li> </ul> | <ul style="list-style-type: none"> <li>• students will understand the advantages of skiing in pairs, triples and larger groups</li> </ul> |
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#### **Predvideni študijski rezultati:**

##### **Znanje in razumevanje:**

- študenti poznajo standarde znanj storitev šole alpskega smučanja,
- študenti znajo in razumejo metodične postopke učenja osnovnih in zahtevnejših elementov alpskega smučanja za potrebe različnih kategorij smučarjev,
- študenti znajo načrtovati, organizirati in izvajati pedagoški proces alpskega smučanja (na vseh ravneh športa),
- študenti znajo analizirati in vrednotiti pravilno tehniko elementov šole alpskega smučanja,
- študenti znajo in so sposobni iskanja virov za pomoč pri izdelavi organizacijske, tehnične, vsebinske priprave na učenje alpskega smučanja,
- študenti razumejo pomen in uporabo pojmov in zakonitosti, opredeljenih v učnem načrtu.

#### **Intended learning outcomes:**

##### **Knowledge and Understanding:**

- students know the standards of Alpine ski school elements,
- students know and understand the methods how to teach the basic and advanced elements of alpine skiing for different categories of skiers,
- students are able to plan, organize and realize the learning process in alpine skiing (at all levels of sport),
- they know how to analyze and evaluate the quality of technique of elements of alpine skiing,
- they will be able to find new sources of technical support for teaching the alpine skiing,
- students understand the meaning and use of the concepts and principles defined in the syllabus

#### **Metode poučevanja in učenja:**

- Teoretična predavanja bodo delno izvedena pred (december) začetkom praktičnega dela, delno pa med in po izvedbi vaj na snegu,
- praktični del vaj na snegu: demonstracija z razlago; frontalno-skupinsko in individualno s tematskimi delavnicami, individualno snemanje in analiza lastnega napredka znanja,

##### **Realizacija tečajev (januar in februar):**

- **smer Športna vzgoja (deljena izvedba):**
- 2. letnik (1A): 5-dnevni tečaj alpskega smučanja in deskanja na snegu,
- 3. letnik (1B): 5-dnevni tečaj alpskega smučanja in deskanja na snegu in praktični izpit.
- **Smer Kineziologija in Športno treniranje (strnjena izvedba A+B v istem letu):** 8 dnevni tečaj alpskega smučanja in deskanja na snegu in praktični izpit (alpsko smučanje in deskanje na snegu).
- Seminaraska naloga analize lastnega napredka znanja smučanja iz realiziranega programa 1A+B.

#### **Learning and teaching methods:**

- Theoretical lectures will be partially realized before (December), during and after practical work on the snow,
- practical part consists the demonstrations with explanations; frontal-group option and individual work and workshops and individual recording and video analysis of individual progress,

##### **Realization of ski courses (January and February):**

- **Physical education program (split realization):**
- 2nd year (1A): 5-days course of alpine skiing and snowboarding,
- 3rd year (1B): 5-days course of alpine skiing and snowboarding and practical exam.
- **Kinesiology and Sports training program (realized together A+B in the same year):** 8days course of alpine skiing and snowboarding and practical exam (alpine skiing and snowboarding).
- Seminar work with an analysis of own progress in skiing knowledge from the realized 1A+B program.

#### **Načini ocenjevanja:**

#### **Delež/Weight**

#### **Assessment:**

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| Ocenjevanje praktičnega obvladanja elementov šole alpskega smučanja                                                                                                                                        | 50,00 % | Assessing of performance of the alpine ski school elements                                                                                                                                                  |
| Analiza individualnega napredka in izbire vaj za korekcijo pomanjkljivosti v gibanju ter ocena končnega pisnega izdelka (1A in 1B) na podlagi videoposnetkov svojih lastnih izvedb elementov šole smučanja | 20,00 % | Analysis of individual progress and choose of exercises to correct the movement and the mark of the final seminar work (1A and 1B program) based on videos of their own performances of ski school elements |

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| Pisni izpit z odgovori na teoretična vprašanja | 30,00 % | Written exam with answers on theoretical questions |
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**Ocenjevalna lestvica:**

|                                      |                                                          |
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| opravil z odliko/opravlil/ni opravil | Grading system:<br>passed with distinction/passed/failed |
|--------------------------------------|----------------------------------------------------------|

**Reference nosilca/Lecturer's references:**
**Prof. dr. Milan Žvan**

1. Correlation of motor abilities and body characteristics of young male categories with performance in individual disciplines in alpine skiing [Elektronski vir]

Krejač, Klemen ; Lešnik, Blaž ; Žvan, Milan ; Majerič, Matej

Tip dela: 1.12 objavljeni povzetek znanstvenega prispevka na konferenci

Leto: 2022

Vir: SPE Balkan Ski [Elektronski vir] : science, practice & education; 4th scientific conference; [Pamporovo, 13-17th March 2022]; the book of abstracts. - Str. 38-39

2. Differences in skeletal muscle contractile properties between speed and technical events in alpine skiing [Elektronski vir]

Šimunič, Boštjan ; Golob, Luka ; Pišot, Rado ; Žvan, Milan

Tip dela: 1.12 objavljeni povzetek znanstvenega prispevka na konferenci

Leto: 2022

Vir: SPE Balkan Ski [Elektronski vir] : science, practice & education; 4th scientific conference; [Pamporovo, 13-17th March 2022]; the book of abstracts. - Str. 60-61

3. Correlation of handgrip strength with vertical and horizontal plyometric jumps = Povezanost moči stiska pe pravih in horizontalnih pliometričnih skoki

Krejač, Klemen ; Žvan, Milan ; Peharec, Stanislav ; Čoh, Milan

Tip dela: 1.01 izvirni znanstveni članek

Leto: 2020

Vir: Kinesiologia Slovenica : scientific journal on sport. - ISSN 1318-2269. - Vol. 26, no. 3, str. 78-95

4. Evaluation of the pre-planned and non-planned agility performance [Elektronski vir] : comparison between individual and team sports

Maćkała, Krzysztof ; Vodičar, Janez ; Žvan, Milan ; Križaj, Jožef ; Stodółka, Jacek ; Rauter, Samo ; Šimenko, Jolanda ; Čoh, Milan

Tip dela: 1.01 izvirni znanstveni članek

Leto: 2020

Vir: International journal of environmental research and public health [Elektronski vir]. - ISSN 1660-4601. - Vol. 17, iss. 3, art. 975, str. 1-15

5. Differences in skeletal muscle contractile properties between speed and technical events in alpine skiing [Elektronski vir]

Šimunič, Boštjan ; Golob, Luka ; Pišot, Rado ; Žvan, Milan

Tip dela: 1.12 objavljeni povzetek znanstvenega prispevka na konferenci

Leto: 2020

Vir: The book of abstracts [Elektronski vir] : 3rd Scientific Conference; SPE Balkan Ski; science, practice & education; (Rogla, 2020). - Str. 55-56

**Prof. dr. Blaž Lešnik**

1. Igrivo smučanje : učenje smučanja mlajših otrok

Videmšek, Mateja ; Smonkar, Neža ; Lešnik, Blaž ; Glavač, Ana ; Videmšek, Dušan ; Videmšek, Dušan (urednik); Videmšek, Taja (ilustrator, fotograf, oblikovalec ščitnega ovitka); Smonkar, Neža (ilustrator); Rozman, Alenka (fotograf); Prevc, Petra (fotograf); Dolenc, Maja (recenzent); Majerič, Matej (recenzent)

Tip dela: 2.03 univerzitetni, visokošolski ali višješolski učbenik z recenzijo

Leto: 2024

2. Physical characteristics as indicators of performance in young alpine skiers in Super-G

Puhalič, Stojan ; Lešnik, Blaž ; Matejek, Črtomir ; Fošnarič, Samo ; Kmet, Tjaša ; Planinšek, Jurij

Tip dela: 1.01 izvirni znanstveni članek

Leto: 2024

Vir: Annales kinesilogiae. - ISSN 2232-2620. - Vol. 15, no. 2, str. 115-128

3. Body mass index changes in children and adolescents with intellectual disability during the COVID-19 pandemic

Šuc, Nika ; Lešnik, Blaž

Tip dela: 1.01 izvirni znanstveni članek

Leto: 2022

Vir: Annales kinesilogiae. - ISSN 2232-2620. - Vol. 13, no. 1, str. 23-33

4. Life satisfaction and athletic identity among Olympic para-alpine skiers : a survey

Šuc, Nika ; Vidmar, Gaj ; Ceci Erpič, Saša ; Lešnik, Blaž

Tip dela: 1.01 izvirni znanstveni članek

Leto: 2022

Vir: International journal of rehabilitation research. - ISSN 0342-5282. - Vol. 45, no. 3, str. 267-272

5. Correlations between motor and anthropometric variables and the performance of young competitors in alpine skiing

Puhalič, Stojan ; Lešnik, Blaž ; Povhe, Alexander ; Kelc, Robi ; Matejek, Črtomir

Tip dela: 1.01 izvirni znanstveni članek

Leto: 2021

Vir: Annales kinesilogiae. - ISSN 2232-2620. - Vol. 12, no. 2, str. 103-115

# ALPSKO SMUČANJE IN DESKANJE NA SNEGU 1B

## UČNI NAČRT PREDMETA/COURSE SYLLABUS

|                           |                                         |
|---------------------------|-----------------------------------------|
| <b>Predmet:</b>           | Alpsko smučanje in deskanje na snegu 1B |
| <b>Course title:</b>      | Alpine skiing and snowboarding 1B       |
| <b>Članica nosilka/UL</b> | UL FŠ                                   |
| <b>Member:</b>            |                                         |

| Študijski programi in stopnja                                                        | Študijska smer                  | Letnik    | Semestri    | Izbirnost |
|--------------------------------------------------------------------------------------|---------------------------------|-----------|-------------|-----------|
| Športna vzgoja, prva stopnja, univerzitetni<br>(od študijskega leta 2025/2026 dalje) | Ni členitve (študijski program) | 3. letnik | 2. semester | obvezni   |

Univerzitetna koda predmeta/University course code: 0042648

Koda učne enote na članici/UL Member course code: 688

| Predavanja<br>/Lectures | Seminar<br>/Seminar | Vaje<br>/Tutorials | Klinične vaje<br>/Clinical<br>tutorials | Druge oblike<br>študija<br>/Other forms<br>of study | Samostojno<br>delo<br>/Individual<br>student work | ECTS |
|-------------------------|---------------------|--------------------|-----------------------------------------|-----------------------------------------------------|---------------------------------------------------|------|
| 7                       | 0                   | 23                 | 0                                       | 0                                                   | 30                                                | 2    |

Nosilec predmeta/Lecturer: Blaž Lešnik, Milan Žvan

Vrsta predmeta/Course type: obvezni/compulsory

Jeziki/Languages:

|                      |             |
|----------------------|-------------|
| Predavanja/Lectures: | Slovenščina |
| Vaje/Tutorial:       | Slovenščina |

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

Prerequisites:

Vsebina:

**Teoretični del:**

**Alpsko smučanje:**

- pomen smučarskega športa za narodno identifikacijo Slovencev,
- prvi dokumentirani viri o zametkih smučanja v svetu,
- zgodovinski pregled razvoja alpskih smučarskih tehnik skozi čas,
- Slovenci in glavne prelomnice smučanja skozi čas,
- smučanje in različice v današnjem času,
- značilnosti in izbira opreme za alpsko smučanje,
- definicija in pomen šole smučanja za napredek v smučarskem znanju,
- prvi koraki na snegu in zagotavljanje najboljših pogojev za učenje osnov alpskega smučanja,

**Content (Syllabus outline):**

**Theoretical part:**

**Alpine skiing:**

- the importance of skiing for the Slovenian national identification,
- the first documented sources of the skiing in the world,
- historical overview of the development of alpine skiing techniques through time,
- overview of the main points of skiing in Slovenia,
- modern variants of skiing,
- characteristics and choosing of equipment,
- definition and importance of the ski school for progression in skiing knowledge,
- first steps on the snow and providing the best conditions for learning the basics of alpine skiing,
- the game as a basic method for easier and better progress in alpine skiing,

|                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |
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| <ul style="list-style-type: none"> <li>• igre na snegu kot temeljno sredstvo za lažji in kvalitetnejši napredek učencev,</li> <li>• interakcija učenec-učitelj-starši,</li> <li>• shema storitev Slovenske šole alpskega smučanja,</li> <li>• definicija smučarskega zavoja in poznavanje s tem povezanih vsebin,</li> <li>• pet značilnosti sodobnega alpskega smučanja,</li> <li>• postopno dvigovanje hitrostne bariere,</li> <li>• metodika učenja in značilnosti tehnike izvajanja posameznih elementov šole smučanja,</li> <li>• pedagoško didaktična načela učenja smučanja,</li> <li>• 10 mednarodnih FIS pravil varnega smučanja,</li> <li>• smučarska zakonodaja ter dolžnosti in odgovornosti pri vodenju skupin doma in v tujini,</li> <li>• kodeks etike učiteljev in trenerjev smučanja Slovenije,</li> <li>• naloge in pooblastila nadzornikov na smučiščih,</li> <li>• ravnanje v primeru nesreče na smučišču,</li> <li>• najpogostejši vzroki in preprečevanje smučarskih poškodb,</li> <li>• vplivi smučanja v goratem svetu na telesno počutje (dehidracija, sončarica, snežna slepota...),</li> <li>• specifične telesne priprave na alpsko smučanje,</li> <li>• postopek priprave drsne ploskve smuči za alpsko smučanje,</li> <li>• prednosti in slabosti individualne ter skupinske vadbe glede na stopnjo znanja tečajnikov,</li> <li>• shema odprte piramide in izbira vaj glede na individualne izvedbe elementov smučanja,</li> <li>• učinkovitost vadbe; kroženje z individualnimi nalogami,</li> <li>• učinkovita uporaba sodobnih didaktičnih pripomočkov v praksi (pravilna izbira in uporaba, postavitve...),</li> <li>• prednosti smučanja v parih, trojkah in večjih formacijah.</li> </ul> <p><b>Deskanje na snegu:</b></p> <ul style="list-style-type: none"> <li>• opis značilnosti in izbira opreme za deskanje na snegu,</li> <li>• shema storitev Slovenske šole deskanja na snegu,</li> <li>• teoretična predstavitev deskanja na snegu in pomembni vidiki metodike učenja drsenja in prvih zavojev na snežni deski,</li> <li>• razlike med alpsko tehniko deskanja na snegu in tehniko prostega sloga deskanja na snegu,</li> <li>• teoretična predstavitev nadaljevalnih storitev Slovenske šole deskanja na snegu,</li> <li>• specifične opreme za deskanje na snegu glede na njeno namembnost,</li> <li>• deskanje kot smučarska subkultura.</li> </ul> <p><b>Praktični del:</b></p> <p><b>Alpsko smučanje:</b></p> <ul style="list-style-type: none"> <li>• pregled smučarske opreme (smuči, nastavitve vezi, smučarskih čevljev, dolžina palic, idr.),</li> <li>• prilagajanje na opremo: prvi koraki na snegu brez in s smučmi s pomočjo različnih iger na snegu (drsenja...),</li> </ul> | <ul style="list-style-type: none"> <li>• interaction between student-teacher-parents,</li> <li>• the schema of Slovenian Alpine Ski School elements,</li> <li>• definition of a ski turn and knowledge of related contents,</li> <li>• five characteristics of modern alpine skiing,</li> <li>• the push up of the speed barrier,</li> <li>• the teaching methods and technical characteristics of performing the ski school elements,</li> <li>• pedagogical and didactic principles of learning to ski,</li> <li>• 10 international FIS rules for safe skiing,</li> <li>• law in skiing and the duties and responsibilities of ski instructors at ski resorts in Slovenia and abroad,</li> <li>• Ethical codex of ski instructors and trainers in Slovenia,</li> <li>• tasks and duties of ski patrols at ski slopes,</li> <li>• what to do in the case of accident on the ski slope,</li> <li>• the most common reasons of ski injuries and prevention,</li> <li>• possible effects by skiing in the high mountains (dehydration, sunburn, snow blindness...),</li> <li>• specifics of physical preparation for alpine skiing,</li> <li>• the process of preparing the sliding surface of the skis for alpine skiing,</li> <li>• advantages and disadvantages of individual or group training according to the level of skiing knowledge,</li> <li>• open pyramid system and choice of exercises according to the individual performance,</li> <li>• efficiency of learning process; circulation with individual tasks,</li> <li>• effective use of modern didactic accessories in process of learning (proper choose and use, setting...),</li> <li>• advantages of skiing in pairs, triples and larger groups.</li> </ul> <p><b>Snowboarding:</b></p> <ul style="list-style-type: none"> <li>• description and choosing of snowboard equipment,</li> <li>• the schema of Slovenian Snowboard School elements,</li> <li>• a theoretical presentation of snowboarding and important aspects of the methodology of gliding and basic snowboard turns,</li> <li>• differences between the Alpine snowboarding freestyle snowboard technique,</li> <li>• theoretical presentation of the advanced elements of the Slovenian Snowboard School,</li> <li>• specifics of snowboard equipment according to its purpose,</li> <li>• snowboard as a ski subculture.</li> </ul> <p><b>Practical part:</b></p> <p><b>Alpine skiing:</b></p> |
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| <ul style="list-style-type: none"> <li>osnovni smučarski položaji na mestu in v drsenju naravnost,</li> </ul> <p>Usvajanje tehnike elementov Slovenske šole smučanja na ustrezno izbranih nakloninah (s posredniškimi in korektivnimi vajami) ter postopnim napredkom v petih značilnostih sodobnega alpskega smučanja:</p> <p>Manjša naklonina:</p> <ul style="list-style-type: none"> <li>načini zaustavljanja,</li> <li>pahljača zavojev (plužni/klinasti položaj smučī),</li> <li>pahljača zavojev (paralelni položaj smučī),</li> <li>preproste spremembe smeri drsenja (plužni/klinasti/paralelni položaj smučī),</li> <li>plužni/klinasti loki s prečenjem po robnikih. ...</li> </ul> <p>Srednja naklonina:</p> <ul style="list-style-type: none"> <li>osnovni zavoj (brez in z vbodom palice),</li> <li>osnovno vijuganje.</li> </ul> <p>Večja naklonina:</p> <ul style="list-style-type: none"> <li>terensko vijuganje (vijuganje v ožjem/širšem hodniku).</li> </ul> <p>Metodika in tehnika nadaljevalnih oblik Slovenske šole smučanja z nadgradnjo petih značilnosti sodobnega alpskega smučanja na različnih terenih (s posredniškimi in korektivnimi vajami):</p> <p>Manjša naklonina:</p> <ul style="list-style-type: none"> <li>enostavnejše koordinacijske oblike smučanja,</li> </ul> <p>Srednja naklonina:</p> <ul style="list-style-type: none"> <li>osnovno vijuganje z dodatnimi nalogami,</li> <li>vijuganje v ožjem hodniku z dodatnimi vajami,</li> <li>vijuganje v širšem hodniku z dodatnimi vajami,</li> <li>spremembe ritma smučanja,</li> <li>zahtevnejše koordinacijske oblike smučanja,</li> <li>»senčno« smučanje v parih, trojkah in večjih formacijah,</li> <li>»zasledovalno« smučanje v parih, trojkah in večjih formacijah.</li> </ul> <p>Večja naklonina:</p> <ul style="list-style-type: none"> <li>terensko vijuganje,</li> <li>vaje za ustrezno izvedbo zadnjega dela zavoja (3. odsek) kot izhodišča za začetek-vhod v nov zavoj (1. odsek),</li> <li>usklajenost vboda smučarske palice pri večjih hitrostih,</li> <li>pomen hitrosti smučanja in vertikalnega gibanja.</li> </ul> <p><b>Deskanje na snegu (opcijsko):</b></p> <p>Manjša naklonina:</p> <ul style="list-style-type: none"> <li>osnovni položaji na snežni deski,</li> <li>bočno poševno drsenje v smeri naprej in nazaj,</li> <li>metodika in tehnika izvedbe osnovnih zavojev s snežno desko,</li> </ul> <p>Manjša naklonina:</p> <ul style="list-style-type: none"> <li>navezovanje osnovnih zavojev s postopnim prehodom v vodenje zavojev po robnikih.</li> </ul> <p>Srednja naklonina:</p> <ul style="list-style-type: none"> <li>osnovno vijuganje z nadzorovano hitrostjo in poskus prehoda v vodenje zavojev po robnikih.</li> </ul> <p>Vsak dan del vadbe namenjen individualnemu snemanju in video analizi lastnega napredka.</p> | <ul style="list-style-type: none"> <li>ski equipment checking (skis, setting of bindings, ski boots, length of ski poles, etc.),</li> <li>first steps on the snow without and with ski equipment though the games in snow (gliding with the skis),</li> <li>basic positions of the skis without and through gliding straight,</li> </ul> <p>Learning of technique of elements of Slovenian Ski School on appropriately selected slopes (with intermediary and corrective exercises) with gradual progress in five characteristics of modern Alpine skiing:</p> <p>Lower inclination:</p> <ul style="list-style-type: none"> <li>the options how to stop,</li> <li>turns fan (snowplow/wedge ski position),</li> <li>turns fan (parallel ski position),</li> <li>simple ski turns from glide direction (snowplow/wedge/parallel ski position),</li> <li>snowplow/wedge turns with crossing the slope with the carving technique.</li> </ul> <p>Medium inclination:</p> <ul style="list-style-type: none"> <li>elemental turn (with using the ski pole),</li> <li>basic turns.</li> </ul> <p>Higher inclination:</p> <ul style="list-style-type: none"> <li>Cross terrain skiing forms in narrower/wider corridor.</li> </ul> <p>The methodic and technique of advanced forms of the Slovenian Alpine Ski School according to upgrade of five characteristics of modern Alpine skiing on different slopes (with intermediary and corrective exercises):</p> <p>Lower inclination:</p> <ul style="list-style-type: none"> <li>simple coordination forms of alpine skiing,</li> </ul> <p>Medium inclination:</p> <ul style="list-style-type: none"> <li>basic turns with additional movement tasks,</li> <li>turns in a narrow corridor with additional tasks,</li> <li>turns in a wider corridor with additional tasks,</li> <li>skiing with the rhythm changes,</li> <li>more demanding coordination forms of skiing,</li> <li>“shadow” skiing in pairs, triples and larger groups of students,</li> <li>“track” skiing in pairs, triples and larger formations.</li> </ul> <p>Higher inclination:</p> <ul style="list-style-type: none"> <li>terrain alpine skiing,</li> <li>exercises for the proper completing phase of the turn (Phase 3) as a starting point for entering in a new turn (Phase 1),</li> <li>coordination of ski pole planting at higher speeds,</li> <li>the meaning of speed and vertical movement in skiing.</li> </ul> <p><b>Snowboarding (optional):</b></p> <p>Low inclination:</p> <ul style="list-style-type: none"> <li>basic body positions on the snowboard,</li> <li>lateral skidding forward and backward,</li> <li>methods and technique of performing the basic snowboard turns,</li> </ul> |
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|  | <p>Low inclination:</p> <ul style="list-style-type: none"> <li>• basic snowboarding turns with a gradual to curving turns.</li> </ul> <p>Medium inclination:</p> <ul style="list-style-type: none"> <li>• speed controlled basic turns with gradual performance of (carving) turns.</li> </ul> <p>Each day a part of the training will be intend for individual recording and video analysis of own progress.</p> |
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### Temeljna literatura in viri/Readings:

- Lešnik B. & M. Žvan (2010). Naše smučine, teorija in metodika alpskega smučanja (dopolnjena izdaja). Ljubljana: SZS-ZUTS Slovenije
- Lešnik B. & M. Žvan (2011). A turn to move on – Alpine skiing – Slovenian way, Theory and Methodology of Alpine Skiing. Ljubljana: Ski Association of Slovenia-Ski instructors Association of Slovenia
- Pišot R. & M. Videmšek (2004). Smučanje je igra. Ljubljana: SZS – Združenje učiteljev in trenerjev smučanja
- Kuzmin A. & S. Jug (2019). <https://www.youtube.com/watch?v=N-BzAnCLiLg>
- Smučarska zveza Slovenije, ZUTS Slovenije, DEMO Team Slovenia - Slovenian ski school basic drills and exercises: <https://www.youtube.com/watch?v=PmPZYYJqd0A&t=13s>
- Smučarska zveza Slovenije, ZUTS Slovenije (2014). Deskanje na snegu, delovno gradivo za učitelje deskanja na snegu.

### Cilji in kompetence:

#### Cilji predmeta so:

- Študenti bodo znali prikazati kvalitetno in tehnično pravilno demonstracijo začetnih in nadaljevalnih oblik smučanja ter opsijsko osnov deskanja na snegu,
- študenti bodo poznali metodiko učenja začetnih in nadaljevalnih oblik smučanja ter osnov deskanja na snegu,
- študenti bodo pridobili temeljna teoretična in praktična znanja za načrtovanje, organizacijo, izvajanje, spremljanje in vrednotenje vadbe alpskega smučanja in osnov deskanja na snegu,
- študenti bodo usposobljeni za vodenje in poučevanje alpskega smučanja in opsijsko osnov deskanja na snegu v okviru šolskih športnih dni in zimovanj v osnovnih, srednjih šolah in drugih izobraževalnih ustanovah.

#### Predmetno specifične kompetence predmeta:

- Študenti bodo pridobili del kompetenc za pridobitev strokovnega naziva Strokovni delavec 1 (Učitelj alpskega smučanja 1),
- študenti bodo poznali in se zavedali nacionalnega pomena smučarskega športa za Slovenijo,
- študenti bodo znali izbrati ustrezne pogoje za učenje alpskega smučanja in deskanja na snegu,
- študenti bodo sposobni tehnično pravilne demonstracije začetnih in nadaljevalnih oblik smučanja,
- študenti bodo (opsijsko) sposobni demonstrirati osnovne elemente šole deskanja,
- študenti bodo poznali namembnost opreme za alpsko smučanje in opreme za deskanje na snegu,

### Objectives and competences:

#### Goals of the subject are:

- Students will be able of technically correct demonstration of beginner and advanced forms of skiing and optionally the basic elements of snowboarding,
- students will know the methods or learning the beginner and advanced forms of skiing and the basic elements of snowboarding,
- students will acquire the basic theoretical and practical knowledge for planning, organizing, managing, monitoring and evaluating the learning process of alpine skiing and basics of snowboarding,
- students will be educated for leading and teaching the alpine skiing and optionally basics of snowboarding at outdoor activities in primary and secondary schools and other educational institutions.

#### The subject-specific competences:

- Students will acquire a part of the competencies for obtaining the professional title Ski Instructor - 1st Level,
- students will be informed about national importance of skiing in Slovenia,
- students will be able to choose the right conditions for learning to alpine skiing and snowboarding,
- students will be able of technically properly demonstration of beginner and advanced forms of alpine skiing,
- students will be able to demonstrate the basic elements of a snowboarding (optional),

|                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <ul style="list-style-type: none"> <li>• študenti bodo poznali in razumeli hierarhijo storitev Slovenske šole alpskega smučanja,</li> <li>• študenti bodo poznali in razumeli hierarhijo storitev Slovenske šole deskanja na snegu,</li> <li>• študenti bodo poznali in razumeli metodiko in tehnike alpskega smučanja in deskanja na snegu,</li> <li>• študenti bodo znali smiselno upoštevati pedagoško didaktična načela pri učenju smučanja in opcijsko deskanja na snegu,</li> <li>• študenti bodo poznali in razumeli standarde varnega in kvalitetnega smučanja,</li> <li>• študenti bodo glede na individualno raven smučarskega znanja in sposobnosti znali ustrezno demonstrirati tako začetne, kot tudi zahtevnejše elemente Slovenske šole alpskega smučanja,</li> <li>• študenti bodo seznanjeni s smučarsko zakonodajo ter odgovornostjo pri vodenju šolskih skupin na smučiščih doma in v tujini,</li> <li>• študenti bodo poznali najpogostejše vzroke in možnosti preprečevanja smučarskih poškodb,</li> <li>• študenti bodo poznali pozitivne in negativne vplive smučanja v goratem svetu na telesno počutje,</li> <li>• študenti bodo poznali posebnosti sistematične telesne priprave na alpsko smučanje,</li> <li>• študenti bodo seznanjeni s servisom smuči,</li> <li>• študenti bodo poznali prednosti in slabosti individualne ter skupinske vadbe glede na stopnjo znanja tečajnikov,</li> <li>• študenti bodo seznanjeni z različnimi pristopi k učenju ter z izbiro vaj glede na individualne izvedbe elementov smučanja,</li> <li>• študenti bodo razumeli pomen in učinkovitost uporabe didaktičnih pripomočkov v praksi,</li> <li>• študenti bodo razumeli prednosti smučanja v parih, trojkah in večjih formacijah.</li> </ul> | <ul style="list-style-type: none"> <li>• students will know the purpose and specifics of alpine ski and snowboard equipment,</li> <li>• students will know and understand the hierarchy of Slovenian Alpine Ski School elements,</li> <li>• students will know and understand the hierarchy of elements of Slovenian Snowboarding School,</li> <li>• students will know the learning methods and techniques of alpine skiing and snowboarding,</li> <li>• students will be able to follow pedagogically and didactic principles by learning to ski and optional snowboarding,</li> <li>• students will know and understand the standards of safe and quality skiing,</li> <li>• students will be (regarding to individual level of skiing knowledge and skills) able to demonstrate all (basic and advanced) elements of the Slovenian Alpine Skiing School,</li> <li>• students will be informed with skiing law and responsibility by leading the groups of groups on the ski slopes in Slovenia and abroad,</li> <li>• students will know the most common reasons for ski injuries and the best prevention,</li> <li>• students will be informed about positive and negative effects of skiing in the high mountains,</li> <li>• students will be informed about systematic physical preparation for alpine skiing,</li> <li>• students will be informed about ski service,</li> <li>• students will know the main points of individual and group training according to the level of students skiing knowledge,</li> <li>• students will be able to use the different approaches of learning process according to individual performances of the elements of skiing,</li> <li>• students will understand the effects of using the modern didactic accessories in practice,</li> <li>• students will understand the advantages of skiing in pairs, triples and larger groups.</li> </ul> |
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#### **Predvideni študijski rezultati:**

##### **Znanje in razumevanje:**

- študenti poznajo standarde znanj storitev šole alpskega smučanja in deskanja na snegu,
- študenti znajo in razumejo metodične postopke učenja osnovnih in zahtevnejših elementov alpskega smučanja in deskanja na snegu za potrebe različnih kategorij smučarjev,
- študenti znajo načrtovati, organizirati in izvajati pedagoški proces alpskega smučanja in deskanja na snegu (na vseh ravneh športa),
- študenti znajo analizirati in vrednotiti pravilno tehniko elementov šole alpskega smučanja in deskanja na snegu,
- študenti znajo in so sposobni iskanja virov za pomoč pri izdelavi organizacijske, tehnične, vsebinske priprave na učenje alpskega smučanja in deskanja na snegu,

#### **Intended learning outcomes:**

##### **Knowledge and Understanding:**

- students know the standards of Alpine ski school elements and snowboarding,
- students know and understand the methods how to teach the basic and advanced elements of alpine skiing and snowboarding for different categories of skiers,
- students are able to plan, organize and realize the learning process in alpine skiing and snowboarding (at all levels of sport),
- they know how to analyze and evaluate the quality of technique of elements of alpine skiing and snowboarding,
- they will be able to find new sources of technical support for teaching the alpine skiing and snowboarding,
- students understand the meaning and use of the concepts and principles defined in the syllabus

|                                                                                                                                          |  |
|------------------------------------------------------------------------------------------------------------------------------------------|--|
| <ul style="list-style-type: none"> <li>študenti razumejo pomen in uporabo pojmov in zakonitosti, opredeljenih v učnem načrtu.</li> </ul> |  |
|------------------------------------------------------------------------------------------------------------------------------------------|--|

#### Metode poučevanja in učenja:

- Teoretična predavanja bodo delno izvedena pred (december) začetkom praktičnega dela, delno pa med in po izvedbi vaj na snegu,
  - praktični del vaj na snegu: demonstracija z razlago; frontalno-skupinsko in individualno s tematskimi delavnicami, individualno snemanje in analiza lastnega napredka znanja,
- Realizacija tečajev (januar in februar):**
- smer Športna vzgoja (deljena izvedba):**
  - 2. letnik (1A): 5-dnevni tečaj alpskega smučanja,
  - 3. letnik (1B): 5-dnevni tečaj alpskega smučanja in deskanja na snegu in praktični izpit (alpsko smučanje).
  - Smer Kineziologija in Športno treniranje (strnjena izvedba A+B v istem letu):** 8 dnevni tečaj alpskega smučanja in deskanja na snegu in praktični izpit (alpsko smučanje).
  - Seminarska naloga analize lastnega napredka znanja smučanja iz realiziranega programa 1A+B.

#### Learning and teaching methods:

- Theoretical lectures will be partially realized before (December), during and after practical work on the snow,
  - practical part consists the demonstrations with explanations; frontal-group option and individual work and workshops and individual recording and video analysis of individual progress,
- Realization of ski courses (January and February):**
- Physical education program (split realization):**
  - 2nd year (1A): 5-days course of alpine skiing,
  - 3rd year (1B): 5-days course of alpine skiing and snowboarding and practical exam (alpine skiing).
  - Kinesiology and Sports training program (realized together A+B in the same year):** 8days course of alpine skiing and snowboarding and practical exam (alpine skiing).
  - Seminar work with an analysis of own progress in skiing knowledge from the realized 1A+B program.

#### Načini ocenjevanja:

#### Delež/Weight

#### Assessment:

|                                                                                                                                                                                                            |         |                                                                                                                                                                                                             |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Ocenjevanje praktičnega obvladanja elementov šole alpskega smučanja                                                                                                                                        | 50,00 % | Assessing of performance of the lpine ski school elements                                                                                                                                                   |
| analiza individualnega napredka in izbire vaj za korekcijo pomanjkljivosti v gibanju ter ocena končnega pisnega izdelka (1A in 1B) na podlagi videoposnetkov svojih lastnih izvedb elementov šole smučanja | 20,00 % | Analysis of individual progress and choose of exercises to correct the movement and the mark of the final seminar work (1A and 1B program) based on videos of their own performances of ski school elements |
| pisni izpit z odgovori na teoretična vprašanja                                                                                                                                                             | 30,00 % | Written exam with answers on theoretical questions                                                                                                                                                          |

#### Ocenjevalna lestvica:

5 - 10, pri čemer velja, da je pozitivna ocena od 6 - 10

#### Grading system:

5 - 10, a student passes the exam if he is graded from 6 to 10

#### Reference nosilca/Lecturer's references:

##### Prof. dr. Milan Žvan

1. Correlation of motor abilities and body characteristics of young male categories with performance in individual disciplines in alpine skiing [Elektronski vir]

Krejač, Klemen ; Lešnik, Blaž ; Žvan, Milan ; Majerič, Matej

Tip dela: 1.12 objavljeni povzetek znanstvenega prispevka na konferenci

Leto: 2022

Vir: SPE Balkan Ski [Elektronski vir] : science, practice & education; 4th scientific conference; [Pamporovo, 13th - 17th March 2022]; the book of abstracts. - Str. 38-39

2. Differences in skeletal muscle contractile properties between speed and technical events in alpine skiing [Elektronski vir]

Šimunič, Boštjan ; Golob, Luka ; Pišot, Rado ; Žvan, Milan

Tip dela: 1.12 objavljeni povzetek znanstvenega prispevka na konferenci

Leto: 2022

Vir: SPE Balkan Ski [Elektronski vir] : science, practice & education; 4th scientific conference; [Pamporovo, 13th - 17th March 2022]; the book of abstracts. - Str. 60-61

3. Correlation of handgrip strenght with vertical and horizontal plyometric jumps = Povezanost moči stiska pesti z vertikalnimi in horizontalnimi pliometričnimi skoki

Krejač, Klemen ; Žvan, Milan ; Peharec, Stanislav ; Čoh, Milan

Tip dela: 1.01 izvirni znanstveni članek

Leto: 2020

Vir: Kinesiologia Slovenica : scientific journal on sport. - ISSN 1318-2269. - Vol. 26, no. 3, str. 78-95

4. Evaluation of the pre-planned and non-plan[n]ed agility performance [Elektronski vir] : comparison between individual and team sports

Maćkala, Krzysztof ; Vodičar, Janez ; Žvan, Milan ; Križaj, Jožef ; Stodółka, Jacek ; Rauter, Samo ; Šimenko, Jožef ; Čoh, Milan

Tip dela: 1.01 izvirni znanstveni članek

Leto: 2020

Vir: International journal of environmental research and public health [Elektronski vir]. - ISSN 1660-4601. - Vol. 17, iss. 3, art. 975, str. 1-15

5. Differences in skeletal muscle contractile properties between speed and technical events in alpine skiing [Elektronski vir]

Šimunič, Boštjan ; Golob, Luka ; Pišot, Rado ; Žvan, Milan

Tip dela: 1.12 objavljeni povzetek znanstvenega prispevka na konferenci

Leto: 2020

Vir: The book of abstracts [Elektronski vir] : 3rd Scientific Conference; SPE Balkan Ski; science, practice & education; (Rogla, 2020). - Str. 55-56

### **Prof. dr. Blaž Lešnik**

1. Igrivo smučanje : učenje smučanja mlajših otrok

Videmšek, Mateja ; Smonkar, Neža ; Lešnik, Blaž ; Glavač, Ana ; Videmšek, Dušan ; Videmšek, Dušan (urednik); Videmšek, Taja (ilustrator, fotograf, oblikovalec ščitnega ovitka); Smonkar, Neža (ilustrator); Rozman, Alenka (fotograf); Prevc, Petra (fotograf); Dolenc, Maja (recenzent); Majerič, Matej (recenzent)

Tip dela: 2.03 univerzitetni, visokošolski ali višješolski učbenik z recenzijo

Leto: 2024

2. Physical characteristics as indicators of performance in young alpine skiers in Super-G

Puhelj, Stojan ; Lešnik, Blaž ; Matejek, Črtomir ; Fošnarič, Samo ; Kmet, Tjaša ; Planinšec, Juri

Tip dela: 1.01 izvirni znanstveni članek

Leto: 2024

Vir: Annales kinesiologiae. - ISSN 2232-2620. - Vol. 15, no. 2, str. 115-128

3. Body mass index changes in children and adolescents with intellectual disability during the COVID-19 pandemic

Šuc, Nika ; Lešnik, Blaž

Tip dela: 1.01 izvirni znanstveni članek

Leto: 2022

Vir: Annales kinesiologiae. - ISSN 2232-2620. - Vol. 13, no. 1, str. 23-33

4. Life satisfaction and athletic identity among Olympic para-alpine skiers : a survey

Šuc, Nika ; Vidmar, Gaj ; Cević Erpič, Saša ; Lešnik, Blaž

Tip dela: 1.01 izvirni znanstveni članek

Leto: 2022

Vir: International journal of rehabilitation research. - ISSN 0342-5282. - Vol. 45, no. 3, str. 267-272

5. Correlations between motor and anthropometric variables and the performance of young competitors in alpine skiing

Puhelj, Stojan ; Lešnik, Blaž ; Povhe, Alexander ; Kelc, Robi ; Matejek, Črtomir

Tip dela: 1.01 izvirni znanstveni članek

Leto: 2021

Vir: Annales kinesiologiae. - ISSN 2232-2620. - Vol. 12, no. 2, str. 103-115

# ANALIZA TEKMOVALNIH NASTOPOV V ŠPORTU

## UČNI NAČRT PREDMETA/COURSE SYLLABUS

|                                   |                                       |
|-----------------------------------|---------------------------------------|
| <b>Predmet:</b>                   | Analiza tekmovalnih nastopov v športu |
| <b>Course title:</b>              | Performance analysis of sport         |
| <b>Članica nosilka/UL Member:</b> | UL FŠ                                 |

| Študijski programi in stopnja                   | Študijska smer                  | Letnik | Semestri    | Izbirnost |
|-------------------------------------------------|---------------------------------|--------|-------------|-----------|
| Kineziologija, prva stopnja, univerzitetni      | Ni členitve (študijski program) |        | 1. semester | izbirni   |
| Športna vzgoja, prva stopnja, univerzitetni     | Ni členitve (študijski program) |        | 1. semester | izbirni   |
| Športno treniranje, prva stopnja, univerzitetni | Ni členitve (študijski program) |        | 1. semester | izbirni   |

|                                                            |         |
|------------------------------------------------------------|---------|
| <b>Univerzitetna koda predmeta/University course code:</b> | 0077340 |
| <b>Koda učne enote na članici/UL Member course code:</b>   | 1130    |

| Predavanja<br>/Lectures | Seminar<br>/Seminar | Vaje<br>/Tutorials | Klinične vaje<br>/Clinical<br>tutorials | Druge oblike<br>študija<br>/Other forms<br>of study | Samostojno<br>delo<br>/Individual<br>student work | ECTS |
|-------------------------|---------------------|--------------------|-----------------------------------------|-----------------------------------------------------|---------------------------------------------------|------|
| 15                      |                     | 45                 |                                         |                                                     | 60                                                | 4    |

|                                   |                |
|-----------------------------------|----------------|
| <b>Nosilec predmeta/Lecturer:</b> | Goran Vučković |
|-----------------------------------|----------------|

|                                    |                                   |
|------------------------------------|-----------------------------------|
| <b>Vrsta predmeta/Course type:</b> | splošni izbirni/general selective |
|------------------------------------|-----------------------------------|

|                          |                      |             |
|--------------------------|----------------------|-------------|
| <b>Jeziki/Languages:</b> | Predavanja/Lectures: | Slovenščina |
|                          | Vaje/Tutorial:       | Slovenščina |

|                                                                              |                          |
|------------------------------------------------------------------------------|--------------------------|
| <b>Pogoji za vključitev v delo oz. za opravljanje študijskih obveznosti:</b> | <b>Prerequisites:</b>    |
| Ni posebnih pogojev                                                          | No special requirements. |

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| <b>Vsebina:</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           | <b>Content (Syllabus outline):</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |
| Analize tekmovalnih nastopov v športu (Performančne analize v športu) predstavljajo mlado raziskovalno disciplino, ki vsebuje biomehanične in anotacijske analize s pomočjo videa in informacijske tehnologije. Eno od ključnih opravil v trenerskem delu je objektivno analiziranje in diagnosticiranje športnikovega in/ali ekipnega nastopa bodisi na treningu ali tekmovalju ter z ustrezno povratno informacijo vplivati na izboljšanje športnega nastopa. Skladno s tem se analize tekmovalnih nastopov uporabljajo za analiziranje tehnike, taktike in ostalih gibalnih nalog, ki narekujejo uspešnost znotraj posameznega športa. | Performance analysis of sport is relatively young scientific discipline which combine biomechanics and notational analysis by using video and information technology. The need to produce an accurate recording of an event and then to analyse and diagnose it, and provide feedback to an athlete/coach to improve performance is one of the most important task in a applied sport. Therefore performance analyst should be familiar with the practice of recording, processing, and interpreting events that take place in training and/or competition in sport. As such, it can include evaluating the technical, tactical, and behavioural activities of individuals, teams, and/or specific units |

|                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p>Osnovni cilj programa je študente spoznati s temeljnimi principi performančnih analiz in jih naučiti kako performančne analize uporabiti v smeri izboljšanja športnikove in/ali ekipne učinkovitosti v različnih športnih panogah in igrah.</p> <p><b>Teoretični del:</b></p> <ul style="list-style-type: none"> <li>• Razvoj analiz tekmovalnega nastopanja kot raziskovalne discipline.</li> <li>• Kvantitativna in kvalitativna analiza tekmovalnega nastopa.</li> <li>• Zakaj izvajamo analizo tekmovalnih nastopov?</li> <li>• Kdo izvaja analizo tekmovalnega nastopa?</li> <li>• Kje izvajamo analizo tekmovalnega nastopanja?</li> <li>• Kdaj izvajamo analizo tekmovalnega nastopa?</li> <li>• Kako izvajamo analizo tekmovalnega nastopa?</li> </ul> <p><b>Praktični del:</b></p> <ul style="list-style-type: none"> <li>• Predstavitve različnih računalniških programov za kvantitativno in kvalitativno analiziranje športnikovega ali ekipnega nastopa.</li> <li>• Razlike med različnimi načini predstavitve rezultatov.</li> </ul> <p>Seminarsko delo, ki bo temeljilo na analiziranju športa po izbiri študentov in bo temeljilo na ustreznem metodološkem pristopu, vključno s predstavitvijo seminarjev.</p> | <p>within teams.</p> <p>The main goal of the program is for students to learn and understand the general principal of the performance analysis and to be able to provide concrete feed back to athletes and coaches to improve their performance in different sports.</p> <p><b>Theoretical part:</b></p> <ul style="list-style-type: none"> <li>• Development of performance analysis of sport as a research discipline.</li> <li>• Quantitative and qualitative performance analysis of sport.</li> <li>• Why do we do performance analysis of sport?</li> <li>• Who does performance analysis of sport?</li> <li>• Where is the performance analysis of sport done?</li> <li>• When is the performance analysis of sport done?</li> <li>• How is the performance analysis of sport done?</li> </ul> <p><b>Practice:</b></p> <ul style="list-style-type: none"> <li>• Introduction of different softwares for quantitative and qualitative performance analysis in sport.</li> <li>• Differences in presenting the data.</li> <li>• Seminar work based on analysing their own sport which will include an appropriate methodological approach and presentation of the seminars.</li> </ul> |
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#### Temeljna literatura in viri/Readings:

- O'Donoghue, P. (2010). Research Methods for Sports Performance Analysis. New York: Routledge.
- Hughes, M. in Franks, I.M. (1997). Notational Analysis of Sport. London: E and FN Spon.
- Hughes, M. in Franks, I.M. (2008). Essentials of Performance Analysis: an introduction. London: Routledge.

#### Cilji in kompetence:

Osnovni cilj programa je usposobiti študente, da bodo znali in razumeli kako analizirati tekmovalni nastop z namenom pomagati športnikom in trenerjem izboljšati njihovo delo oziroma športni nastop.

#### Objectives and competences:

The basic objective of the program is for students to learn and understand how to use the performance analysis to help athletes and coaches to improve their performance.

#### Predvideni študijski rezultati:

Znanje in razumevanje:

- Študenti so sposobni podajati temeljna znanja o analizi tekmovalnega nastopa.
- Sposobni so analizirati tekmovalni nastop v različnih športnih panogah ali igrah.
- Sposobni so prilagoditi predstavitve rezultatov in lastnih ugotovitev tekmovalni ravni športnikov ali ekip s katerimi sodelujejo.
- Sposobni so ustvariti različne predstavitve v odvisnosti od trenutnih potreb (motivacijski video, tehnične analize, taktične analize, igralne značilnosti idr.).

#### Intended learning outcomes:

Knowledge and understanding:

- Students are able to convey basic knowledge about performance analysis of sport.
- They are able to implement performance analysis in different sports.
- They are able to present different data regarding the sports' level of the athletes or teams.
- They are able to produce different presentational outcomes regarding the needs (motivational video, technical data, tactical data, playing patterns etc.).

#### Metode poučevanja in učenja:

Predavanja, seminarji, seminarska naloga.

#### Learning and teaching methods:

Lectures, seminars, coursework.

| Načini ocenjevanja: | Delež/Weight | Assessment:             |
|---------------------|--------------|-------------------------|
| ustno izpraševanje  | 50,00 %      | oral examination        |
| praktični prikaz    | 50,00 %      | practical demonstration |

| Ocenjevalna lestvica: | Grading system: |
|-----------------------|-----------------|
|                       |                 |

#### Reference nosilca/Lecturer's references:

Goran Vučković je diplomiral na Fakulteti za šport leta 1999, magistriral leta 2002 in doktoriral leta 2005. Njegovo znanstveno-raziskovalno delo je v zadnjih letih usmerjeno v preučevanje igralnih značilnosti in gibanja (tekmovalnega nastopanja) posameznih športnikov in ekip v različnih športnih igrah oziroma športnih panogah. V tej smeri temelji njegovo raziskovalno delo na uporabi različnih računalniških programov, ki so namenjeni analitični obravnavi športnikovega ali ekipnega nastopa bodisi na treningu ali tekmovanju. Je član uredniških odborov in recenzent v različnih znanstvenih revijah.

VUČKOVIĆ, Goran, JAMES, Nic, HUGHES, Michael David, MURRAY, Stafford, MILANOVIĆ, Zoran, PERŠ, Janez, SPORIŠ, Goran. A new method for assessing squash tactics using 15 court areas for ball locations. *Human movement science*, Apr. 2014, vol. 34, str. 81-90, [COBISS.SI-ID [4504497](#)]

PROSEN, Jerneja, JAMES, Nic, DIMITRIOV, Lygeri, PERŠ, Janez, VUČKOVIĆ, Goran. A time-motion analysis of turns performed by highly ranked Viennese waltz dancers. *J. Human Kinet.*, 2013, vol. 37, str. 55-62, [COBISS.SI-ID [4383921](#)]

VUČKOVIĆ, Goran, JAMES, Nic, HUGHES, Michael David, MURRAY, Stafford, SPORIŠ, Goran, PERŠ, Janez. The effect of court location and available time on the tactical shot selection of elite squash players. *JSSM (Online)*. [Online ed.], march 2013, vol. 12, issue 1, str. 66-73, [COBISS.SI-ID [4338609](#)]

MARTÍNEZ-GALLEGO, Rafael, GUZMÁN, Jose F., JAMES, Nic, PERŠ, Janez, RAMÓN-LLIN, Jesus, VUČKOVIĆ, Goran. Movement characteristics of elite tennis players on hard courts with respect to the direction of ground strokes. *JSSM (Online)*. [Online ed.], 2013, iss. 2, str. 275-281, [COBISS.SI-ID [4355505](#)]

CVETKOVIĆ, Vlado, VUČKOVIĆ, Goran. Razlike v opravljeni poti gibanja v napadu med različnimi tipi igralcev na košarkarski tekmi - študija primera. *Šport (Ljublj.)*, 2013, letn. 61, št. 1/2, str. 67-73, ilustr. [COBISS.SI-ID [4358833](#)]

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VUČKOVIĆ, Goran, JAMES, Nic. The distance covered by winning and losing players in elite squash matches. *Kinesiol. Slov. (Print)*. [Print ed.], 2010, vol. 16, no. 1/2, str. 44-50, ilustr., tabela. [COBISS.SI-ID [3956657](#)]

ZALETTEL, Petra, VUČKOVIĆ, Goran, JAMES, Nic, REBULA, Andrej, ZAGORC, Meta. A time-motion analysis of ballroom dancers using an automatic tracking system. *Kinesiol. Slov. (Print)*. [Print ed.], 2010, vol. 16, no. 3, str. 46-56, ilustr., tabela. [COBISS.SI-ID [4046001](#)]

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ERČULJ, Frane, DEŽMAN, Brane, VUČKOVIĆ, Goran, PERŠ, Janez, PERŠE, Matej, KRISTAN, Matej. An analysis of basketball players' movements in the Slovenian basketball league play-offs using the SAGIT tracking system = Analiza pokreta košarkaša u plej ofu slovenačke košarkaške lige korišćenjem SAGIT sistema praćenja. *Facta Universitatis. Series, Physical education and sport*, 2008, vol. 6, no. 1, str. 75-84, ilustr., tabele. [COBISS.SI-ID [3456689](#)]

ERČULJ, Frane, DEŽMAN, Brane, VUČKOVIĆ, Goran, PERŠ, Janez, PERŠE, Matej, KRISTAN, Matej. Establishing basketball players's velocity and distance covered during a basketball match with the sagit computer tracking system. *Journal of Coimbra network on exercise sciences*, 2008, vol. 4, str. 50-59, ilustr., tabele. [COBISS.SI-ID [3509937](#)]

# ANGLEŠČINA

## UČNI NAČRT PREDMETA/COURSE SYLLABUS

|                                   |            |
|-----------------------------------|------------|
| <b>Predmet:</b>                   | Angleščina |
| <b>Course title:</b>              | English    |
| <b>Članica nosilka/UL Member:</b> | UL FŠ      |

| Študijski programi in stopnja                   | Študijska smer                  | Letnik    | Semestri    | Izbirnost |
|-------------------------------------------------|---------------------------------|-----------|-------------|-----------|
| Kineziologija, prva stopnja, univerzitetni      | Ni členitve (študijski program) | 3. letnik | 1. semester | obvezni   |
| Športna vzgoja, prva stopnja, univerzitetni     | Ni členitve (študijski program) | 3. letnik | 1. semester | obvezni   |
| Športno treniranje, prva stopnja, univerzitetni | Ni členitve (študijski program) | 3. letnik | 1. semester | obvezni   |

|                                                            |         |
|------------------------------------------------------------|---------|
| <b>Univerzitetna koda predmeta/University course code:</b> | 0045092 |
| <b>Koda učne enote na članici/UL Member course code:</b>   | 579     |

| Predavanja<br>/Lectures | Seminar<br>/Seminar | Vaje<br>/Tutorials | Klinične vaje<br>/Clinical<br>tutorials | Druge oblike<br>študija<br>/Other forms<br>of study | Samostojno<br>delo<br>/Individual<br>student work | ECTS |
|-------------------------|---------------------|--------------------|-----------------------------------------|-----------------------------------------------------|---------------------------------------------------|------|
| 45                      |                     |                    |                                         |                                                     | 45                                                | 3    |

|                                   |               |
|-----------------------------------|---------------|
| <b>Nosilec predmeta/Lecturer:</b> | Alenka Vrbinc |
|-----------------------------------|---------------|

|                                    |                    |
|------------------------------------|--------------------|
| <b>Vrsta predmeta/Course type:</b> | obvezni/compulsory |
|------------------------------------|--------------------|

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|--------------------------|----------------------|-------------|
| <b>Jeziki/Languages:</b> | Predavanja/Lectures: | Slovenščina |
|                          | Vaje/Tutorial:       | Slovenščina |

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

Vpis v letnik študija

### Prerequisites:

Enrolment in the appropriate university degree programme and year of studies.

### Vsebina:

Seznanjanje s terminologijo s področja različnih vrst športa: moštvene igre (nogomet, košarka, roket, odbojka), zimski športi (smučanje, hokej, umetnostno drsanje, hitrostno drsanje, bob, sankanje), atletika (teki, skoki, meti), gimnastika (moška in ženska), vodni športi (plavanje, vaterpolo, skoki, jadranje). Ponovitev in utrjevanje angleške slovnice.

### Content (Syllabus outline):

Learning the vocabulary typical of different types of sport: team sports (association football, basketball, handball, volleyball), winter sports (skiing, ice hockey, figure skating, speed skating, bobsleigh, luge), athletics (track events and field events), gymnastics (men's events and women's events), water sports (swimming, water polo, diving, sailing). Revision of English grammar.

### Temeljna literatura in viri/Readings:

Vrbinc, Alenka. 2011. *Insights into Sports English*. Ljubljana: Fakulteta za šport.

|                                                                                                                                                                                                                 |                                                                                                                                                                                                                                                                  |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Cilji in kompetence:</b>                                                                                                                                                                                     | <b>Objectives and competences:</b>                                                                                                                                                                                                                               |
| Razvijati in utrjevati bralno razumevanje ter pisno in ustno izražanje.<br>Poglobljati znanje angleške terminologije v športu.<br>Spodbujati k razmišljanju in razpravam o obravnavani tematiki v tujem jeziku. | To develop and reinforce reading comprehension as well as writing and speaking.<br>To get familiar with English terminology used in sport.<br>To foster students' critical attitude towards the topics discussed and build up their competence in using English. |

|                                                                                                                                                                                                                     |                                                                                                                                                                                                                                                            |
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| <b>Predvideni študijski rezultati:</b>                                                                                                                                                                              | <b>Intended learning outcomes:</b>                                                                                                                                                                                                                         |
| Znanje in razumevanje:<br>Bralno razumevanje in pisno ter ustno izražanje v angleščini kot jeziku stroke, kar omogoča uspešno sporazumevanje v tujejezičnem okolju in spremljanje strokovne tujejezične literature. | Knowledge and understanding:<br>Reading comprehension as well as writing and speaking in English for specific purposes, which results in successful communication in English-speaking environment and in reading specialized literature written in English |

|                                                                                                                                                                                                                    |                                                                                                                                                                                                                                                               |
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| <b>Metode poučevanja in učenja:</b>                                                                                                                                                                                | <b>Learning and teaching methods:</b>                                                                                                                                                                                                                         |
| Predstavitev tem ob usvajanju nove terminologije s poudarkom na leksikalnem pristopu in izboljševanju komunikacijskih spretnosti. Poglobljanje in utrjevanje jezikovnih struktur in pisnega ter ustnega izražanja. | Coverage of topics and introduction of specialist terminology, the emphasis being on lexical approach and enhancement of communication skills. In-depth knowledge and understanding of grammatical structures and improvement of writing and speaking skills. |

|                                                                      |                     |                                                             |
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| <b>Načini ocenjevanja:</b>                                           | <b>Delež/Weight</b> | <b>Assessment:</b>                                          |
| Način (pisni izpit, ustno izpraševanje, naloge, projekt) Pisni izpit | 100,00 %            | Type (examination, oral, coursework, project): Written exam |

|                              |                        |
|------------------------------|------------------------|
| <b>Ocenjevalna lestvica:</b> | <b>Grading system:</b> |
|                              |                        |

|                                                                                                                                                                                                                        |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Reference nosilca/Lecturer's references:</b>                                                                                                                                                                        |
| Vrbinc, Alenka. 1995. <i>English in Sport: for the Students of the Faculty of Sport</i> . Ljubljana: Fakulteta za šport.<br>Vrbinc, Alenka. 2011. <i>Insights into Sports English</i> . Ljubljana: Fakulteta za šport. |

# ANTROPOLOGIJA ŠPORTA

## UČNI NAČRT PREDMETA/COURSE SYLLABUS

|                                   |                       |
|-----------------------------------|-----------------------|
| <b>Predmet:</b>                   | Antropologija športa  |
| <b>Course title:</b>              | Anthropology of sport |
| <b>Članica nosilka/UL Member:</b> | UL FŠ                 |

| Študijski programi in stopnja               | Študijska smer                  | Letnik    | Semestri    | Izbirnost |
|---------------------------------------------|---------------------------------|-----------|-------------|-----------|
| Športna vzgoja, prva stopnja, univerzitetni | Ni členitve (študijski program) | 3. letnik | 2. semester | obvezni   |

|                                                            |         |
|------------------------------------------------------------|---------|
| <b>Univerzitetna koda predmeta/University course code:</b> | 0042661 |
| <b>Koda učne enote na članici/UL Member course code:</b>   | 1212    |

| Predavanja<br>/Lectures | Seminar<br>/Seminar | Vaje<br>/Tutorials | Klinične vaje<br>/Clinical<br>tutorials | Druge oblike<br>študija<br>/Other forms<br>of study | Samostojno<br>delo<br>/Individual<br>student work | ECTS |
|-------------------------|---------------------|--------------------|-----------------------------------------|-----------------------------------------------------|---------------------------------------------------|------|
| 30                      | 15                  |                    | 0                                       | 0                                                   | 45                                                | 3    |

|                                   |                            |
|-----------------------------------|----------------------------|
| <b>Nosilec predmeta/Lecturer:</b> | Gregor Starc, Tomaž Pavlin |
|-----------------------------------|----------------------------|

|                                    |                    |
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| <b>Vrsta predmeta/Course type:</b> | obvezni/compulsory |
|------------------------------------|--------------------|

|                          |                      |             |
|--------------------------|----------------------|-------------|
| <b>Jeziki/Languages:</b> | Predavanja/Lectures: | Slovenščina |
|                          | Vaje/Tutorial:       | Slovenščina |

|                                                                              |                       |
|------------------------------------------------------------------------------|-----------------------|
| <b>Pogoji za vključitev v delo oz. za opravljanje študijskih obveznosti:</b> | <b>Prerequisites:</b> |
| Ni                                                                           | None                  |

### Vsebina:

- antropologija in aplikativna antropologija
- definicija kulture in položaj športnih praks v njej
- ritualni in simbolni vidiki športnih praks
- predzgodovinske športne prakse
- evolucija športnih praks in njena bio-socialna determiniranost
- aplikacija antropologije športa
- odnos med športom, kulturo, družbo, izobraževanjem, zdravstvom, religijo, delom, prostim časom in družbenimi mediji
- politične vrednote v športu in športni vzgoji
- identifikacijska vloga športa in športne vzgoje
- vloga športa pri družbenih spremembah
- osnove etnografskih metod raziskovanja v antropologiji športa

### Content (Syllabus outline):

- anthropology and applicative anthropology
- definition of culture and the position of sporting practices in it
- prehistorical sporting practices
- evolution of sporting practices and its bio-social determination
- application of anthropology of sport
- relations between sport, culture, society, education, health, religion, work, leisure and social media
- political values in sport and physical education
- the role of sport in social change
- basic ethnographic research methods in anthropology of sport

### Temeljna literatura in viri/Readings:

Eriksen, Thomas Hylland (2004). What is anthropology? London: Pluto Press.

Kottak, Konrad Phillip (2011). Anthropology: The Exploration of Human Diversity. New York: McGraw-Hill.

Sands, Robert R. (1999). Anthropology, Sport and Culture. New York: Bergin and Garvey.

Blanchard, Kendall (1995). The Anthropology of Sport: An Introduction. New York: Bergin and Garvey.

### **Cilji in kompetence:**

1. Spoznati in razumeti pojav in evolucijo različnih telesnih dejavnosti in iger ter njihovo družbeno vlogo v različnih kulturnih okoljih
2. Razumeti pojme, strukture, procese v evoluciji in institucionalizaciji tradicionalne telesne dejavnosti in iger v moderni šport in različne športne prakse
3. Razumeti temeljne vidike bio-socialnega in kulturnega razvoja človeka z vidika športnih praks
4. Razumeti vpliv socialno-kulturnega in fizičnega okolja na individualne izkušnje ljudi v športnih praksah

#### **Kompetence:**

1. Sposobnost razumevanja in rabe antropoloških konceptov, teorij in vidikov culture in družbe
2. Sposobnost razumevanja kultur in družb na njim lasten način
3. Sposobnost razumevanja in kritike različnih antropoloških teoretskih orientacij
4. Sposobnost povezovanja teorije z metodami in realnostjo
5. Sposobnost izdelave in izpeljave etnografskega raziskovalnega projekta
6. Sposobnost zaznave, interpretacije in predstavitve kvantitativnih in kvalitativnih etnografskih dokazov
7. Sposobnost iskanja, organiziranja in kritične obravnave podatkov/informacij
8. Sposobnost dejavne izmenjave mnenj na kulturnen način
9. Sposobnost uporabe antropološkega znanja za reševanje pomembnih stvari v športu in športni vzgoji lokalno in globalno
10. Razumevanje osnovnih vej antropologije in sposobnost njihove praktične aplikacije na raziskovanje športnih praks
11. Prepoznavanje in preprečevanje mehanizmov izključevanja in kulturne stereotipizacije v športnih praksah

### **Objectives and competences:**

#### **Objectives:**

1. To realize and understand the development of different physical activities and games, and their social role in specific historical eras at home and abroad
2. To understand terms, structures and processes in evolution and institutionalization of traditional physical activity and games into modern sport and sporting practices
3. To understand the basic aspects of bio-social and cultural development of humans from the perspectives of sporting practices
4. Understand the impact of the socio-cultural and physical environment on individual experience of sporting practices

#### **Competences:**

1. Ability to understand and apply anthropological concepts, theories, and perspectives on culture and society
2. Ability to demonstrate an understanding of cultures and societies in their own terms
3. Ability to assess and critique different anthropological theoretical orientations
4. Ability to demonstrate the connection between theory, methods, and realities
5. Ability to frame and execute an ethnographic research project
6. Ability to record, interpret, and communicate quantitative and qualitative ethnographic evidence
7. Ability to find, organize, and critically evaluate data/information
8. Ability to actively exchange ideas in a civil manner
9. Ability to use anthropological knowledge to address important issues in sport and physical education locally and globally
10. Understanding the main branches of anthropology and ability to practically apply them on the sporting practices research
11. Acknowledgement and prevention of the mechanisms of exclusion and cultural stereotyping in sporting practices

### **Predvideni študijski rezultati:**

#### **Znanje in razumevanje:**

- Poznavanje in razumevanje geneze in razvoja telesnih praks v telesno vzgojo in šport in njune kulturne determiniranosti
- Razumevanje športnih praks kot kazalca bio-socialnega in kulturnega razvoja človeštva
- Razumevanje razvoja športnih praks in njihove povezanosti z drugimi sferami družbenega življenja

### **Intended learning outcomes:**

#### **Knowledge and understanding:**

- Realization and understanding of the genesis and development of physical practices into physical education and sport and their cultural determination
- Understanding of sporting practices as attributes of bio-social and cultural development of human kind
- Understanding the development of sporting practices and their connectedness to other spheres of social life

|                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <ul style="list-style-type: none"> <li>- Razumevanje vloge medijev in drugih komunikacijskih kanalov v diseminaciji športnih praks</li> <li>- Poznavanje emancipacijskih in diskriminacijskih potencialov športa in športnih praks</li> <li>- Raba antropoloških metod raziskovanja pri obravnavi športnih praks</li> <li>- Razvoj sposobnost kritične presoje različnih vidikov športa, športne vzgoje in drugih športnih praks</li> <li>- Uporaba domačih in tujih virov, identificiranje in reševanje problemov, zbiranje, arhiviranje, analiza in interpretacija podatkov, sposobnost kritične refleksije prebrane literature, pisanje člankov, socialne spretnosti</li> </ul> | <ul style="list-style-type: none"> <li>- Understanding the role of media and other communication channels in the dissemination of sporting practices</li> <li>- Realization of emancipatory and discriminatory potentials of sport and sporting practices</li> <li>- Use of anthropological methods in the study of sporting practices</li> <li>- Development of ability for critical assessment of various aspects of sport, physical education and other sporting practices</li> <li>- Use of domestic and foreign sources, identification and solving of problems, interpretation of sources and literature, writing of research papers, social skills</li> </ul> |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|

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|-------------------------------------|---------------------------------------|
| <b>Metode poučevanja in učenja:</b> | <b>Learning and teaching methods:</b> |
| Predavanja in seminarji             | Lectures and seminars                 |

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|----------------------------|---------------------|--------------------|
| <b>Načini ocenjevanja:</b> | <b>Delež/Weight</b> | <b>Assessment:</b> |
| Raziskovalni projekt       | 100,00 %            | Research project   |

|                              |                        |
|------------------------------|------------------------|
| <b>Ocenjevalna lestvica:</b> | <b>Grading system:</b> |
|                              |                        |

#### Reference nosilca/Lecturer's references:

- STARC, Gregor, PUŠNIK, Maruša. Razredna stratifikacija in športne prakse. V: LUTHAR, Breda (ur.). Kultura in razred. Ljubljana: Fakulteta za družbene vede, Založba FVD, 2014.
- STARC, Gregor. Sokolske sledi v učnih načrtih telesne vzgoje med obema vojnama in njihovi učinki. V: PAVLIN, Tomaž (ur.). Naša pot : 150 let ustanovitve Južnega Sokola in sokolskega gibanja = Our way : 150 years since the Southern Sokol and the Sokol movement were established. Ljubljana: Fakulteta za šport, 2014.
- KOVAČ, Marjeta, JURAK, Gregor, STARC, Gregor, STREL, Janko. The importance of research-based evidence for political decisions on physical education. V: HARDMAN, Ken (ur.), GREEN, Ken (ur.). Contemporary issues in physical education : international perspectives. Maidenhead [UK]: Meyer & Meyer Sport, 2011.
- STARC, Gregor, SILA, Boris. Kdo zmore in si zna privoščiti zdravje? = Who can afford health and knows how to do it?: dnevna športna dejavnost odraslih Slovenk in Slovencev. Šport (Ljublj.), 2010, letn. 58, št. 1/2, str. 115-123.
- PUŠNIK, Maruša, STARC, Gregor. An entertaining (r)evolution : the rise of television in socialist Slovenia. Media cult. soc., 2008, vol. 30, no. 6, str. 777-793.
- STARC, Gregor. Bad game, good game, Whose game? Seeing a history of soccer through Slovenian press coverage. J. sport hist., Fall 2007, vol. 34, no. 3, str. 401-420.
- STARC, Gregor, SILA, Boris. Ura športa na dan prežene vse težave stran: tedenska športna dejavnost odraslih v Sloveniji : An hour of sport a day takes all troubles away: Weekly sporting activity of adults in Slovenia. Šport (Ljublj.), 2007, letn. 55, št. 3, str. 27-36.
- STREL, Janko, STARC, Gregor, SILA, Boris. Športne dejavnosti slovenske mladine med 15. in 18. letom = Sporting activities of the Slovenian youth between 15 in 18 years of age. Šport (Ljublj.), 2007, letn. 55, št. 3, str. 43-48.
- STARC, Gregor. Skiing memories in the Slovenian national mnemonic scheme: an anthropological perspective. Anthropol. noteb.. [Tiskana izd.], 2006, year 12, no. 2, str. 5-22.
- STARC, Gregor. Two sides of the same coin: skiing and football in the Slovenian nation-building process = Dve strani istega kovanca: smučanje in nogomet v procesu izgradnje slovenske nacije. Kinesiol. Slov. (Print). [Print ed.], 2005, letn. 11, št. 2, str. 64-88.
- STARC, Gregor. Šport na filozofskem drsališču. Šport (Ljublj.), 2002, letn. 50, št. 4, str. 44-48.
- STARC, Gregor. Šport kot socialna arena nacije v Sloveniji. V: 80 let Inštituta za narodnostna vprašanja : Izzivi raziskovanja etničnosti in manjšin na začetku 21. stoletja, (Razprave in gradivo - Treatises and Documents, št. 50/51(2006)). Ljubljana: Inštitut za narodnostna vprašanja, 2006, str. 272-284.

- JURAK, Gregor, KOVAČ, Marjeta, STREL, Janko, MAJERIČ, Matej, STARC, Gregor, BEDNARIK, Jakob, FILIPČIČ, Tjaša. Nekatere značilnosti preživljanja prostega časa osnovnošolcev med poletimi počitnicami = Some characteristics of leisure time spending of primary school children during summer vacations[!]. V: PIŠOT, Rado (ur.), ŠTEMBERGER, Vesna (ur.), KRPAČ, Franc (ur.), FILIPČIČ, Tjaša (ur.). *Otrok v gibanju : zbornik prispevkov : proceedings*. Ljubljana: Pedagoška fakulteta, 2002, str. 241-246.
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- STARC, Gregor. Skiing and football in the Slovenian national mnemonic scheme. V: KALAGA, Wojciech (ur.), KUBISZ, Marzena (ur.). *Cartographies of culture : memory, space, representation, (Literary and cultural theory, vol. 35)*. Frankfurt am Main [etc.]: P. Lang, 2010, str. 85-96.
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# ATLETIKA 1

## UČNI NAČRT PREDMETA/COURSE SYLLABUS

|                                   |             |
|-----------------------------------|-------------|
| <b>Predmet:</b>                   | Atletika 1  |
| <b>Course title:</b>              | Athletics 1 |
| <b>Članica nosilka/UL Member:</b> | UL FŠ       |

| Študijski programi in stopnja                                                            | Študijska smer                  | Letnik    | Semestri    | Izbirnost |
|------------------------------------------------------------------------------------------|---------------------------------|-----------|-------------|-----------|
| Kineziologija, prva stopnja, univerzitetni                                               | Ni členitve (študijski program) |           | 2. semester | izbirni   |
| Športna vzgoja, prva stopnja, univerzitetni                                              | Ni členitve (študijski program) | 1. letnik | 2. semester | obvezni   |
| Športno treniranje, prva stopnja, univerzitetni<br>(od študijskega leta 2025/2026 dalje) | Ni členitve (študijski program) |           | 2. semester | izbirni   |

|                                                            |         |
|------------------------------------------------------------|---------|
| <b>Univerzitetna koda predmeta/University course code:</b> | 0042618 |
| <b>Koda učne enote na članici/UL Member course code:</b>   | 568     |

| Predavanja<br>/Lectures | Seminar<br>/Seminar | Vaje<br>/Tutorials | Klinične vaje<br>/Clinical<br>tutorials | Druge oblike<br>študija<br>/Other forms<br>of study | Samostojno<br>delo<br>/Individual<br>student work | ECTS |
|-------------------------|---------------------|--------------------|-----------------------------------------|-----------------------------------------------------|---------------------------------------------------|------|
| 15                      |                     | 45                 |                                         |                                                     | 60                                                | 4    |

|                                   |             |
|-----------------------------------|-------------|
| <b>Nosilec predmeta/Lecturer:</b> | Branko Škof |
|-----------------------------------|-------------|

|                                    |                    |
|------------------------------------|--------------------|
| <b>Vrsta predmeta/Course type:</b> | obvezni/compulsory |
|------------------------------------|--------------------|

|                          |                      |             |
|--------------------------|----------------------|-------------|
| <b>Jeziki/Languages:</b> | Predavanja/Lectures: | Slovenščina |
|                          | Vaje/Tutorial:       | Slovenščina |

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

- Delovni zvezek,
- Merilec srčnega utripa,
- Računalnik,
- Predpisana literatura

### Prerequisites:

- Workbook,
- Heart rate monitor,
- Computer,
- Prescribed literature.

### Vsebina:

Predmet razpolaga z osnovnimi teoretičnimi informacijami in praktičnim delom. Študenti pridobijo osnovne informacije o tehniki teka (šprinterskega in vzdržljivostnega), teka z ovirami, skokov (skok v daljino in višino) in metov (težke žoge in krogle ter vorteksa) ter o metodiki učenja in spopolnjevanja osnovnih atletskih veščin. Ob tem spoznajo vlogo in pomen atletike, zlasti šolske in rekreativno-zdravstvene pojavne oblike. Splošne teoretične vsebine:

### Content (Syllabus outline):

This course encompasses basic theoretical background and practical work. Students get basic information about running technique (sprinting and endurance running), hurdles, jumps (long and high jump) and about throws (medicine ball, shot put, vortex). They also receive information about learning methodology and improvement of basic track and field skills. Thereby they get to know the role and meaning of athletics, especially in the school and recreational-health field.

|                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |
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| <ul style="list-style-type: none"> <li>• organiziranost in zgodovinski oris atletike;</li> <li>• vloga in pomen atletike v današnji družbi in športu;</li> <li>• vloga in pomen atletike v programih športne vzgoje in športnih organizacijah (klubih);</li> <li>• vloga in pomen hoje, teka, skokov in metov v gibalnem razvoju mladih, različnih starostnih skupin;</li> <li>• pomen atletskih dejavnosti za ohranjanje in razvoj zdravja otrok, mladine in odraslih oseb.</li> </ul> <p>Biomehanske zakonitosti tehnike osnovnih atletskih disciplin:</p> <ul style="list-style-type: none"> <li>• biomehanske osnove tehnike teka – šprinta, vzdržljivostnega teka, teka z ovirami in štafetnih tekov;</li> <li>• biomehanske osnove tehnike skoka v daljino in višino;</li> <li>• biomehanske osnove tehnike meta žvižgača ali žogice;</li> <li>• biomehanske osnove tehnike suvanja težke žoge in krogle.</li> </ul> <p>Fiziološke – biokemijske osnove gibanj v atletiki:</p> <ul style="list-style-type: none"> <li>• živčno-mišične osnove šprinta, vzdržljivostnega teka, skokov in metov;</li> <li>• fiziološke osnove dolgotrajnega napora pri teku in fiziološko-biokemijski odzivi organizma na različno intenzivne dolgotrajne obremenitve.</li> </ul> <p>Metodika poučevanja osnovnih atletskih disciplin:</p> <ul style="list-style-type: none"> <li>• elementarne oblike vadbe teka, skokov in metov;</li> <li>• tehnika šprinta: tehnika nizkega štarta, teka v največji hitrosti, teka v štartnem pospešku;</li> <li>• elementarne oblike teka z ovirami in ovire kot didaktični pripomoček pri športni vadbi;</li> <li>• štafeta 4x100: zgornja in spodnja predaja ter notranja in zunanja menjava;</li> <li>• naravna in viseča tehnika skoka v daljino: tehnika odriva, vzletnega položaja in doskoka;</li> <li>• prekoračna tehnika in tehnika flop pri skoku v višino: zalet, faza prehoda letvice;</li> <li>• met žvižgača ali žogice z mesta in z zaletom;</li> <li>• sunek težke žoge in krogle z mesta in z zaletom;</li> <li>• različne metode vzdržljivostne vadbe.</li> </ul> <p>Didaktični pristopi k poučevanju osnovnih atletskih disciplin:</p> <ul style="list-style-type: none"> <li>• zavedanje, da je potrebno odgovorno skrbeti za varnost (flop, suvanje);</li> <li>• medvrstniško poučevanje in formativno spremljanje;</li> <li>• uporaba IKT in didaktičnih gradiv;</li> <li>• kritična analiza in vrednotenje tehnike na podlagi standardov znanja in meril z opisniki (področja opazovanja) za preverjanje znanja.</li> </ul> <p>Osnovna atletska pravila in osnove sojenja.</p> | <p>General theoretical content:</p> <ul style="list-style-type: none"> <li>• organization and historical overview of athletics;</li> <li>• role and importance of athletics in today's society and sport;</li> <li>• role and importance of athletics in the programs of physical education and sports organizations (clubs);</li> <li>• role and importance of walking, running, jumping and throwing in the motor development of young people from different age groups;</li> <li>• importance of athletic activities for maintenance and development of children's, youths' and adults' health.</li> </ul> <p>Biomechanical characteristics of basic athletic disciplines:</p> <ul style="list-style-type: none"> <li>• biomechanical basis of running technique – sprint, endurance running, hurdles and relay running;</li> <li>• biomechanical basis of long and high jump;</li> <li>• biomechanical basis of vortex throw;</li> <li>• biomechanical basis of shot put.</li> </ul> <p>Physiological – biochemical basis of athletic movements:</p> <ul style="list-style-type: none"> <li>• neuromuscular basis of sprint, endurance running, jumps and throws;</li> <li>• physiological basis of long-lasting exertion in running and physio-biochemical responses of organism to long-lasting loads of different intensities.</li> </ul> <p>Teaching methodology of basic track and field events:</p> <ul style="list-style-type: none"> <li>• elementary exercises, including running, jumping and throwing;</li> <li>• sprint technique: block start, running with maximal speed, start acceleration;</li> <li>• elementary exercises using hurdles and hurdles as didactical accessory in sports training;</li> <li>• 4x100 relay: exchanges;</li> <li>• natural and hang technique of long jump: take-off and landing;</li> <li>• scissors and flop technique of high jump: inrun, flight (crossing over slat);</li> <li>• vortex throw (standing, with inrun);</li> <li>• shot put (standing, with inrun);</li> <li>• various endurance methods.</li> </ul> <p>Didactical approaches to teaching basic athletic disciplines:</p> <ul style="list-style-type: none"> <li>• awareness of safety measures (flop, shot put);</li> <li>• peer teaching and formative assessment;</li> <li>• use of ICT and didactical materials;</li> <li>• critical analysis and evaluation of technique, according to knowledge standards and scales for testing.</li> </ul> <p>Basic athletic rules and foundational officiating.</p> |
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### Temeljna literatura in viri/Readings:

1. Carr, G. (1991). *Fundamentals of Track and Field*. Human Kinetics.
2. Čoh, M. (1992). *Atletika*. Fakulteta za šport.
3. Čoh, M. in Uranjek, I. (1997). *Starogrška atletika*. Fakulteta za šport.

4. Dekleva M., Videmšek, M., Čoh, M. in Karpljuk, D. (2017). *Skok v svet atletike: učenje atletike mlajših otrok*. Fakulteta za šport.
5. Škof, B., Tomažin, K., Dolenc, A., K., Marcina, P. in Čoh, M. (2010). *Atletski praktikum – Didaktični vidiki poučevanja osnovnih atletskih disciplin* (ponatis). Univerza v Ljubljani, Fakulteta za šport.
6. Škof, B. (ur.). (2016). *Šport po meri otrok in mladostnikov*. Fakulteta za šport.
7. Gozzoli, C., Simohamed, J. in Malek El-Hebil, A. (2006). *IAAF Kids' Athletics: A team event for children* (2nd ed.). International association of athletics federations.
8. Kids' Athletics. (2024). Teaching Athletics. World Athletics. <https://worldathletics.org/kids-athletics/teaching-athletics>
9. World Athletics. (2020). *Tekmovalna in tehnična pravila 2020*. Atletska zveza Slovenije.

#### Cilji in kompetence:

Študent:

- pozna osnovni zgodovinski okvir atletike;
- pozna vlogo in pomen atletike v sodobni družbi s tekmovalnega, rekreativno-zdravstvenega in vzgojnega vidika;
- pozna vlogo in pomen elementarnih oblik hoje, teka, skokov in metov v različnih starostnih obdobjih in zna za ta obdobja izbrati ustrezne vsebine;
- pozna učinke atletskih dejavnosti na zdravje vadečih;
- pozna temeljne biomehanske zakonitosti tekov, skokov in metov;
- pozna fiziološki vidik vzdržljivostne vadbe (teka);
- teče, skače in meče različne pripomočke tehnično pravilno;
- pozna metodične postopke poučevanja osnovnih atletskih disciplin;
- pozna različne metode vzdržljivostne vadbe;
- pozna varnostne ukrepe, s katerimi prepreči morebitne nezgode (poškodbe);
- pozna različne pristope in tehnologije za poučevanje osnovnih atletskih disciplin;
- pozna osnovne načine analize in ocenjevanja tehnike osnovnih atletskih disciplin;
- pozna osnovna atletska pravila in zna organizirati prilagojeno atletsko tekmovanje ter soditi s prilagojenimi pravili.

#### Objectives and competences:

Student:

- is familiar with historical context of athletics;
- knows role and importance of athletics in modern society (competitive, recreational-health, educational field);
- knows role and meaning of elementary exercises of walking, running, jumping and throwing in different age groups and is knowledgeable to choose suitable content for each group;
- knows effects of athletic activities on people's health;
- is acknowledged with crucial biomechanical laws of running, jumping and throwing;
- is acknowledged with physiological perspective of endurance training (running);
- runs, jumps and throws technically correct;
- knows teaching procedures of basic athletic disciplines;
- knows different endurance methods;
- is familiar with safety measures to prevent possible incidents (injuries);
- knows different approaches and technologies to teach basic athletic disciplines;
- knows how to analyse and evaluate technique of basic athletic disciplines;
- knows basic athletic rules and is capable of organizing an adjusted athletic competition, where he/she referees according to adjusted rules.

#### Predvideni študijski rezultati:

Znanje in razumevanje:

Študent ...

- pozna biomehanske zakonitosti atletskih vsebin (tekov, skokov, metov);
- teče (šprinta) tehnično pravilno;
- štarta iz štartnega bloka in štart poveže s štartnim pospeškom;
- obvladuje elementarne oblike teka z ovirami;
- pravilno preda štafetno palico z zgornjo ali spodnjo predajo;
- skače v daljino z naravno tehniko;
- skače v višino s prekoračno tehniko in s tehniko flop;

#### Intended learning outcomes:

Knowledge and understanding:

Student ...

- knows biomechanical fundamentals of athletic disciplines (runs, jumps, throws);
- runs (sprints) technically correct;
- starts from starting block and links the start with starting acceleration;
- masters elementary exercises over hurdles;
- passes baton correctly;
- performs long jump with natural technique;
- performs high jump with scissors and flop technique;
- performs standing vortex throw and with an inrun;

|                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |                                                                                                                                                                                                                                                                                                                                                                                                                                          |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <ul style="list-style-type: none"> <li>• meče žvižgača z mesta in z zaletom tehnično pravilno;</li> <li>• suva težko žogo/kroglo z mesta in z zaletom brez večjih tehničnih napak;</li> <li>• v različnih okoliščinah (razvojna stopnja vadečih, cilji, okoljski pogoji...) izbere ustrezne metodične korake in primeren didaktični pristop k poučevanju osnovnih atletskih disciplin;</li> <li>• kritično analizira svoje gibanje in sošolčevo izvedbo osnovnih atletskih disciplin.</li> </ul> | <ul style="list-style-type: none"> <li>• performs standing shot put and with an inrun;</li> <li>• in different circumstances (developmental level of youths, objectives, environmental conditions...) he/she chooses suitable methodical steps and didactical approach to teaching basic athletic disciplines;</li> <li>• critically analyses his/her own movement and classmates' performance of basic athletic disciplines.</li> </ul> |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|

|                                                                                                                                                                                        |                                                                                                                                                                                                 |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Metode poučevanja in učenja:</b>                                                                                                                                                    | <b>Learning and teaching methods:</b>                                                                                                                                                           |
| Razlaga (predavanja), pogovor (predavanja, vaje), prikaz (predavanja, vaje), metoda praktičnih del (gibalnih; vaje), aktivno učenje (medvrstniško poučevanje, formativno spremljanje). | Explanation (lectures), conversation (lectures, tutorials), demonstration (lectures, tutorials), practical method (physical; tutorials), active learning (peer teaching, formative assessment). |

|                                                |                     |                                                           |
|------------------------------------------------|---------------------|-----------------------------------------------------------|
| <b>Načini ocenjevanja:</b>                     | <b>Delež/Weight</b> | <b>Assessment:</b>                                        |
| Pisni (izjemoma ustni) izpit ali dva kolokvija | 60,00 %             | Examination (exceptionally oral) or two preliminary exams |
| Praktični izpit in delovni zvezek              | 40,00 %             | Practical exam and workbook                               |

|                                                          |                                                                |
|----------------------------------------------------------|----------------------------------------------------------------|
| <b>Ocenjevalna lestvica:</b>                             | <b>Grading system:</b>                                         |
| 5 - 10, pri čemer velja, da je pozitivna ocena od 6 - 10 | 5 - 10, a student passes the exam if he is graded from 6 to 10 |

#### Reference nosilca/Lecturer's references:

1. ŠKOF, Branko in sod.. Načrtovanje športne vadbe (2019). Ljubljana: Univerza v Ljubljani, Fakulteta za šport
2. ŠKOF, Branko in sod.. Šport po meri otrok in mladostnikov (2016). Ljubljana: Univerza v Ljubljani, Fakulteta za šport
3. ŠKOF, Branko. Spravimo se v gibanje-za zdravje in sreč gre. Ljubljana: Univerza v Ljubljani, Fakulteta za šport
4. Škof, B., Tomažin, K., Dolenec, A., K., Marcina, P.; Čoh, M. (2006). Atletski praktikum - Didaktični vidiki poučevanja osnovnih atletskih disciplin. Ljubljana: Fakulteta za šport.
5. Škof, B., Zabukovec, V., Ceciĉ-Erpiĉ, S. in Boben, D. (2005). Pedagoško-psihološki vidiki športne vzgoje. Ljubljana: Univerza v Ljubljani; Fakulteta za šport
6. ŠKOF, Branko, STROJNIK, Vojko. The effect of two warm-up protocols on some biomechanical parameters of the neuromuscular system of middle distance runners. Journal of strength and conditioning research, 2007, vol. 21, no. 2, 394-399.
7. ŠKOF, Branko, STROJNIK, Vojko. Neuromuscular fatigue and recovery dynamics following prolonged continuous run at anaerobic threshold. British journal of sports medicine, 2006, vol. 40, no. 3, str. 219-222.
8. ŠKOF, Branko, STROJNIK, Vojko. Neuro-muscular fatigue and recovery dynamics following anaerobics interval workload. International journal of sports medicine, 2006, vol. 27, 220-225.
9. ŠKOF, Branko, BOBEN, Dušica, ZABUKOVEC, Vlasta, CECIĀ ERPIĀ, Saša. Attitudes to conditioning activities in physical education: a comparison between teachers and pupils. Kinesiologia Slovenica : scientific journal on sport, 2006, vol. 12, no. 2, str. 69-81.
10. ŠKOF, Branko, ROTOVNIK-KOZJEK, Nada. A comparison of dietary habits between recreational runners and a randomly selected adult population in Slovenia. Slovenian journal of public health, 2015, letn. 54, št. 3, str. 212-221.
11. ŠKOF, Branko, STROJNIK, Vojko. Differences in neuromuscular fatigue after aerobic and anaerobic running loads. Biology of Sport, 2008, vol. 25, no. 4, str. 307-320.
12. ŠKOF, Branko. The characteristics of competitive youth sport and different health risks. Medicinski razgledi, 2014, letn. 53, št. 4, str. 565-583.

13. DOLENEC, Aleš, ŠKOF, Branko. EMG activity change dynamics during a 3-km run. *Journal of sports sciences*, 2000, vol. 18, no. 7, str. 470-471.
14. ŠKOF, Branko, DOLENEC, Aleš. Changes in dynamic parameters of the running stride during a 3000-m run. *Journal of sports sciences*, 2000, vol. 18, no. 7, str. 548.
15. JUHAS, Irena, ŠKOF, Branko, POPOVIĆ, Dejana, MATIĆ, Milan, JANKOVIĆ, Nenad. Effects of an eight-week exercise program on parameters of the lipid profile of female students. *Journal of Medical Biochemistry*, 2019, Vol. 38, 6 str.
16. AUERSPERGER, Irena, ŠKOF, Branko, LESKOŠEK, Bojan, KNAP, Bojan, JERIN, Aleš, LAINŠČAK, Mitja, KAJTNA, Tanja. Biochemical, hormonal and psychological monitoring of eight weeks endurance running training program in female runners. *Kinesiology : international scientific journal of kinesiology and sport*, 2014, vol. 46, suppl. 1, str. 30-39.
17. PLANINŠEK, Sandra, ŠKOF, Branko, LESKOŠEK, Bojan, TOMORI, Martina, DOLENC, Maja. Correlation of sports activity with stress and satisfaction with life among adult Slovenians. *Zdravstveno varstvo : Slovenian journal of public health*, 2014, letn. 53, št. 1, str. 1-10.
18. AUERSPERGER, Irena, ŠKOF, Branko, LESKOŠEK, Bojan, KNAP, Bojan, JERIN, Aleš, LAINŠČAK, Mitja. Exercise-induced changes in iron status and hepcidin response in female runners. *PloS one*, 2013, vol. 8, issue 3, 8 str.
19. AUERSPERGER, Irena, KNAP, Bojan, JERIN, Aleš, BLAGUS, Rok, LAINŠČAK, Mitja, SKITEK, Milan, ŠKOF, Branko. The effects of 8 weeks of endurance running on hepcidin concentrations, inflammatory parameters and iron status in female runners. *International journal of sport nutrition and exercise metabolism*, 2012, vol. 22, issue 1, str. 55-63.
20. LIPOVŠEK, Severin, ŠKOF, Branko, ŠTUHEC, Stanko, ČOH, Milan. Biomechanical factors of competitive success with the rotational shot put technique. *New studies in athletics*, 2011, vol. 26, no. 1/2, str. 101-109.

# AVTONOMNO POTAPLJANJE

## UČNI NAČRT PREDMETA/COURSE SYLLABUS

|                                   |                       |
|-----------------------------------|-----------------------|
| <b>Predmet:</b>                   | Avtonomno potapljanje |
| <b>Course title:</b>              | Scuba diving          |
| <b>Članica nosilka/UL Member:</b> | UL FŠ                 |

| Študijski programi in stopnja                   | Študijska smer                  | Letnik | Semestri    | Izbirnost |
|-------------------------------------------------|---------------------------------|--------|-------------|-----------|
| Kineziologija, prva stopnja, univerzitetni      | Ni členitve (študijski program) |        | 1. semester | izbirni   |
| Športna vzgoja, prva stopnja, univerzitetni     | Ni členitve (študijski program) |        | 1. semester | izbirni   |
| Športno treniranje, prva stopnja, univerzitetni | Ni členitve (študijski program) |        | 1. semester | izbirni   |

|                                                            |         |
|------------------------------------------------------------|---------|
| <b>Univerzitetna koda predmeta/University course code:</b> | 0045113 |
| <b>Koda učne enote na članici/UL Member course code:</b>   | 595     |

| Predavanja<br>/Lectures | Seminar<br>/Seminar | Vaje<br>/Tutorials | Klinične vaje<br>/Clinical<br>tutorials | Druge oblike<br>študija<br>/Other forms<br>of study | Samostojno<br>delo<br>/Individual<br>student work | ECTS |
|-------------------------|---------------------|--------------------|-----------------------------------------|-----------------------------------------------------|---------------------------------------------------|------|
| 15                      | 0                   | 45                 | 0                                       | 0                                                   | 60                                                | 4    |

|                                   |                            |
|-----------------------------------|----------------------------|
| <b>Nosilec predmeta/Lecturer:</b> | Jernej Kapus, Tanja Kajtna |
|-----------------------------------|----------------------------|

|                                    |                                   |
|------------------------------------|-----------------------------------|
| <b>Vrsta predmeta/Course type:</b> | splošni izbirni/general selective |
|------------------------------------|-----------------------------------|

|                          |                      |             |
|--------------------------|----------------------|-------------|
| <b>Jeziki/Languages:</b> | Predavanja/Lectures: | Slovenščina |
|                          | Vaje/Tutorial:       | Slovenščina |

|                                                                              |                         |
|------------------------------------------------------------------------------|-------------------------|
| <b>Pogoji za vključitev v delo oz. za opravljanje študijskih obveznosti:</b> | <b>Prerequisites:</b>   |
| Nobenih posebnih pogojev za vključitev                                       | No special requirements |

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| <b>Vsebina:</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    | <b>Content (Syllabus outline):</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |
| Zgodovinski razvoj potapljanja in pojavne oblike potapljanja.<br>Potapljanje na dah: potapljaška oprema - uporabljanje in vzdrževanje.<br>Potapljanje z avtonomnim potapljaškim aparatom: sestavni deli avtonomnega potapljaškega aparata (jeklenka, kompenzator plovnosti regulator in alternativni izvor zraka), vrste avtonomne potapljaške opreme, montaža in uporaba potapljaškega aparata.<br>Prilagajanje telesa podvodnemu okolju: dihanje pod vodo, pomen telesne pripravljenosti za potapljanje, fiziologija dihanja, kontrola dihanja in stresa, kontrola plovnosti, gledanje pod vodo, komunikacija pod vodo, delovanje zvišanega tlaka na potapljača, | History of diving and different ways of diving.<br>Apnea: diving equipment – its use and maintenance.<br>Diving with autonomous equipment: parts of SCUBA diving equipment (tank, regulator, buoyancy compensator), types of SCUBA equipment, assembling and use of SCUBA apparatus.<br>Adapting the body to subaquatic environment: breathing under water, physical fitness and diving, physiology of breathing, breathing control, stress, control of buoyancy, communication under water, effects of increased pressure on divers, diving accidents and procedure to be followed in case of an accident, ascent from the water, laws of physics in diving. |

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| <p>potapljaške nesreče in ravnanje pri njih, postopki pravičnega dviga, fizikalni zakoni.</p> <p>Globina, čas in potapljač: učinki dihanja zraka pod povečanim tlakom, parcialni tlaki, globinska pijanost, dekompresijska bolezen, potapljaške tablice in planiranje potapljanja.</p> <p>Podvodno okolje: tokovi, valovi, življenje pod vodo – rastlinski in živalski svet in skrb za ohranjanje podvodnega sveta.</p> <p>Varnost pri potapljanju: potapljanje v paru, pomen vpisovanja potopov v potapljaško knjižico, odločitev o potapljanju – utrujenost, slabo počutje, morska bolezen in preventiva, vstopi in izstopi povezani z okoljem potapljanja, nadaljevanje potapljaškega usposabljanja.</p> <p>Potapljanje na dah v morskih pogojih: oblačenje potapljaške obleke, ugotavljanje pravičnega števila uteži: plavanje, ponovitev vaj iz bazena.</p> <p>Potapljanje z avtonomnim potapljaškim aparatom do globine 18 m, spiranje in hranjenje potapljaške opreme, vpisovanje potopa in planiranje naslednjega potopa.</p> | <p>Depth, time and the diver: effects of breathing compressed air, partial pressures of gasses, nitrogen drunkenness, decompression sickness, diving tables and planning a dive.</p> <p>Underwater environment: currents, waves, underwater life – animals and plants, sustaining underwater ecology.</p> <p>Diving safety: diving with a diving buddy, keeping a dive-log, decision making on diving in case of tiredness or when feeling unwell, sea-sickness and prevention, entering and exiting the water in different conditions, continuation of diving education.</p> <p>Apnea in open waters: putting on a diving suit, establishing the amount of needed weights, swimming, repeating pool exercises.</p> <p>Diving with SCUBA equipment up to 18 metres of depth, cleaning and storing the diving equipment, logging the dives and planning the next dive.</p> |
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### Temeljna literatura in viri/Readings:

Clark R., A.: Open Water Diver; priročnik, videokaseta presneta na CD, potapljaške tablice (slovenski prevod). S. Potočnik: Fizikalne in fiziološke osnove potapljanja, FŠ, 2000.

Več avtorjev: Slovenska šola potapljanja, Priročnik za tečaj inštruktorjev, Kranj: Prošport.

Hochl G.: Pravilno potapljanje (slovenski prevod).

### Cilji in kompetence:

Osvojiti praktična in teoretična znanja potrebna za varno in uspešno ukvarjanje z avtonomnim potapljanjem. Pridobitev mednarodno priznane potapljaške izkaznice potapljača odprtih voda in usposobljenost za potapljanje v paru do globine 18 m.

### Objectives and competences:

Attaining practical and theoretical knowledge, needed for safe and successful SCUBA diving. Attaining an internationally valid SCUBA diving certificate Open water diver, which means that they are allowed to dive with a diving buddy up to 18 metres in depth.

### Predvideni študijski rezultati:

Razumevanje osnovnih fizikalnih zakonov in razumeti, zakaj jih je potrebno upoštevati pri potapljanju (Arhimedov zakon – ustrezna obtežitev, Boylov zakon – stisljivost plinov, Daltonov zakon – poznati vplive različnih delnih tlakov plinov v vdihovani mešanici, Charlesov zakon – ogrevanje in ohlajanje jeklenk, Henryjev zakon – topnost plinov). Razumeti osnovna teoretična znanja in jih povezati s prakso (na obtežitev vpliva slanost vode in debelina oblek; s ponavljanjem vaj in številom potopov potapljači vzpostavijo nevtralno plovnost, dihanje postane počasno in globoko, izmenjava plinov v pljučih je ustrezna in nevarnost dekompresijske bolezni je manjša).

Na potapljaških tečajih si pridobijo kandidati znanja iz zgodovine potapljanja, ustrezna fizikalna in fiziološka znanja in znanja iz teorije dekompresije. Ta znanja se navezujejo na ustrezne predmete in so prenosljiva v obe smeri. Pridobijo si tudi znanja za

### Intended learning outcomes:

Knowledge and understanding:

Understanding basic laws of physics, pertaining to diving and understanding, why we need to follow the rules of these laws (Archimedes' law – establishing correct buoyancy, Boyle's law – compression of gasses, Dalton's law – partial pressures of gasses in a mix of gasses, Charles' law – warming and cooling of gas tanks. Henry's law – solvability of gasses).

Understanding basic theoretical concepts and being able to link them to practical skills (knowing that buoyancy is effected by salinity of water and thickness of the diving suit; with exercise repetition and more dives the divers establish neutral buoyancy, the breathing becomes slower and deeper, exchange of gasses in the lungs is more appropriate and the danger of getting decompression sickness decreases).

Diving course teaches the candidates about the history of diving, gives them needed knowledge of physics and physiology and knowledge of

|                                                                                                                                                                                   |                                                                                                                                                                                                                                                                                                                              |
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| delo v skupini, povečajo občutek odgovornosti (odgovorni so za svojega partnerja).<br>Znati varno in odgovorno izvesti potop z avtonomno potapljaško opremo do globine 18 metrov. | decompression theory. This knowledge can be linked to other subjects and can be transferred to them and vice versa. They also learn about working in a group and learn about responsibility (each diver is responsible for their diving buddy).<br>They are able to SCUBA dive to 18 metres of depth safely and responsibly. |
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| <b>Metode poučevanja in učenja:</b>                                                                                                                        | <b>Learning and teaching methods:</b>                                                                                                       |
| Predavanje, razlaga, metoda razgovora, metoda dela s tekstom, metoda demonstracije (priprava, demonstracija, ponavljanje in ocenjevanje) in metoda urjenja | Lectures, explanation, discussion, working with texts, demonstration (preparation, demonstration, repetition, evaluation), training method. |

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| <b>Načini ocenjevanja:</b> | <b>Delež/Weight</b> | <b>Assessment:</b>                          |
| pisni izpit                | 30,00 %             | written exam evaluation of work in the pool |
| ocena dela v bazenu        | 30,00 %             | evaluation of work in the pool              |
| ocena dela v odprtih vodah | 40,00 %             | evaluation of work in the open waters       |

|                              |                        |
|------------------------------|------------------------|
| <b>Ocenjevalna lestvica:</b> | <b>Grading system:</b> |
|                              |                        |

#### Reference nosilca/Lecturer's references:

##### Dr Tanja Kajtna:

KLINAR, Polona, BURNIK, Stojan, KAJTNA, Tanja. Personality and sensation seeking in high-risk sports. *Acta Gymnica*, ISSN [2336-4912](#). [Tiskana izd.], 2017, vol. 47, no. 1, str. 41-48.

KAJTNA, Tanja. Psihološke značilnosti športnikov rizičnih športov = Psychological characteristics of high-risk sport athletes. *Šport : revija za teoretična in praktična vprašanja športa*, ISSN [0353-7455](#), 2007, let. 55, št. 4, str. 5-11.

KAJTNA, Tanja, TUŠAK, Matej, BURNIK, Stojan. Sensation seeking in high-risk sport athletes = Potreba po dražljajih pri športnikih rizičnih športov. *Kinesiologia Slovenica*, ISSN 1318-2269. [Print ed.], 2004, letn. 10, št. 2, str. 26-36. [

KAJTNA, Tanja, TUŠAK, Matej. Psihološki profil športnikov rizičnih športov. *Psihološka obzorja*, ISSN 1318-1874. [Tiskana izd.], 2004, letn. 13, št. 1, str. 85-102.

KAJTNA, Tanja. Vrednote in rizični športi. *Šport*, ISSN 0353-7455, 2003, letn. 51, št. 3, str. 12-17, priloga, preglednici, graf. prikaz. [COBISS.SI-ID [1911217](#)]

BURNIK, Stojan. Diving as a recreational activity for young. V: DOUPONA TOPIČ, Mojca (ur.), KAJTNA, Tanja (ur.). *Youth sport : abstract book*. Ljubljana: Faculty of Sport. 2012, str. 72.

KAJTNA, Tanja (avtor, fotograf). *Nekateri psihološki vidiki rizičnih športov : znanstvena monografija*. Ljubljana: Fakulteta za šport, 2013.

KAJTNA, Tanja. *Osebnost, vrednote in potreba po dražljajih pri športnikih rizičnih športov : magistrska naloga*. Ljubljana: [T. Kajtna], 2003.

##### Mentorstva diplomskih nalog:

BURKELJCA, Janez. *Doživljanje strahu pri potapljanju z avtonomno potapljaško opremo : diplomsko delo*. Ljubljana: [J. Burkeljca], 2016.

VERDNIK, Miha. *Vpliv potapljanja na sluh : [diplomsko delo]*. Ljubljana: [M. Verdnik], 2018.

ŽUJČIČ, Dejan. *Zgodovinski pregled razvoja avtonomnega potapljanja : diplomsko delo*. Ljubljana: [D. Žujčič], 2014.

BUTARA, Urška. *Nekateri psihološki vidiki avtonomnega potapljanja : diplomsko delo*. Ljubljana: [U. Butara], 2013.

##### Potapljaška usposobljenost – dr. Tanja Kajtna:

2012 – pridobljen naziv OWI (inštruktor odprtih voda) pri potapljaški šoli Scuba schools International (SSI) (Šetalište XIII divizije 28, Rijeka, Hrvaška).

Od takrat naprej pridobljeni tudi nazivi AOWI (inštruktor naprednih potapljačev), DCSI (inštruktor voditeljev potapljanja) in AIT (trener pomočnikov inštruktorja) – ta naziv je predzadnji možni inštruktorski naziv.

Do sedaj usposobila 103 potapljače odprtih voda in 30 naprednih potapljačev ter 5 potapljačev – reševalcev (Stress and Rescue diver).

Od leta 2017 predsednica Univerzitetnega potapljaškega društva Pozejdón, ki že nekaj let v Sloveniji na letnem nivoju usposobi največ potapljačev različnih nazivov.

Ves čas izvajanja predmeta od študentov za predmet Avtonomno potapljanje od študentov dobiva zelo visoke ocene.

**Dr. Jernej Kapus:**

1. KOŠTOMAJ, Aleš, KAPUS, Jernej. Statična apneja na vdih in izdih v vodi in na kopnem. *Šport : revija za teoretična in praktična vprašanja športa*, ISSN 0353-7455, 2017, letn. 65, št. 3/4, str. 129-137, ilustr. [COBISS.SI-ID [5211569](#)]

2. KAPUS, Jernej, UŠAJ, Anton, JERANKO, Samo, DAIĆ, Jure. The effects of seasonal training on heart rate and oxygen saturation during face-immersion apnea in elite breath-hold diver : a case report. *The Journal of sports medicine and physical fitness*, ISSN 1827-1928, jan.-feb. 2016, vol. 56, iss. 1/2, str. 162-170, tabeli, graf. prikazi.

3. KAPUS, Jernej, UŠAJ, Anton, DAIĆ, Jure, JERANKO, Samo. Tekmovalna sezona dveh vrhunskih slovenskih potapljačev. *Šport : revija za teoretična in praktična vprašanja športa*, ISSN 0353-7455, 2015, letn. 63, št. 3/4, str. 95-103, ilustr. [COBISS.SI-ID [4799409](#)]

4. KAPUS, Jernej, DAIĆ, Jure, JERANKO, Samo, UŠAJ, Anton. Laboratorijski testi kot pomoč pri ocenjevanju zmogljivosti potapljačev. *Šport : revija za teoretična in praktična vprašanja športa*, ISSN 0353-7455, 2013, letn. 61, št. 1/2, str. 37-42, ilustr. [COBISS.SI-ID [4357297](#)]

5. KOŠTOMAJ, Aleš, KAPUS, Jernej. Omejitveni dejavniki pri statični apneji. *Šport : revija za teoretična in praktična vprašanja športa*, ISSN 0353-7455, 2017, letn. 65, št. 1/2, str. 50-55, ilustr. [COBISS.SI-ID [5133233](#)]

6. KAPUS, Jernej, UŠAJ, Anton, DAIĆ, Jure, JERANKO, Samo. The analysis of seasonal training of elite breath-hold diver : a case study. V: DEBEVEC, Tadej (ur.), MEKJAVIĆ, Igor B. (ur.). *Okoljska ergonomija in fiziologija : zbornik 17. mednarodne multikonference Informacijska družba - IS 2014, 9. oktober 2014, [Ljubljana, Slovenija] : zvezek I = Environmental ergonomics & physiology : proceedings of the 17th International Multiconference Information Society - IS 2014, October 9th, 2014, Ljubljana, Slovenia : volume I*. Ljubljana: Institut Jožef Stefan. 2014, str. 17-21, ilustr.

Dr. Jernej Kapus je tudi dolgoletni nosilec taborov na Fratru, ki potekajo za študente druge stopnje smeri Športna vzgoja, v sklopu katerega preizkušajo potapljanje in je tudi sam usposobljen potapljač.

# BIOMEHANIKA 2: ANALIZA GIBANJA IN OBREMENITEV ČLOVEŠKEGA TELESA

## UČNI NAČRT PREDMETA/COURSE SYLLABUS

|                                   |                                                                 |
|-----------------------------------|-----------------------------------------------------------------|
| <b>Predmet:</b>                   | Biomehanika 2: analiza gibanja in obremenitev človeškega telesa |
| <b>Course title:</b>              | Biomechanics 2: Analysis of movement and loadings of human body |
| <b>Članica nosilka/UL Member:</b> | UL FŠ                                                           |

| Študijski programi in stopnja                   | Študijska smer                  | Letnik | Semestri    | Izbirnost |
|-------------------------------------------------|---------------------------------|--------|-------------|-----------|
| Kineziologija, prva stopnja, univerzitetni      | Ni členitve (študijski program) |        | 1. semester | izbirni   |
| Športna vzgoja, prva stopnja, univerzitetni     | Ni členitve (študijski program) |        | 1. semester | izbirni   |
| Športno treniranje, prva stopnja, univerzitetni | Ni členitve (študijski program) |        | 1. semester | izbirni   |

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| <b>Univerzitetna koda predmeta/University course code:</b> | 0045147 |
| <b>Koda učne enote na članici/UL Member course code:</b>   | 1018    |

| Predavanja<br>/Lectures | Seminar<br>/Seminar | Vaje<br>/Tutorials | Klinične vaje<br>/Clinical<br>tutorials | Druge oblike<br>študija<br>/Other forms<br>of study | Samostojno<br>delo<br>/Individual<br>student work | ECTS |
|-------------------------|---------------------|--------------------|-----------------------------------------|-----------------------------------------------------|---------------------------------------------------|------|
| 15                      | 0                   | 45                 | 0                                       | 0                                                   | 60                                                | 4    |

|                                   |             |
|-----------------------------------|-------------|
| <b>Nosilec predmeta/Lecturer:</b> | Matej Supej |
|-----------------------------------|-------------|

|                                    |                 |
|------------------------------------|-----------------|
| <b>Vrsta predmeta/Course type:</b> | splošni izbirni |
|------------------------------------|-----------------|

|                          |                      |             |
|--------------------------|----------------------|-------------|
| <b>Jeziki/Languages:</b> | Predavanja/Lectures: | Slovenščina |
|                          | Vaje/Tutorial:       | Slovenščina |

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| <b>Pogoji za vključitev v delo oz. za opravljanje študijskih obveznosti:</b> | <b>Prerequisites:</b> |
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| vpis v 3. letnik študija |  |
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### Vsebina:

Predmet zajema tako teoretične kot tudi praktične vsebine analiziranja človeškega gibanja in modeliranja obremenitev človeškega telesa.

- Koncepti razmišljanja v biomehaniki
- Kvalitativna in kvantitativna analiza
- Opazovani sistemi človeka
  - Točkasto telo, togo telo, sistem točkastih in sistem togih teles
- Definicija prostora
  - Koordinatni sistemi (kartezični, polarni, globalni, somatski)
- Kinematika

### Content (Syllabus outline):

The first module covers both theoretical and practical contents of analysing human movement and modelling the mechanical loads on the human body.

Concepts of thinking in biomechanics  
Qualitative and quantitative analysis  
Observed systems of man

- point object, a rigid body, a system of point objects, and a rigid body system

Definition of space

- Coordinate systems (Cartesian, polar, global, somatic)

Kinematics

|                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        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| <ul style="list-style-type: none"> <li>• Opis gibanja v različnih prostostnih stopnjah</li> <li>• Diskretni podatki</li> <li>• Linearna aproksimacija</li> <li>• Osnove 2D kinematičnih meritev, analiza in obdelava podatkov</li> <li>• Dinamika/kinetika <ul style="list-style-type: none"> <li>• Sila in meritev sile reakcije podlage</li> <li>• Ravnotežje/ravnovesje in podporna ploskev</li> </ul> </li> <li>• Mišično skeletni sistem</li> <li>• Osnovne prostostne stopnje gibanja sklepov <ul style="list-style-type: none"> <li>• Razlike med 2D in 3D obravnavo</li> <li>• Gibanje kolenskega sklepa in sklopljene prostostne stopnje gibanja</li> </ul> </li> <li>• Model človeka in antropometrija <ul style="list-style-type: none"> <li>• Dolžine segmentov</li> <li>• Gostota telesa in gostota segmentov</li> <li>• Antropometrijske tabele</li> <li>• Masa segmenta</li> <li>• Težišče segmenta</li> <li>• Vztrajnostni moment segmenta</li> </ul> </li> <li>• Biomehanski modeli: vhodno/izhodni parametri</li> <li>• Mišično-skeletni navori in sile</li> <li>• Anatomijski in segmentni model</li> <li>• Kvazi-statična in dinamična obravnava obremenitev sklepov <ul style="list-style-type: none"> <li>• Pogoji uporabe</li> <li>• Primer kvazistatična obravnave: bipedalne hoja</li> </ul> </li> <li>• Segmentni model in sistem prostih teles</li> <li>• Sila kost na kost, sklepne reakcijske sile, mišični navor, mišična sila <ul style="list-style-type: none"> <li>• Obremenitve sklepov med različnimi gibalnimi nalogami</li> <li>• Pravilno dvigovanje bremen</li> </ul> </li> <li>• Obremenjevanje in razbremenjevanje</li> <li>• Obravnava kompleksnih sklepov</li> <li>• Obravnava dvosklepnih mišic</li> <li>• Mehansko delo, energija in moč</li> <li>• Energijska analiza in specialne metode energijskih obravnav v analizi gibanja</li> <li>• Razlika med internim (segmenti) in eksternim delom (zunanja obremenitev) <ul style="list-style-type: none"> <li>• Problemi obravnave</li> </ul> </li> <li>• Učinkovitost gibanja <ul style="list-style-type: none"> <li>• Problem negativnega dela</li> </ul> </li> <li>• Metabolno delo</li> <li>• Pozitivno in negativno delo mišic</li> <li>• Moč in energija</li> <li>• "Zunanje" mehansko delo</li> <li>• Ko-kontrakcija – vzrok za neučinkovito gibanje</li> <li>• Pretoki energij</li> <li>• Energija shranjena v gibanju segmentov</li> <li>• Izmenjava energije</li> <li>• Skupna energija več-segmentnega telesa</li> <li>• Osnove razumevanja modeliranja mišično-skeletnega sistema v posebnih računalniških programih, primer »Anybody«</li> </ul> | <ul style="list-style-type: none"> <li>• A description of the movement in different degrees of freedom</li> <li>• Discrete data</li> <li>• Linear approximation</li> <li>• Basics of 2D kinematics measurements, analysis and data processing</li> <li>• Kinematic analysis of selected sports movements</li> </ul> <p>Dynamics / kinetics</p> <ul style="list-style-type: none"> <li>• Force and measurement of the ground reaction force</li> <li>• Static and quasi-static treatment of joint forces and torques joints in selected examples</li> <li>• Balance and support surface</li> </ul> <p>Musculoskeletal system</p> <p>Human model and anthropometry</p> <ul style="list-style-type: none"> <li>• Segment lengths</li> <li>• Body density and segment density</li> <li>• Anthropometric tables</li> <li>• Segment weight</li> <li>• The center of gravity of the segment</li> <li>• The moment of inertia of the segment</li> </ul> <p>Biomechanical models: input / output parameters</p> <ul style="list-style-type: none"> <li>• Musculoskeletal torques and forces</li> <li>• Anatomical and segmental model</li> <li>• Quasi-static and dynamic treatment of joint loads</li> <li>• Segment model and free body system</li> </ul> <p>Bone- on-bone forces, joint reaction forces, muscle torque, muscle force</p> <p>Loads of joints at different movements</p> <p>Proper lifting of loads</p> <ul style="list-style-type: none"> <li>• Loading and relieving</li> <li>• Treatment of complex joints</li> <li>• Treatment of biarticular muscles</li> <li>• Mechanical work, energy and power</li> <li>• Energy analysis and special methods of energy analysis in motion analysis</li> <li>• The difference between the internal and the external work</li> <li>• Efficiency of motion</li> </ul> <p>The problem of negative work</p> <ul style="list-style-type: none"> <li>• Metabolic work</li> <li>• Positive and negative muscle work</li> <li>• Power and energy</li> <li>• "External" mechanical work</li> <li>• Co-contraction - the cause of ineffective movement</li> <li>• Energy flows</li> <li>• Energy stored in segment movements</li> <li>• Exchange of energy</li> <li>• Total energy of a multi-segment body</li> <li>• Musculoskeletal modeling in special computer programs, example "Anybody"</li> </ul> <p>Oscillations</p> <ul style="list-style-type: none"> <li>• Eigen frequencies</li> <li>• Walking fluctuations</li> <li>• Forced oscillation and resonance and connection with human movement</li> </ul> |
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| <ul style="list-style-type: none"> <li>Modeliranje segmentov in njihove fizikalne lastnosti</li> <li>Različni modeli in lastnosti mišic</li> <li>Problematika modeliranja pri »podvajanju« mišic za opravljanje iste gibalne naloge</li> <li>Izhodni biomehanski parametri pri izbranih gibalnih nalogah</li> <li>Modeliranje mišične energetske porabe in učinkovitosti v primerjavi z metabolo porabo (porabo kisika)</li> <li>Bosonogi in klasični tek: dostopanje na sprednji, srednji in zadnji del stopala</li> <li>Nihanje <ul style="list-style-type: none"> <li>Lastne frekvence</li> </ul> </li> <li>Nihanje pri hoji</li> <li>Vsiljeno nihanje in resonanca ter povezava s človeškim gibanjem <ul style="list-style-type: none"> <li>Lastne frekvence</li> <li>Problemi vibracij</li> </ul> </li> <li>Razlika v dinamskih parametrih hoje in teka <ul style="list-style-type: none"> <li>Biomehanika teka: sistem masa-vzmet</li> </ul> </li> <li>Biomehanika vertikalnega skoka <ul style="list-style-type: none"> <li>Časovno sosledje aktivacij biartikularnih mišic v povezavi z ustrežno mehaniko gibanja segmentov telesa</li> <li>Primerjava problematike skoka v robotiki</li> </ul> </li> <li>Izbrane aktualne vsebine iz analize gibanja in obremenitve človeškega telesa</li> </ul> | <p>Difference in dynamic parameters of walking and running</p> <ul style="list-style-type: none"> <li>Biomechanics of running: mass-spring system</li> </ul> <p>Basics of bipedal walking - quasi-static modelling</p> <ul style="list-style-type: none"> <li>Inverted pendulum model</li> <li>Complex walk model</li> </ul> <p>Biomechanics of the vertical jump</p> <ul style="list-style-type: none"> <li>Time sequence of biarticular muscles activations in conjunction with appropriate movement of body segments</li> <li>Problem of jumping in robotics</li> </ul> <p>Selected actual topics from the analysis of movement and load of the human body:</p> <ul style="list-style-type: none"> <li>Fundamentals of knee joint biomechanics</li> <li>Differences between 2D and 3D treatment</li> <li>Movement of the knee joint and the coupled degree of freedom of movement</li> <li>Basic biomechanics of the spine</li> <li>Shod and barefoot running</li> </ul> <p>Vibrations</p> |
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### Temeljna literatura in viri/Readings:

|                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |  |
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| <ul style="list-style-type: none"> <li>Winter D. A.: Biomechanics and motor control of human movement (3rd ed.). New York: J. Wiley, 2004.</li> </ul> <p>Dopolnilna literatura</p> <ul style="list-style-type: none"> <li>Zastiorsky, V. M.: Kinetics of human motion. Champaign, IL: Human Kinetics, 2002.</li> <li>Davidovits, P. Physics in Biology and Medicine (3rd ed.). London: Academic Press (Elsevier), 2008.</li> <li>Matjačić, Z.: Osnove biomehanike bipedalne hoje. Ljubljana: Inštitut Republike Slovenije za rehabilitacijo, 2006.</li> <li>Supej, M, Miklavc, M. Vibracije med različnimi oblikami tehnike alpskega smučanja: študija primera. <i>Šport (Ljublj.)</i>, 2012, letn. 60, št. 3/4, str. 107-113</li> </ul> |  |
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### Cilji in kompetence:

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| <p><i>Cilji</i></p> <ul style="list-style-type: none"> <li>Spoznati osnovne biomehanske parametre v povezavi z analizo gibanja človeka.</li> <li>Spoznati vpliv okolice na obremenitev človeškega telesa.</li> <li>Osvojiti osnovna matematično biomehanska orodja za obravnavo segmentov človeškega telesa.</li> <li>Osvojiti kvazistatično in dinamično modeliranje sklepnih reakcijskih sil, sil med sklepnimi površinami in mišičnih sil.</li> <li>Spoznati mehansko energijo in energijska učinkovitost gibanja človeka.</li> <li>Spoznati nihanja in vibracije ter povezave z odzivi človeškega telesa.</li> </ul> | <p><b>Objectives and competences:</b></p> <p><i>Goals</i></p> <ul style="list-style-type: none"> <li>To learn basic biomechanical parameters in connection with the analysis of human movement.</li> <li>To understand the influence of the environment on the load of the human body.</li> <li>Conquer basic mathematical biomechanical tools for dealing with segments of the human body.</li> <li>Conquer quasistatic and dynamic modeling of joint reaction forces, forces between joint surfaces and muscle forces.</li> <li>To learn the mechanical energy and energy efficiency of human movement.</li> <li>To learn about vibrations and vibrations and links to human body responses.</li> </ul> |
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| <ul style="list-style-type: none"> <li>• Spoznati nekatere izbrane mehanske značilnosti bipedalne hoje, teka, skoka in drugih gibalnih nalog</li> </ul> <p><i>Splošne kompetence</i></p> <ul style="list-style-type: none"> <li>• Sposobnost iskanja novih dejstev, njihove interpretacije in integracije v kontekst študija</li> <li>• Sposobnost prepoznavati in preučevati posledice interakcije okolja in človeka in preventivno delovanje s ciljem trajnostnega razvoja</li> <li>• dela, na nacionalni in mednarodni ravni, na področju kineziologije in presečnih ved</li> <li>• Sposobnost kritičnega preverjanja informacij in predvidevanja rešitev in posledic</li> </ul> <p><i>Predmetnospecifične kompetence</i></p> <ul style="list-style-type: none"> <li>• Poglobljeno poznavanje interakcije človeka in okolja</li> <li>• Funkcionalno razumevanje delovanja mišično-skeletnega sistema</li> <li>• Sposobnost abstrahiranja, analize in sinteze obremenitev človeškega telesa pri različnih gibalnih nalogah</li> <li>• Sposobnost poznavanja sodobnih biomehanskih metod na področju analize, razumevanja, preventive in varovanja zdravja</li> </ul> <p>Sposobnost interdisciplinarnega povezovanja znanj ved, ki se prepletajo z biomehaniko človeškega gibanja</p> | <ul style="list-style-type: none"> <li>• To learn about some selected mechanical characteristics of bipedal walking, running, jumping and other movable tasks</li> </ul> <p><i>General competences</i></p> <ul style="list-style-type: none"> <li>• Ability to search for new facts, their interpretation and integration into the context of studies</li> <li>• Ability to recognize and study the consequences of interaction between the environment and man and preventive action with the goal of sustainable development</li> <li>• work, at national and international level, in the field of kinesiology and cross-cutting</li> <li>• Ability to critically verify information and anticipate solutions and consequences</li> </ul> <p><i>Subject-specific competences</i></p> <ul style="list-style-type: none"> <li>• In-depth knowledge of the interaction between humans and the environment</li> <li>• Functional understanding of the functioning of the musculoskeletal system</li> <li>• Ability to abstract, analyze and synthesize the load of the human body in various motive tasks</li> <li>• Ability to know modern biomechanical methods in the field of analysis, understanding, prevention and protection of health</li> <li>• Ability to interdisciplinary integration of knowledge of science, intertwined with the biomechanics of human movement</li> </ul> |
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#### **Predvideni študijski rezultati:**

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| <p><i>Znanje in razumevanje:</i><br/>Poznavanje in razumevanje temeljnih konceptov delovanja gibalnega aparata, njegovih obremenitev in zdravstvenih posledic pri nekaterih vsakodnevnih in športnih obremenitvah. Poznavanje modelov gibanja človeka mu omogoča posploševanje, abstrahiranje, analiziranje in optimiranje gibalnih verig. Študent razume tudi nekatere odzive človeškega telesa na nihanja in vibracije. Spozna se z osnovami računalniškega modeliranja človeškega telesa.</p> <p><i>Uporaba</i><br/>Temeljno poznavanje vzrokov gibanja človeka v odnosu na okolje. Poznavanje temeljnih zakonitosti obremenitve posameznih delov telesa, kar je neposredno povezano z zdravim načinom gibanja in uspešno ter varno vadbo različnih populacij ljudi v različnih vadbenih okoljih.</p> <p><i>Prenosljive spretnosti:</i><br/>Študent pridobi tudi nekatera znanja za diagnostično in industrijsko raziskovalno-razvojno delo.</p> | <p><b>Intended learning outcomes:</b></p> <p><i>Knowledge and Understanding:</i><br/>Knowing and understanding the basic concepts of the operation of the moving apparatus, its burdens and the health consequences of some everyday and sporting loads. Knowledge of models of human movement allows him to generalize, abstract, analyze and optimize movement chains. The student also understands some of the responses of the human body to oscillation and vibration. He is familiar with the basics of computer modeling of the human body.</p> <p><i>Use</i><br/>Basic knowledge of the causes of human movement in relation to the environment. Knowing the basic laws of loading individual parts of the body, which is directly related to the healthy way of movement and successful and safe exercise of different populations of people in different training environments.</p> <p><i>Transferable skills:</i><br/>The student also acquires some knowledge for diagnostic and industrial research and development work.</p> |
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#### **Metode poučevanja in učenja:**

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| Predavanja, laboratorijske vaje, vaje in domače naloge | <b>Learning and teaching methods:</b> |
|--------------------------------------------------------|---------------------------------------|

| Načini ocenjevanja:                     | Delež/Weight | Assessment: |
|-----------------------------------------|--------------|-------------|
| Ustni izpit in opravljene domače naloge | 100,00 %     |             |

| Ocenjevalna lestvica: | Grading system: |
|-----------------------|-----------------|
|                       |                 |

#### Reference nosilca/Lecturer's references:

**Redni prof. dr. Matej Supej ima objavljenih 69 izvirnih znanstvenih člankov in ima 277 (WoS) in 324 (Scopus) čistih citatov v zadnjih 10 letih; 3 pregledne znanstvene članke, ima vrsto vabljenih predavanj na mednarodnih znanstvenih konferencah; prejel dve nagradi za izjemne znanstvene dosežke na področju družboslovja v Sloveniji v letu 2012 (mišično skeletno modeliranje in metoda učinkovitosti ter uspešnosti pri smučarskem teku) in 2013 (inovativni pristop merjenje zračnega upora med smučanjem) in nagrado za inovacijo na področju merilnih tehnologij (fuzija inercialne obleke in GNSS sistema) v letu 2007 na mednarodni znanstveni konferenci ter ima po vrednotenju bibliografskih kazalcev po merilih ARRS skupni h indeks h10=10, ARRS oceno 1045, A''=137 in A'=523. Najpomembnejši izvirni znanstveni prispevki povezani z vsebinami predmeta so naslednji:**

1. SUPEJ, Matej, OGRIN, Jan, HOLMBERG, Hans-Christer. Whole-body vibrations associated with alpine skiing : a risk factor for low back pain?. *Frontiers in physiology*, ISSN 1664-042X, 2018, 9 str., ilustr.  
[https://www.frontiersin.org/articles/10.3389/fphys.2018.00204/full?utm\\_source=Email\\_to\\_authors&utm\\_medium=Email&utm\\_content=T1\\_11.5e1\\_author&utm\\_campaign=Email\\_publication&field=&journalName=Frontiers in Physiology&id=332711](https://www.frontiersin.org/articles/10.3389/fphys.2018.00204/full?utm_source=Email_to_authors&utm_medium=Email&utm_content=T1_11.5e1_author&utm_campaign=Email_publication&field=&journalName=Frontiers%20in%20Physiology&id=332711), doi: [10.3389/fphys.2018.00204](https://doi.org/10.3389/fphys.2018.00204). [COBISS.SI-ID [5270449](https://www.cobiss.si/id/5270449)], [ICR, SNIP, WoS do 30. 3. 2018: št. citatov (TC): 0, čistih citatov (CI): 0, Scopus do 17. 3. 2018: št. citatov (TC): 0, čistih citatov (CI): 0]

2. SWARÉN, M., STÖGGL, Thomas, SUPEJ, Matej, ERIKSSON, A. Usage and validation of a tracking system to monitor position and velocity during cross-country skiing. *International journal of performance analysis in sport*, ISSN 1474-8185, 2016, vol. 16, no. 2, str. 769-785, tabele, ilustr.  
<http://www.ingentaconnect.com/content/uwic/uipa>. [COBISS.SI-ID [4905905](https://www.cobiss.si/id/4905905)], [ICR, SNIP, WoS do 5. 11. 2016: št. citatov (TC): 0, čistih citatov (CI): 0, Scopus do 4. 8. 2017: št. citatov (TC): 0, čistih citatov (CI): 0]

3. PANJAN, Andrej, SUPEJ, Matej, ROŠKER, Jernej, ŠARABON, Nejc. Reliability and sensitivity of a novel dynamic balance test for alpine skiers. *Measurement : journal of the International Measurement Confederation*, ISSN 0263-2241. [Print ed.], 2016, vol. 85, str. 13-19, doi: [10.1016/j.measurement.2016.02.014](https://doi.org/10.1016/j.measurement.2016.02.014). [COBISS.SI-ID [1538189764](https://www.cobiss.si/id/1538189764)], [ICR, SNIP, WoS do 2. 4. 2016: št. citatov (TC): 0, čistih citatov (CI): 0, Scopus do 7. 3. 2016: št. citatov (TC): 0, čistih citatov (CI): 0]

4. NEMEC, Bojan, PETRIČ, Tadej, BABIČ, Jan, SUPEJ, Matej. Estimation of alpine skier posture using machine learning techniques. *Sensors*, ISSN 1424-8220, 2014, vol. 14, no. 10, str. 18898-18914, doi: [10.3390/s141018898](https://doi.org/10.3390/s141018898). [COBISS.SI-ID [28015143](https://www.cobiss.si/id/28015143)], [ICR, SNIP, WoS do 2. 4. 2018: št. citatov (TC): 4, čistih citatov (CI): 4, Scopus do 27. 3. 2018: št. citatov (TC): 2, čistih citatov (CI): 2]

5. SUPEJ, Matej, ČUK, Ivan. Comparison of global navigation satellite system devices on speed tracking in road (Tran)SPORT applications. *Sensors*, ISSN 1424-8220, 2014, vol. 14, no. 12, str. 23490-23508, doi: [10.3390/s141223490](https://doi.org/10.3390/s141223490). [COBISS.SI-ID [4595377](https://www.cobiss.si/id/4595377)], [ICR, SNIP, WoS do 8. 2. 2015: št. citatov (TC): 0, čistih citatov (CI): 0, Scopus do 22. 3. 2015: št. citatov (TC): 0, čistih citatov (CI): 0]

6. ZORKO, Martin, NEMEC, Bojan, BABIČ, Jan, LEŠNIK, Blaž, SUPEJ, Matej. The waist width of skis influences the kinematics of the knee joint in alpine skiing. *Journal of Sports Science and Medicine : free electronic journal*, ISSN 1303-2968. [Online ed.], 2015, vol. 14, iss. 3, str. 606-619, tabele, graf. prikazi.  
<http://www.jssm.org/gecc.php?id=jssm-14-606.xml>, <http://www.jssm.org/content.php>. [COBISS.SI-ID [28789799](https://www.cobiss.si/id/28789799)], [ICR, SNIP, WoS do 2. 4. 2018: št. citatov (TC): 5, čistih citatov (CI): 4, Scopus do 28. 3. 2018: št. citatov (TC): 5, čistih citatov (CI): 4]

7. VAVERKA, František, JAKUBSOVA, Zlatava, JANDACKA, Daniel, ZAHRADNIK, David, FARANA, Roman, UCHYTIL, Jaroslav, SUPEJ, Matej, VODIČAR, Janez. The influence of an additional load on time and force changes in the ground reaction force during the countermovement vertical jump. *J. Human Kinet.*, 2013, vol. 38, str. 191-200, tabele, graf. prikaz. <http://www.johk.pl/files/johk-vol38-2013-20.pdf>, [http://www.johk.pl/volume\\_38.html](http://www.johk.pl/volume_38.html), <http://www.johk.pl/>, doi: [10.2478/hukin-2013-0059](https://doi.org/10.2478/hukin-2013-0059). [COBISS.SI-ID [4404913](https://www.cobiss.si/id/4404913)], [ICR]

kategorija: 1A4 (Z1); uvrstitev: SCI, Scopus, MBP; tipologija ni verificirana  
točke: 6.88, št. avtorjev: 8

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- 9.** HOLMBERG, L. Joakim, LUND OHLSSON, Marie, SUPEJ, Matej, HOLMBERG, Hans-Christer. Skiing efficiency versus performance in double-poling ergometry. *Comput. methods biomech. biomed. eng.*, 2012, vol. 15, no. , str. 1-6, ilustr., tabeli, doi: [10.1080/10255842.2011.648376](https://doi.org/10.1080/10255842.2011.648376). [COBISS.SI-ID [4172465](#)], [JCR] kategorija: 1A2 (Z1); uvrstitev: SCI, Scopus, MBP; tipologija ni verificirana točke: 20.37, št. avtorjev: 4
- 10.** SUPEJ, Matej, HOLMBERG, Hans-Christer. A new time measurement method using a high-end global navigation satellite system to analyze alpine skiing. *Res. q. exerc. sport*, 2011, vol. 82, no. 3, str. 400-411, ilustr., tabela. [COBISS.SI-ID [4109745](#)], [JCR, WoS do 7. 8. 2013: št. citatov (TC): 2, čistih citatov (CI): 2, čistih citatov na avtorja (CIAu): 1.00, normirano št. čistih citatov (NC): 8, Scopus do 21. 8. 2013: št. citatov (TC): 3, čistih citatov (CI): 3, čistih citatov na avtorja (CIAu): 1.50, normirano št. čistih citatov (NC): 3] kategorija: 1A1 (Z1, A", A'); uvrstitev: SSCI, SCI, ERIHB, Scopus, MBP; tipologijo je verificiral OSICD točke: 50, št. avtorjev: 2
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- 12.** ANDERSSON, Erik, SUPEJ, Matej, SANDBAKK, O, SPERLICH, B, STÖGGL, Thomas, HOLMBERG, Hans-Christer. Analysis of sprint cross-country skiing using a differential global navigation satellite system. *European journal of applied physiology*. [Online izd.], 2010, vol. 110, no. 3, str. 585-595, tabele, graf. prikazi, doi: [10.1007/s00421-010-1535-2](https://doi.org/10.1007/s00421-010-1535-2). [COBISS.SI-ID [3865521](#)], [JCR, WoS do 1. 10. 2013: št. citatov (TC): 11, čistih citatov (CI): 11, čistih citatov na avtorja (CIAu): 1.83, normirano št. čistih citatov (NC): 7, Scopus do 27. 8. 2013: št. citatov (TC): 15, čistih citatov (CI): 15, čistih citatov na avtorja (CIAu): 2.50, normirano št. čistih citatov (NC): 10] kategorija: 1A2 (Z1); uvrstitev: SCI, Scopus, MBP; tipologijo je verificiral OSICD točke: 16.65, št. avtorjev: 6
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- 17.** SUPEJ, Matej, SENNER, Veit, PETRONE, Nicola, HOLMBERG, Hans-Christer. Reducing the risks for traumatic and overuse injury among competitive alpine skiers. *British journal of sports medicine*, ISSN 1473-0480. Online ed., 2017, no. 1, vol. 51, str. 1-2. <http://bjsm.bmj.com/content/51/1/1>, <http://bjsm.bmj.com/content/bjsports/51/1/1.full.pdf>, doi: [10.1136/bjsports-2016-096502](https://doi.org/10.1136/bjsports-2016-096502). [COBISS.SI-ID [4962993](#)], [JCR, SNIP, WoS do 2. 4. 2018: št. citatov (TC): 2, čistih citatov (CI): 1, Scopus do 29. 3. 2018: št. citatov (TC): 2, čistih citatov (CI): 1]
- 18.** ERCULJ, Frane, SUPEJ, Matej. Impact of fatigue on the position of the release arm and shoulder girdle over a longer shooting distance for an elite basketball player. *J. strength cond. res.*, 2009, vol. 23, no. 3, str. 1029-1036, ilustr., tabele. [COBISS.SI-ID [3633841](#)], [JCR, WoS do 13. 8. 2013: št. citatov (TC): 8, čistih citatov (CI): 8, čistih citatov na avtorja (CIAu): 4.00, normirano št. čistih citatov (NC): 6, Scopus do 9. 7. 2013: št. citatov (TC): 10, čistih citatov (CI): 10, čistih citatov na avtorja (CIAu): 5.00, normirano št. čistih citatov (NC): 7] kategorija: 1A2 (Z1); uvrstitev: SCI, Scopus, MBP; tipologijo je verificiral OSICD točke: 41.9, št. avtorjev: 2
- 19.** SUPEJ, Matej. Differential specific mechanical energy as a quality parameter in racing alpine skiing. *J. appl. biomech.*, 2008, vol. 24, no. 2, str. 121-129, tabele, graf. prikazi. [COBISS.SI-ID [3267505](#)], [JCR, WoS do 6. 3. 2013: št. citatov (TC): 9, čistih citatov (CI): 4, čistih citatov na avtorja (CIAu): 4.00, normirano št. čistih citatov (NC): 3, Scopus do 30. 1. 2013: št. citatov (TC): 9, čistih citatov (CI): 4, čistih citatov na avtorja (CIAu): 4.00, normirano št. čistih citatov (NC): 3] kategorija: 1A3 (Z1); uvrstitev: SCI, Scopus, MBP; tipologijo je verificiral OSICD točke: 80, št. avtorjev: 1

# BIOMEHANIKA ŠPORTA 1

## UČNI NAČRT PREDMETA/COURSE SYLLABUS

|                                   |                         |
|-----------------------------------|-------------------------|
| <b>Predmet:</b>                   | Biomehanika športa 1    |
| <b>Course title:</b>              | Biomechanics of sport 1 |
| <b>Članica nosilka/UL Member:</b> | UL FŠ                   |

| Študijski programi in stopnja                   | Študijska smer                  | Letnik    | Semestri    | Izbirnost |
|-------------------------------------------------|---------------------------------|-----------|-------------|-----------|
| Kineziologija, prva stopnja, univerzitetni      | Ni členitve (študijski program) | 1. letnik | 2. semester | obvezni   |
| Športna vzgoja, prva stopnja, univerzitetni     | Ni členitve (študijski program) | 1. letnik | 2. semester | obvezni   |
| Športno treniranje, prva stopnja, univerzitetni | Ni členitve (študijski program) | 1. letnik | 2. semester | obvezni   |

|                                                            |         |
|------------------------------------------------------------|---------|
| <b>Univerzitetna koda predmeta/University course code:</b> | 0042625 |
| <b>Koda učne enote na članici/UL Member course code:</b>   | 1035    |

| Predavanja<br>/Lectures | Seminar<br>/Seminar | Vaje<br>/Tutorials | Klinične vaje<br>/Clinical<br>tutorials | Druge oblike<br>študija<br>/Other forms<br>of study | Samostojno<br>delo<br>/Individual<br>student work | ECTS |
|-------------------------|---------------------|--------------------|-----------------------------------------|-----------------------------------------------------|---------------------------------------------------|------|
| 30                      |                     | 15                 |                                         |                                                     | 45                                                | 3    |

|                                   |                             |
|-----------------------------------|-----------------------------|
| <b>Nosilec predmeta/Lecturer:</b> | Matej Supej, Otmar Kugovnik |
|-----------------------------------|-----------------------------|

|                                    |                    |
|------------------------------------|--------------------|
| <b>Vrsta predmeta/Course type:</b> | obvezni/compulsory |
|------------------------------------|--------------------|

|                          |                      |             |
|--------------------------|----------------------|-------------|
| <b>Jeziki/Languages:</b> | Predavanja/Lectures: | Slovenščina |
|                          | Vaje/Tutorial:       | Slovenščina |

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|------------------------------------------------------------------------------|-----------------------|
| <b>Pogoji za vključitev v delo oz. za opravljanje študijskih obveznosti:</b> | <b>Prerequisites:</b> |
| Jih ni                                                                       | None                  |

|                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Vsebina:</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                       | <b>Content (Syllabus outline):</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                |
| Biomehanika kot interdisciplinarna veda <ul style="list-style-type: none"><li>• Uvod</li><li>• Merjenje in opis</li><li>• Matematična orodja analize biomehanskih izmerjenih parametrov</li><li>• Kinematika</li><li>• Dinamika</li></ul> Kinematika <ul style="list-style-type: none"><li>• Uvod z repitirjem analize in vektorskega računa</li><li>• Zgodovinski razvoj</li><li>• Osnovni kinematični parametri</li><li>• Osnove merilnih tehnik</li></ul> Dinamika | Biomechanics as an interdisciplinary science <ul style="list-style-type: none"><li>• Introduction</li><li>• Measurement and description</li><li>• Mathematical tools for analyzing biomechanical measured parameters</li><li>• Kinematics</li><li>• Dynamics</li></ul> Kinematics <ul style="list-style-type: none"><li>• Introduction with a repeater of vector analysis</li><li>• Historical development</li><li>• Basic kinematic parameters</li><li>• Basics of measuring techniques</li></ul> Dynamics <ul style="list-style-type: none"><li>• Fundamentals of Newtonian mechanics</li></ul> |

|                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <ul style="list-style-type: none"> <li>• Osnove Newtonovske mehanike</li> <li>• Zunanje sile delujoče na športnika</li> <li>• Gibalna količina, sunek sile, navor, vrtilna količina</li> <li>• Modeliranje krožnih gibanj v športu</li> <li>• Optimizacija nekaterih športnih tehnik</li> <li>• Ravnotežje in problem stabilnosti športnika</li> </ul> <p>Mehansko delo, energija in moč</p> <ul style="list-style-type: none"> <li>• Definicija in teorija</li> <li>• Modeliranje športnih gibanj s pomočjo energijskih zakonov</li> </ul> <p>Modeli obravnave športnika in športnih rekvizitov v interakciji z okolico:</p> <ul style="list-style-type: none"> <li>• Sistem masne točke</li> <li>• Sistem več masnih točk</li> <li>• Telo</li> <li>• Sistem togih teles – osnove antropometrije</li> </ul> <p>Osnove merjenja v Biomehaniki športa</p> | <ul style="list-style-type: none"> <li>• External forces acting on the athlete</li> <li>• Momentum, force, torque, angular momentum</li> <li>• Modeling of circular movements in sport</li> <li>• Optimizing some sport techniques</li> <li>• The balance and problem of the athlete's stability</li> </ul> <p>Mechanical work, energy and power</p> <ul style="list-style-type: none"> <li>• Definition and theory</li> <li>• Modeling sports movement through energy laws</li> </ul> <p>Models of treatment of athletes and sports equipment in interaction with the environment:</p> <ul style="list-style-type: none"> <li>• Mass point system</li> <li>• Sistem of several mass points</li> <li>• Rigid body</li> <li>• Sistem of rigid bodies – basis of anthropometry</li> </ul> <p>Basics of measurement in Biomechanics of Sport</p> |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|

### Temeljna literatura in viri/Readings:

- Carr G.: Mechanics of sport. Champaign (IL) [etc.] : Human kinetics, 1997.
  - Enoka, R.M. (1994) Neuromechanical basis of kinesiology (poglavja od 4 do 8). Human Kinetics, Champaigne.
  - Hay J.G.: The biomechanics of sport techniques 2nd ed., Prentice hall 1978
  - Howe J, The new skiing mechanics 2nd ed., McIntire publishing 2001
  - Kladnik, R. Visokošolska fizika. – DZS: Ljubljana 1989.
  - Krajnik, J.: Biomehanika. Ljubljana, Inštitut RS za rehabilitacijo, 2003.
  - Kugovnik O.: Let žoge pri ravnem servisu, dizertacija. – Ljubljana: Univerza v Ljubljani, 1989.
  - Kugovnik O.: Kinetična analiza izmeta pri košarki. – Ljubljana: Fakulteta za šport, 1994.
  - Kugovnik O., Supej, M., Nemec, B. Biomehanika alpskega smučanja. – Fakulteta za šport: Ljubljana 2003.
  - Lind D.: The physics of skiing : skiing at the triple Point. New York : Springer, cop. 1996.
  - Morris S.A.: The mathematics of projectiles in sport, Cambridge University press 1991
  - Sevsšek, F.: Biomehanika. Ljubljana, UL, Visoka šola za zdravstvo, 2004.
  - Supej, M. Biomehanika 1 [Elektronski vir] : učbenik za študente Fakultete za šport. - Ljubljana : Fakulteta za šport, Inštitut za šport, 2011
- Dostop: <http://www.fsp.uni-lj.si/COBISS/monografije/SupejBiomehanika1.pdf>

### Cilji in kompetence:

- Cilji**
- Spoznati osnovne biomehanske parametre.
  - Spoznati vpliv okolice na gibanje športnika v prostoru.
  - Osvojiti osnovna matematično biomehanska orodja.
  - Osvojiti kvazistatično in dinamično modeliranje.
  - Spoznati mehansko energijo v povezavi z gibanjem športnika in njegovih rekvizitov.
  - Spoznati nekatere izbrane mehanske značilnosti različnih športov
- Splošne kompetence*
- Sposobnost iskanja novih dejstev, njihove interpretacije in integracije v kontekst študija
  - Sposobnost prepoznavati in preučevati posledice interakcije okolja in človeka in preventivno delovanje s ciljem trajnostnega razvoja
  - Sposobnost kritičnega preverjanja informacij in predvidevanja rešitev in posledic

### Objectives and competences:

- Goals*
- Get to know the basic biomechanical parameters
  - To understand the influence of the environment on the movement of an athlete in the space.
  - Understanding basic mathematical biomechanical tools.
  - Understanding quasistatic and dynamic modeling.
  - To understand about mechanical energy in connection with the movement of the athlete and his props.
  - Get to know some of the selected mechanical characteristics of different sports
- General competences*
- Ability to search for new facts, their interpretation and integration into the context of studies
  - Ability to recognize and study the consequences of interaction between the environment and man

|                                                                                                                                                                                                                                                                                                                                                  |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                |
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| <p><i>Predmetnospecifične kompetence</i></p> <ul style="list-style-type: none"> <li>• Osnovno poznavanje interakcije športnika z okoljem</li> <li>• Spodobnost abstrahiranja, analize in sinteze gibanja športnika</li> <li>• Spodobnost interdisciplinarnega povezovanja znanj ved, ki se prepletajo z biomehaniko gibanja športnika</li> </ul> | <p>and preventive action with the goal of sustainable development</p> <ul style="list-style-type: none"> <li>• Ability to critically verify information and anticipate solutions and consequences</li> </ul> <p><i>Course-specific competences</i></p> <ul style="list-style-type: none"> <li>• Basic knowledge of the interaction of an athlete with the environment</li> <li>• Ability to abstract, analyze and synthesize the athlete's movement</li> </ul> <p>Ability to interdisciplinary integrate knowledge of science, intertwined with the biomechanics of the athletes' movement</p> |
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### **Predvideni študijski rezultati:**

#### *Znanje in razumevanje:*

- Študent bo pridobil znanja fizikalnih količin, fizikalnih pojmov in principov, s katerimi razlagamo različne modele gibanj. Poznavanje modelov gibanja človeka mu omogoča posploševanje, abstrahiranje, analiziranje in optimiranje gibalnih verig.
- Študent pridobi razumevanje delovanja človekovega organizma v interakciji z življenjskim okoljem. Pridobljeno znanje mu omogoča kritično razumevanje obremenitve telesa in s tem tudi osnove varnega in zdravega gibanja.
- Spozna osnove merilne tehnologije vezane na biomehaniko športa.
- Celoten proces mu omogoča globlje in kritično razumevanje dosegljive strokovne in znanstvene literature.

#### *Uporaba*

- Pridobljena znanja omogočajo temelj za razumevanje metodologij in didaktik različnih športnih zvrsti in drugih gibalnih nalog. Hkrati so pridobljena znanja osnova za prepoznavanje varnega in zdravega načina gibanja. Nauči se zastaviti in rešiti konkretne probleme, kar je osnova vseh tehničnih in vodstvenih poklicev.

#### *Prenosljive spretnosti:*

Vsebine so temeljno znanje za med-predmetno povezovanje naravoslovja in tehnologije z družboslovjem in humanistiko. Povezana so neposredno z nekaterimi drugimi vsebinami na smeri Kineziologija kot so Biofizika, Statistika in Linearna algebra ter hkrati predstavljajo nekatera temeljna znanja za biomehaniko mišic, ergonometrijo, metodologije različnih športnih zvrsti/gibalnih nalog, tudi vezanih na gibalni razvoj človeka, kineziometrijo in telesno pripravo. Zastavljanje in reševanje problemov v realnem in abstraktnem prostoru, ki se jih študent priuči, so temeljna znanja za uspešno analitično in kvantitativno iskanje rešitev. Pridobi tudi spretnosti interpretiranja podatkov, identifikacije in reševanje problemov, sinteze, refleksij na prebrano literaturo.

### **Intended learning outcomes:**

#### *Knowledge and Understanding:*

- The student will acquire knowledge of physical quantities, physical concepts and principles, with which different models of movements are explained. Knowledge of models of human movement allows him to generalize, abstract, analyze and optimize movement chains.
- The student acquires an understanding of the functioning of the human organism in interaction with the living environment. The acquired knowledge enables him to critically understand the load of the body and thus the basis of safe and healthy movement.
- Student gets familiar with the basics of measuring technology related to biomechanics of sport.
- The whole process enables a deeper and more critical understanding of available professional and scientific literature.

#### *Usage*

- The acquired knowledge provides the basis for understanding the methodologies and didactics of various sports genres and other movable tasks. At the same time, the acquired knowledge is the basis for recognizing a safe and healthy mode of movement. Learn to confront and solve specific problems, which is the basis of all technical and management professions.

#### *Transferable skills:*

The content is a basic knowledge of inter-subject integration of science and technology with social sciences and humanities. They are directly related to some other topics in the direction of Kinesiology such as Biophysics, Statistics and Linear Algebra, and at the same time they present some basic knowledge of muscle biomechanics, ergonomics, methodologies of various sports genres / motility assignments, also related to the movement of man, kinesiology and physical preparation. The placement and solving of problems in the real and abstract space, which the student learns, are basic knowledge for successful analytical and quantitative search of solutions. He also acquires skills in interpreting data, identifying and solving problems, synthesizing, reflections on reading literature.

|                                     |                                       |
|-------------------------------------|---------------------------------------|
| <b>Metode poučevanja in učenja:</b> | <b>Learning and teaching methods:</b> |
| Predavanja, vaje in domače naloge   | Lectures, exercises and homework      |

|                                      |                     |                                   |
|--------------------------------------|---------------------|-----------------------------------|
| <b>Načini ocenjevanja:</b>           | <b>Delež/Weight</b> | <b>Assessment:</b>                |
| Pisni izpit Opravljene domače naloge | 100,00 %            | Written exam, completed homeworks |

|                              |                        |
|------------------------------|------------------------|
| <b>Ocenjevalna lestvica:</b> | <b>Grading system:</b> |
|                              |                        |

#### Reference nosilca/Lecturer's references:

##### Znanstveni članki:

**Prof. Otmar Kugovnik ima objavljenih 37 izvirnih znanstvenih člankov in ima več vabljenih predavanj.**

**Redni prof. dr. Matej Supej ima objavljenih 69 izvirnih znanstvenih člankov in ima 277 (WoS) in 324 (Scopus) čistih citatov v zadnjih 10 letih; 3 pregledne znanstvene članke, ima vrsto vabljenih predavanj na mednarodnih znanstvenih konferencah; prejel dve nagradi za izjemne znanstvene dosežke na področju družboslovja v Sloveniji v letu 2012 (mišično skeletno modeliranje in metoda učinkovitosti ter uspešnosti pri smučarskem teku) in 2013 (inovativni pristop merjenje zračnega upora med smučanjem) in nagrado za inovacijo na področju merilnih tehnologij (fuzija inercialne obleke in GNSS sistema) v letu 2007 na mednarodni znanstveni konferenci ter ima po vrednotenju bibliografskih kazalcev po merilih ARRS skupni h indeks h10=10, ARRS oceno 1045, A''=137 in A'=523.**

##### Najpomembnejši izvirni znanstveni članki nosilcev pa so naslednji:

1. KUGOVNIK, Otmar, NEMEC, Bojan, SUPEJ, Matej, ČOH, Milan. Influence of the ski side cut on vibrations in alpine skiing = Vpliv stranskega loka smuči na vibracije pri alpskem smučanju. *Kinesiology Slovenica*, ISSN 1318-2269. [Print ed.], 2000, letn. 6, št. 1/2, str. 47-50, ilustr., graf. prikazi. [COBISS.SI-ID [919729](#)]
2. KUGOVNIK, Otmar, NEMEC, Bojan, SUPEJ, Matej. A skidding model for carving skis. *Kinesiology*, ISSN 1331-1441. [English ed.], december 2000, vol. 32, no. 2, str. 42-50, ilustr. [COBISS.SI-ID [15764519](#)]
3. KUGOVNIK, Otmar, NEMEC, Bojan, POGAČAR, Tomaž, ČOH, Milan. Measurement of trajectories and ground reaction forces in alpine skiing. Merjenje trajektorij in reakcijskih sil podlage pri alpskem smučanju. *Kinesiology Slovenica*, ISSN 1318-2269. [Print ed.], 1998, letn. 4, št. 1, str. 22-26. [COBISS.SI-ID [752338](#)]
4. KUGOVNIK, Otmar, BEDNARIK, Jakob, ŠTRUMBELJ, Boro, KAPUS, Venceslav. Assessing the active drag in swimming using the kinematic and dynamic parameters. *Kinesiology*, ISSN 1331-1441. [English ed.], 1998, let. 30, št. 2, str. 48-54. [COBISS.SI-ID [301489](#)]
5. ČOH, Milan, KUGOVNIK, Otmar, DOLENEC, Aleš. Biomechanická analýza odrazu pri skoku do výšky. *Telesná výchova & šport*, ISSN 1335-2245, 1995, let. 5, št. 4, str.32-35. [COBISS.SI-ID [108209](#)]
6. SUPEJ, Matej, SÆTRAN, L., OGGIANO, Lucca, ETTEMA, Gertjan, ŠARABON, Nejc, NEMEC, Bojan, HOLMBERG, Hans-Christer. Aerodynamic drag is not the major determinant of performance during giant slalom skiing at the elite level. *Scandinavian journal of medicine & science in sports*, 2013, vol. 23, no. 1, str. e38-e47, ilustr. <http://onlinelibrary.wiley.com/nukweb.nuk.uni-lj.si/doi/10.1111/sms.12007/pdf>, doi: [10.1111/sms.12007](#). [COBISS.SI-ID [4296113](#)], [JCR, WoS do 22. 2. 2013: št. citatov (TC): 0, čistih citatov (CI): 0, čistih citatov na avtorja (CIAu): 0, normirano št. čistih citatov (NC): 0, [Scopus](#) do 21. 8. 2013: št. citatov (TC): 1, čistih citatov (CI): 1, čistih citatov na avtorja (CIAu): 0.14, normirano št. čistih citatov (NC): 1] kategorija: 1A1 (Z1, A'); uvrstitev: SCI, Scopus, MBP; tipologijo je verificiral OSICD točke: 19.03, št. avtorjev: 7
7. SUPEJ, Matej, HOLMBERG, Hans-Christer. A new time measurement method using a high-end global navigation satellite system to analyze alpine skiing. *Res. q. exerc. sport*, 2011, vol. 82, no. 3, str. 400-411, ilustr., tabela. [COBISS.SI-ID [4109745](#)], [JCR, WoS do 7. 8. 2013: št. citatov (TC): 2, čistih citatov (CI): 2, čistih citatov na avtorja (CIAu): 1.00, normirano št. čistih citatov (NC): 8, [Scopus](#) do 21. 8. 2013: št. citatov (TC): 3, čistih citatov (CI): 3, čistih citatov na avtorja (CIAu): 1.50, normirano št. čistih citatov (NC): 3] kategorija: 1A1 (Z1, A'', A'); uvrstitev: SSCI, SCI, ERIHB, Scopus, MBP; tipologijo je verificiral OSICD točke: 50, št. avtorjev: 2

- 8.** SUPEJ, Matej, KIPP, R., HOLMBERG, Hans-Christer. Mechanical parameters as predictors of performance in alpine world cup slalom racing. *Scandinavian journal of medicine & science in sports*, 2011, vol. 21, no. 6, str. 72-81, ilustr., tabeli, doi: [10.1111/j.1600-0838.2010.01159.x](https://doi.org/10.1111/j.1600-0838.2010.01159.x). [COBISS.SI-ID [3856817](#)], [JCR, WoS do 2. 10. 2013: št. citatov (TC): 5, čistih citatov (CI): 4, čistih citatov na avtorja (CIAu): 1.33, normirano št. čistih citatov (NC): 3, [Scopus](#) do 21. 8. 2013: št. citatov (TC): 8, čistih citatov (CI): 7, čistih citatov na avtorja (CIAu): 2.33, normirano št. čistih citatov (NC): 5] kategorija: 1A1 (Z1, A'); uvrstitev: SCI, Scopus, MBP; tipologijo je verificiral OSICD točke: 39.08, št. avtorjev: 3
- 9.** SUPEJ, Matej, HOLMBERG, Hans-Christer. How gate setup and turn radii influence energy dissipation in slalom ski racing. *J. appl. biomech.*, 2010, vol. 26, no. 4, str. 454-464, ilustr., tabele. [COBISS.SI-ID [3935665](#)], [JCR, WoS do 15. 4. 2013: št. citatov (TC): 2, čistih citatov (CI): 2, čistih citatov na avtorja (CIAu): 1.00, normirano št. čistih citatov (NC): 1, [Scopus](#) do 5. 6. 2013: št. citatov (TC): 2, čistih citatov (CI): 2, čistih citatov na avtorja (CIAu): 1.00, normirano št. čistih citatov (NC): 1] kategorija: 1A3 (Z1); uvrstitev: SCI, Scopus, MBP; tipologijo je verificiral OSICD točke: 38.02, št. avtorjev: 2
- 10.** SUPEJ, Matej. 3D measurements of alpine skiing with an inertial sensor motion capture suit and GNSS RTK system. *J. sports sci.*. [Print ed.], 2010, vol. 28, no. 7, str. 759-769, tabele. [COBISS.SI-ID [3834033](#)], [JCR, WoS do 6. 3. 2013: št. citatov (TC): 5, čistih citatov (CI): 4, čistih citatov na avtorja (CIAu): 4.00, normirano št. čistih citatov (NC): 3, [Scopus](#) do 17. 9. 2013: št. citatov (TC): 9, čistih citatov (CI): 8, čistih citatov na avtorja (CIAu): 8.00, normirano št. čistih citatov (NC): 5] kategorija: 1A2 (Z1); uvrstitev: SCI, Scopus, MBP; tipologijo je verificiral OSICD točke: 93.14, št. avtorjev: 1
- 11.** SUPEJ, Matej. Differential specific mechanical energy as a quality parameter in racing alpine skiing. *J. appl. biomech.*, 2008, vol. 24, no. 2, str. 121-129, tabele, graf. prikazi. [COBISS.SI-ID [3267505](#)], [JCR, WoS do 6. 3. 2013: št. citatov (TC): 9, čistih citatov (CI): 4, čistih citatov na avtorja (CIAu): 4.00, normirano št. čistih citatov (NC): 3, [Scopus](#) do 30. 1. 2013: št. citatov (TC): 9, čistih citatov (CI): 4, čistih citatov na avtorja (CIAu): 4.00, normirano št. čistih citatov (NC): 3] kategorija: 1A3 (Z1); uvrstitev: SCI, Scopus, MBP; tipologijo je verificiral OSICD točke: 80, št. avtorjev: 1

# DEJAVNOSTI V NARAVI

## UČNI NAČRT PREDMETA/COURSE SYLLABUS

|                                   |                      |
|-----------------------------------|----------------------|
| <b>Predmet:</b>                   | Dejavnosti v naravi  |
| <b>Course title:</b>              | Activities in nature |
| <b>Članica nosilka/UL Member:</b> | UL FŠ                |

| Študijski programi in stopnja               | Študijska smer                  | Letnik    | Semestri  | Izbirnost |
|---------------------------------------------|---------------------------------|-----------|-----------|-----------|
| Športna vzgoja, prva stopnja, univerzitetni | Ni členitve (študijski program) | 2. letnik | Celoletni | obvezni   |

|                                                            |         |
|------------------------------------------------------------|---------|
| <b>Univerzitetna koda predmeta/University course code:</b> | 0045091 |
| <b>Koda učne enote na članici/UL Member course code:</b>   | 1197    |

| Predavanja<br>/Lectures | Seminar<br>/Seminar | Vaje<br>/Tutorials | Klinične vaje<br>/Clinical tutorials | Druge oblike študija<br>/Other forms of study | Samostojno delo<br>/Individual student work | ECTS |
|-------------------------|---------------------|--------------------|--------------------------------------|-----------------------------------------------|---------------------------------------------|------|
| 20                      | 10                  | 45                 | 0                                    | 0                                             | 75                                          | 5    |

|                                   |            |
|-----------------------------------|------------|
| <b>Nosilec predmeta/Lecturer:</b> | Blaž Jereb |
|-----------------------------------|------------|

|                                    |                    |
|------------------------------------|--------------------|
| <b>Vrsta predmeta/Course type:</b> | obvezni/compulsory |
|------------------------------------|--------------------|

|                          |                      |             |
|--------------------------|----------------------|-------------|
| <b>Jeziki/Languages:</b> | Predavanja/Lectures: | Slovenščina |
|                          | Vaje/Tutorial:       | Slovenščina |

|                                                                              |                                                       |
|------------------------------------------------------------------------------|-------------------------------------------------------|
| <b>Pogoji za vključitev v delo oz. za opravljanje študijskih obveznosti:</b> | <b>Prerequisites:</b>                                 |
| Pogoji za vpis v študijski letnik.                                           | Enrolment criteria for the appropriate study semester |

### Vsebina:

- ORIENTACIJSKI TEK**
  - orientacijske igre (brez karte in kompasa),
  - netekmovalna orientacija (topografska karta, kompas, naravni znaki),
  - tekmovalna orientacija-orientacijski tek (topografska karta in kompas).

**Medpredmetno povezovanje:** prva triada (spoznavanje okolja, slovenščina), druga triada (družba, naravoslovje in tehnologija, naravoslovje, slovenščina), tretja triada (geografija, slovenščina, matematika, fizika, tehnika in tehnologija) in SŠ (geografija, slovenščina, sociologija).
- KOLESARJENJE:**
  - kratek pregled gorskega kolesarstva doma in v svetu,
  - svetovanje pri nakupu kolesa,
  - oprema gorskega kolesarja,
  - nastavitve kolesa,

### Content (Syllabus outline):

- ORIENTEERING**
  - Orientation in general,
  - Different forms of orientation,
  - orienteering,
  - basic and advanced orientation techniques,
  - orienteering at school.

**Cross-curricular integration:** the first triad (introduction to the environment, Slovenian), the second triad (society, science and technology, natural sciences, Slovenian), third triad (geography, Slovenian, mathematics, physics, technology and technology) and SS (geography, Slovenian, sociology).
- CYCLING**
  - Traffic rules,
  - equipment for bicycles and cyclists,
  - the technique of driving on a flat surface, on a slope and downhill,
  - the choice of a tour,

|                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |
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| <ul style="list-style-type: none"> <li>• upravljanje kolesa,</li> <li>• ravnotežje med vožnjo,</li> <li>• zaviranje,</li> <li>• predstavljanje,</li> <li>• tehnika vožnje po ravnem, v klanec, pri spustu,</li> <li>• zavijanje,</li> <li>• skoki,</li> <li>• izbira cilja,</li> <li>• ocenjevanje težavnosti kolesarskih poti,</li> <li>• vodenje skupine,</li> <li>• iskanje informacijskih virov.</li> </ul> <p><b>Medpredmetno povezovanje:</b> prva triada (spoznavanje okolja), druga triada (naravoslovje in tehnologija, naravoslovje), tretja triada (biologija, geografija, fizika, tehnika in tehnologija) in SŠ (geografija, biologija, fizika, sociologija, psihologija, filozofija, informatika).</p> <p><b>1. ŠPORTNO PLEZANJE</b></p> <ul style="list-style-type: none"> <li>• zgodovina in organizacija športnega plezanja,</li> <li>• vrste in pravila športnega plezanja,</li> <li>• tekmovanja na umetnih plezalnih stenah,</li> <li>• vpliv športnega plezanja na človeka,</li> <li>• poškodbe pri športnem plezanju,</li> <li>• umetne in naravne plezalne stene</li> <li>• osebna in tehnična oprema,</li> <li>• varnostni ukrepi pri plezanju,</li> <li>• taktika in tehnika plezanja,</li> <li>• učenje plezanja skozi igro.</li> </ul> <p><b>Medpredmetno povezovanje:</b> prva triada (spoznavanje okolja), druga triada (zgodovina, družba, naravoslovje in tehnologija, naravoslovje), tretja triada (zgodovina, biologija, fizika, kemija, tehnika in tehnologija, državljanska vzgoja in etika) in SŠ (biologija, sociologija, psihologija, filozofija, zgodovina, fizika, etika in kemija).</p> <p><b>1. KAJAK, KANU</b></p> <ul style="list-style-type: none"> <li>• Oprema,</li> <li>• ureditev učnega okolja,</li> <li>• priprava učno vzgojnega procesa,</li> <li>• osnove tehnike in metodike,</li> <li>• gibanja kajaka,</li> <li>• šolski zavesljaji naprej in nazaj,</li> <li>• vodenje vesla v vodi,</li> <li>• krmarjenje,</li> <li>• reševanje iz tekoče vode,</li> <li>• igre.</li> </ul> <p><b>Medpredmetno povezovanje:</b> prva triada (spoznavanje okolja), druga triada (naravoslovje in tehnologija, naravoslovje), tretja triada (biologija, fizika, kemija, tehnika in tehnologija, državljanska vzgoja, etika) in SŠ (biologija, sociologija, psihologija, filozofija, fizika, etika).</p> | <ul style="list-style-type: none"> <li>• assessing the difficulty of cycling routes,</li> <li>• managing the group.</li> </ul> <p><b>Cross-curricular integration:</b> the first triad (introduction to the environment), the second triad (science and technology, natural sciences): the third triad (biology, geography, physics, technology and technology) and SS (geography, biology, physics, sociology, psychology, philosophy, informatics).</p> <p><b>1. SPORT CLIMBING</b></p> <ul style="list-style-type: none"> <li>• History and organizational structure of Slovenian Sport climbing association,</li> <li>• types and rules of sport climbing,</li> <li>• sport climbing competitions on artificial walls,</li> <li>• influence of sport climbing on humans,</li> <li>• injuries at sport climbing,</li> <li>• artificial and natural climbing walls,</li> <li>• personal and technical sport climbing equipment,</li> <li>• safety protocols at sport climbing,</li> <li>• sport climbing tactic and technic,</li> <li>• climbing through games.</li> </ul> <p><b>Cross-curricular integration:</b> the first triad (learning about the environment), the second triad (history, society, science and technology, natural sciences), the third triad (history, biology, physics, chemistry, technology and civic education and ethics), psychology, philosophy, history, physics, ethics and chemistry).</p> <p><b>4. KAYAK, KANU</b></p> <ul style="list-style-type: none"> <li>• Equipment,</li> <li>• learning environment,</li> <li>• preparation of the educational process,</li> <li>• basics of technique and methodology in kayaking,</li> <li>• turn back and forth,</li> <li>• rescue from white water,</li> <li>• games.</li> </ul> <p><b>Cross-curricular integration:</b> the first triad (learning about the environment), the second triad (science and technology, natural sciences), the third triad (biology, physics, chemistry, technology and technology, civic education, ethics) and SS (biology, sociology, psychology, philosophy, physics, ethics).</p> |
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#### Temeljna literatura in viri/Readings:

- Kristan, S. (1998). Šola v naravi. Didakta, Radovljica.
- Mösch, L. (2004). Plezanje kot igra. Modrijan, Ljubljana.
- Leskošek, B. (2003). Osnove športnega plezanja, Fakulteta za šport, Ljubljana.

- Petrovič, D. (1999): Orientacija in topografija. Zveza tabornikov Slovenije, Ljubljana.
  - Cornel, J. (1994). Približajmo naravo otrokom. Mohorjeva družba, Ljubljana.
  - Conel, J. (1998). Veselimo se z naravo. Mohorjeva družba, Ljubljana.
  - Vest, A. L. (2005). Tehnika veslanja v kajaku. CD-Kajakaška zveza Slovenije.
  - Jelenc, A. (2007). Veslajmo modro. priročnik za izvedbo programa barvnih vesel : [priročnik za učitelje kajaka in kanuja]. - Ljubljana : Kajakaška zveza Slovenije.
  - Burnik, S., Petrovič, D., Gratej, L., Zubin, A., Jereb, B. (2012). ABC dejavnosti v naravi. Ljubljana: Fakulteta za šport.
  - Kajtna, T., Burnik, S., Brod, T., Pori, M., Jereb, B. (2013). Kako reševati probleme pri dejavnostih v naravi: Ljubljana: Fakulteta za šport.
- Prispevki in diplome o pouku na prostem in šoli v naravi.

### Cilji in kompetence:

Cilji predmeta so:

Bodo usposobljeni za organizacijo, varno vodenje in poučevanje dejavnosti v naravi (orientacija, kolesarstvo, plezanje, veslanje in športi, ki bodo kasneje umeščeni v učne načrte, oziroma se bodo pojavili kot »popularni-moderni« športi) v šolah (osnovna, srednja šola), pri rednem pouku, na športnih dnevih, pri dnevih dejavnosti, v šoli v naravi, izbirnih vsebinah in krožkih.

Predmetno specifične kompetence:

- Bodo poznali didaktiko posameznih dejavnosti v naravi.
- Bodo razumeli dejavnosti v naravi kot sredstva za ohranjanje zdravega načina življenja.
- Bodo razumeli dejavnosti v naravi kot sredstva za izboljšanje kakovosti življenja.
- Bodo poznali vpliv nekaterih dejavnosti v naravi na osebnostne lastnosti otrok in mladine.
- Bodo poznali vpliv nekaterih dejavnosti v naravi na socialni razvoj otrok in mladine.
- Bodo poznali vpliv nekaterih dejavnosti v naravi na gibalne in funkcionalne sposobnosti otrok in mladine.
- Bodo razumeli program Zlati sonček:
- Bodo razumeli program Krpan:
- Bodo razumeli dni dejavnosti (aerobne dejavnosti v naravi: orientacija, kolesarjenje, kajakaštvo).
- Bodo razumeli in poznali orientiranje v naravi in osnove tekmovalne orientacije – orientacijskega teka v naravi.
- Bodo poznali osnove različnih tehnik in taktik vožnje s kolesom.
- Bodo poznali osnove varnostnih ukrepov za varno vodenje kolesarjenja.
- Bodo poznali osnove tehnike in taktike plezanja na umetni plezalni steni.
- Bodo poznali osnove vrvne tehnike za plezanje na umetni plezalni steni.
- Bodo poznali osnove varnostnih ukrepov za varno vodenje plezanja na umetni plezalni steni.
- Bodo razumeli sistem Barvnih vesel pri Kajakaški zvezi Slovenije.
- Bodo poznali osnove tehnike gibanja kajaka po mirni in tekoči vodi »rumeno veslo«.

### Objectives and competences:

Objectives of the course are:

They will be trained in organizing, safely managing and teaching activities in nature (orientation, cycling, climbing, rowing in schools (primary, secondary school), regular classes, sports days, day activities, at school in nature, optional content and circles.

Subject-specific competences:

- To know the didactics of individual activities in nature.
- To understand activities in nature as a means of maintaining a healthy lifestyle.
- To understand activities in nature as means to improve the quality of life.
- To know the influence of certain activities in nature on children and youth.
- To know the impact of certain activities in the nature on the social development of children and youth.
- To know the influence of certain activities in nature on the functional skills of children and youth.
- To understand and know the ecology for carrying out activities in nature.
- To understand landscapes where nature activities take place, as areas of important sources of drinking water, renewable energies, minerals, forests and agricultural products.

To understand and know how to implement cross-curricular knowledge within regular subjects according to the curriculum of the entire primary school and elementary school, as well as optional and free elective courses in the third triad of the elementary school and the entire secondary school.

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| <ul style="list-style-type: none"> <li>• Bodo poznali osnove različnih tehnik reševanja iz tekoče vode.</li> <li>• Bodo poznali osnove fizikalnih zakonitosti vode (vodne tvorbe).</li> <li>• Poznali osnove varnostnih ukrepov in spoznavnih znakov za varno vodenje veslanja po mirni in tekoči vodi.</li> <li>• Bodo razumeli in poznali ekologijo za izvajanje dejavnosti v naravi.</li> <li>• Bodo razumeli pokrajine kjer se odvijajo dejavnosti v naravi, kot območja pomembnih virov pitne vode, obnovljivih virov energije, rudnin, gozda in kmetijskih pridelkov.</li> <li>• Bodo razumeli in poznali pokrajine kot naravnega okolja za izvajanje dejavnosti v naravi.</li> <li>• Bodo razumeli in znali udeležati medpredmetne povezave z rednimi predmeti po predmetniku celotne OŠ in SŠ ter izbirnimi in prosto izbirnimi predmeti v tretji triadi OŠ in celotne SŠ.</li> </ul> |  |
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| <b>Predvideni študijski rezultati:</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              | <b>Intended learning outcomes:</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |
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| <ul style="list-style-type: none"> <li>• Znajo organizirati in varno izvesti športni dan, šolo v naravi z nekaterimi dejavnostmi v naravi.</li> <li>• Razumejo vlogo vsebine učnega načrta, kot sredstva za pripravo otrok, mladine, in učitelja za športne dneve, šole v naravi z nekaterimi dejavnostmi v naravi.</li> <li>• Uporaba pridobljenih znanj za organizacijo in varno izvedbo športnega dne, šole v naravi z nekaterimi dejavnostmi v naravi.</li> <li>• Sposobnost prilagajanja različnim (lahko tudi nepredvidljivim) situacijam.</li> <li>• Razvijanje kompetenc za učinkovito načrtovanje in vodenje športnega dne in šole v naravi z nekaterimi dejavnostmi v naravi za posamezne triade v OŠ in posamezno starostno stopnjo v SŠ.</li> <li>• Ocena in zavedanje problemov in nevarnosti pri vodenju dejavnosti v naravi v šoli.</li> <li>• Sposobnost iskanja virov za pomoč pri izdelavi učne priprave za posamezne dejavnosti na različni stopnji šolanja in se zna pri posameznih pripravah povezovati z drugimi predmeti na šoli.</li> </ul> | <ul style="list-style-type: none"> <li>• They can organize and safely perform a sports day, a school in the nature with some activities in nature.</li> <li>• Understand the role of curriculum content as a means of preparing children, youth, and teachers for sports days, schools in nature with some activities in nature.</li> <li>• Use of acquired knowledge for the organization and safe execution of a sports day, a school in nature with some activities in the nature.</li> <li>• Ability to adapt to different (as well as unpredictable) situations.</li> <li>• Developing competencies for effective planning and running of a sports day and school in nature with some activities in the nature for individual triads in the elementary school and individual age level in the school.</li> <li>• Assessment and awareness of problems and hazards in managing activities in nature.</li> </ul> <p>The ability to find resources to help prepare a learning preparation for individual activities at different levels of education that can be associated with individual courses in other subjects at school.</p> |

| <b>Metode poučevanja in učenja:</b>               | <b>Learning and teaching methods:</b>             |
|---------------------------------------------------|---------------------------------------------------|
| Predavanja, seminarji, vaje in individualno delo. | Lectures, seminars, exercises and individual work |

| <b>Načini ocenjevanja:</b>                        | <b>Delež/Weight</b> | <b>Assessment:</b>                                       |
|---------------------------------------------------|---------------------|----------------------------------------------------------|
| Teoretični izpit: 5 negativno, od 6-10 pozitivno. | 50,00 %             | Theoretical examination: 5 negative, from 6-10 positive. |
| Seminarska naloga                                 | 10,00 %             | Essay                                                    |
| Praktični izpit: 5 negativno, od 6-10 pozitivno   | 40,00 %             | Practical examination: 5 negative, 6-10 positive         |

**Ocenjevalna lestvica:**

**Grading system:**

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**Reference nosilca/Lecturer's references:**

**Izr. prof. dr. BLAŽ JEREB**

**Najpomembnejša dela:**

**JEREB, Blaž**, BURNIK, Stojan, KARPLJUK, Damir. Heart rate responses to uphill walking in 9- to 10-yr old boys and girls = Frekvenca srca 9 in 10-letnih dečkov in deklic pri hoji navkreber. Kinesiol. Slov. (Print). [Print ed.], 2003, letn. 9, št. 1, str. 18-27.

BURNIK, Stojan, **JEREB, Blaž**. Heart rate as an indicator of sport climbing intensity. Acta Univ. Palacki. Olomuc., Gymn., 2007, vol. 37, no. 1, str. 63-66.

UŠAJ, Anton, **JEREB, Blaž**, PRITRŽNIK, Robert, DUVILLARD, Serge P. von. The influence of strength-endurance training on the oxygenation of isometrically contracted forearm muscles. Eur. j. appl. physiol. (Print). [Print ed.], 2007, vol. 100, no 6, str. 685-692.

DEBEVEC, Tadej, BURNIK, **Stojan, JEREB, Blaž**. Dynamics of heart rate under step test loadings as an indicator of altitude acclimatisation = Dinamika frekvence srca med step testom kot kazalec aklimatiziranosti na povečano nadmorsko višino. Kinesiol. Slov. (Print). [Print ed.], 2007, letn. 13, št. 1, str. 5-13.

BURNIK, Stojan, PETROVIČ, Dušan, GRATEJ, Luka, ZUBIN, Aldo, **JEREB Blaž**. ABC dejavnosti v naravi. Univerza v Ljubljani, Fakulteta za šport, Ljubljana, 2012, str. 102-135.

KAJTNA, Tanja, BURNIK, Stojan, BROD, Tanja, PORI, Maja, **JEREB Blaž**. Kako reševati probleme pri dejavnostih v naravi. Univerza v Ljubljani, Fakulteta za šport, Ljubljana, 2013

# DIDAKTIKA ŠPORTNE VZGOJE 1

## UČNI NAČRT PREDMETA/COURSE SYLLABUS

|                                   |                                   |
|-----------------------------------|-----------------------------------|
| <b>Predmet:</b>                   | Didaktika športne vzgoje 1        |
| <b>Course title:</b>              | Didactics of physical education 1 |
| <b>Članica nosilka/UL Member:</b> | UL FŠ                             |

| Študijski programi in stopnja                                                        | Študijska smer                  | Letnik    | Semestri  | Izbirnost |
|--------------------------------------------------------------------------------------|---------------------------------|-----------|-----------|-----------|
| Športna vzgoja, prva stopnja, univerzitetni<br>(od študijskega leta 2025/2026 dalje) | Ni členitve (študijski program) | 2. letnik | Celoletni | obvezni   |

|                                                     |         |
|-----------------------------------------------------|---------|
| Univerzitetna koda predmeta/University course code: | 0045087 |
| Koda učne enote na članici/UL Member course code:   | 1106    |

| Predavanja<br>/Lectures | Seminar<br>/Seminar | Vaje<br>/Tutorials | Klinične vaje<br>/Clinical<br>tutorials | Druge oblike<br>študija<br>/Other forms<br>of study | Samostojno<br>delo<br>/Individual<br>student work | ECTS |
|-------------------------|---------------------|--------------------|-----------------------------------------|-----------------------------------------------------|---------------------------------------------------|------|
| 60                      | 45                  | 30                 | 0                                       | 0                                                   | 135                                               | 9    |

|                            |              |
|----------------------------|--------------|
| Nosilec predmeta/Lecturer: | Gregor Starc |
|----------------------------|--------------|

|                             |         |
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| Vrsta predmeta/Course type: | obvezni |
|-----------------------------|---------|

|                   |                                  |
|-------------------|----------------------------------|
| Jeziki/Languages: | Predavanja/Lectures: Slovenščina |
|                   | Vaje/Tutorial: Slovenščina       |

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

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### Vsebina:

#### *Kurikularne teorije in osnove didaktike športne vzgoje/športa*

- Definicije kakovosti vzgojnoizobraževalnih sistemov in temeljni kazalniki kakovostne šole.
- Družbene funkcije športne vzgoje/športa.
- Zgodovinski razvoj športne vzgoje/športa.
- Položaj športne vzgoje/športa v vzgojnoizobraževalnih sistemih različnih držav.
- Definicija kurikula, razvoj kurikularnih teorij in načela dobrega kurikula.
- Razmerja med kurikularnimi teorijami, pedagogiko in didaktiko.
- Sestavine in vrste kurikula.
- Skriti kurikulum in športna vzgoja/šport.
- Ničelni kurikulum pri športni vzgoji/športu in njegovo prepoznavanje.
- Šolska realnost.

### Content (Syllabus outline):

#### **Curriculum theory and basics of didactics of Physical education (PE)**

- Definition of quality of educational systems and the basic indicators of quality education.
- Social function of PE.
- Historical development of PE.
- World-wide state and status of PE.
- Definition of curriculum, the development of curriculum theories and principles of good curriculum.
- Relations between curriculum theory, pedagogy and didactics.
- Types of curriculum. Curriculum contents.
- Hidden curriculum and PE.
- Null curriculum in PE and its identification.
- Reality in school system.

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| <ul style="list-style-type: none"> <li>• Izvedbeni kurikulum za športno vzgojo/šport in ravni oblikovanja.</li> <li>• Načrtovanje, izdelava in implementacija kurikula za športno vzgojo.</li> <li>• Nastanek in razvoj didaktike, predmet didaktike, osnovne metode, postopki in inštrumenti za preučevanje didaktičnih pojavov, posebej še na področju športne vzgoje/športa.</li> <li>• Odnos didaktika, specialne didaktike, metodika.</li> <li>• Osnovni didaktični pojmi.</li> <li>• Didaktična načela in njihove dileme.</li> <li>• Gibalna kompetentnost/gibalna pismenost/gibalna izobraženost posameznika.</li> </ul> <p><b><i>Načrtovanje športnovzgojnega procesa</i></b></p> <ul style="list-style-type: none"> <li>• Teorija načrtovanja.</li> <li>• Ciljnost pouka, vrste in vidiki izbora ciljev; merila za izbor ciljev.</li> <li>• Vsebine in merila za njihov izbor.</li> <li>• Izbor učnih metod in učnih oblik glede na namen vadbe, starost in učne pogoje.</li> <li>• Učno okolje.</li> <li>• Strukturiranost pouka.</li> <li>• Artikulacija učnega procesa.</li> <li>• Sestavine učnih načrtov za športno vzgojo (za osnovno šolo, izbirne predmete, gimnazije in gimnazije s športnimi oddelki, srednjetehtniško in poklicno izobraževanje, koncept dnevov dejavnosti, koncept šole v naravi, koncept podaljšanega bivanja, obvezne izbirne vsebine v gimnazijah in obvezne interesne dejavnosti v drugih srednješolskih programih).</li> <li>• Izvedbeni kurikulum.</li> <li>• Letni delovni načrt šole in letni delovni načrt za športno vzgojo/šport.</li> <li>• Letna priprava na pouk športne vzgoje/športa.</li> <li>• Koncept tematske priprave (študija primera).</li> <li>• Učna priprava za predmet športna vzgoja/šport.</li> </ul> <p><b><i>Vodenje športnovzgojnega procesa</i></b></p> <ul style="list-style-type: none"> <li>• Temeljne zakonitosti vodenja kakovostnega športnovzgojnega procesa na različnih razvojnih stopnjah.</li> <li>• Zaporedje didaktičnih korakov pri podajanju različnih športnih vsebin.</li> <li>• Organizacija ure (učne metode in oblike, dejavnosti učencev, dejavnosti učitelja, obremenitev učencev, intenzivnost vadbe, nadzor vadbe, uporaba IKT in drugih pripomočkov pri pouku).</li> <li>• Različni organizacijski vidiki izpeljave športnih dejavnosti (športni dan, šola v naravi, interesne dejavnosti, šolska športna tekmovanja, dodatni programi).</li> <li>• Individualizacijski modeli in različne vrste diferenciacij glede na namen vadbe, starost otrok in njihove prednostne potrebe.</li> <li>• Teoretične vsebine pri športni vzgoji in razvoj kritičnega mišljenja.</li> </ul> | <ul style="list-style-type: none"> <li>• Implementation of formal PE curriculum on different levels.</li> <li>• Curriculum construction.</li> <li>• Didactic, its development, subject, basic methods, procedures and instruments for the study of didactics phenomena in the field of PE.</li> <li>• Relationships between didactics and special didactics.</li> <li>• Basic didactic concepts.</li> <li>• Didactic principles and their dilemmas.</li> <li>• Physical competency/literacy of the individual.</li> </ul> <p><b><i>Physical education planning process</i></b></p> <ul style="list-style-type: none"> <li>• Planning theory.</li> <li>• PE classes targeting, types and aspects for selection the objectives; criteria for selection of the objectives.</li> <li>• PE contents and criteria for their selection.</li> <li>• Selection of teaching methods and learning forms depending on the purpose of exercise, age and learning conditions.</li> <li>• Learning environment.</li> <li>• Structure of the classes.</li> <li>• Articulation of the learning process.</li> <li>• Ingredients of the curricula for PE (primary school elective courses, gymnasium and gymnasium with sports departments, technical high-school and vocational education, the concept of sport days, the concept of outdoor activities, the concept of an extended stay, compulsory elective subjects in gymnasiums and compulsory extracurricular activities in other vocational programs).</li> <li>• Implemented curriculum.</li> <li>• The annual work plan for schools.</li> <li>• Annual teacher's PE plan.</li> <li>• The concept of thematic preparation for PE (case study).</li> <li>• Lesson plan for PE.</li> </ul> <p><b><i>Delivering PE process</i></b></p> <ul style="list-style-type: none"> <li>• Basic legality of delivering qualitative PE process at different stages of child's development.</li> <li>• The sequence of didactic steps delivering a variety of PE contents.</li> <li>• Class organization (teaching methods, activities of pupils, teacher's activities, student loads, exercise intensity, controlling the exercise, use of ICT and other devices in the classroom).</li> <li>• Individualisation models and different types of differentiation according to the purpose of the exercise, age of the children and their priority needs.</li> <li>• Different organizational aspects of the derivation of sporting activities (sports day, outdoor school activity, extracurricular activities, school sports competitions, additional PE programmes).</li> <li>• Theoretical content in PE and the development of critical thinking.</li> </ul> |
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### Temeljna literatura in viri/Readings:

1. Blažič, M., Ivanuš Grmek, M., Kramar, M. Strmčnik, F. (2004). Didaktika. Novo mesto: Pedagoška obzorja.
2. Capel, S. in Whitehead, M. (2010). Learning to teach physical education in secondary school (3rd Edition). New York: Routledge.
3. Hardman, K. in Green K. (2011). Contemporary Issues in Physical Education. Maidenhead: Meyer & Meyer Sport (UK).
4. Hatton, N. in Smith, D. (1995). Reflection in Teacher Education: Towards Definition and Implementation. Sydney: The University of Sydney.
5. Himberg, C., Hutchinson, E.G. & Roussell, J.M. (2003). Teaching Secondary Physical Education. Champaign, IL: Human Kinetics.
6. Kovač, M. (2010). Didaktika športne vzgoje: izdelava izvedbenega kurikula (gradivo za vaje 2. letnika v študijskem letu 2014/2015). Ljubljana: Fakulteta za šport, Katedra za šolsko športno vzgojo.
7. Kovač, M. (2012): Didaktika. Gradivo za predavanja. Ljubljana: Fakulteta za šport.
8. Kovač, M. in Jurak, G. (2012). Izpeljava športne vzgoje – didaktični pojavi, športni programi in učno okolje. Druga, dopolnjena in razširjena izdaja. Ljubljana: Fakulteta za šport.
9. Kovač, M., Jurak, G., Starc, G., Leskošek, B., Strel, J. (2011). Športnovzgojni karton: diagnostika in ovrednotenje telesnega in gibalnega razvoja otrok in mladine v Sloveniji. Ljubljana: Fakulteta za šport.
10. Kroflič, R. (2002). Vstop v kurikularne teorije – izbrani pedagoški spisi. Ljubljana: Zavod RS za šolstvo.
11. Marsh, J. Colin (1994). Kurikulum. Temeljni pojmi. Zagreb: Educa.
12. Pangrazzi, P. R., Beighle, A. (2012). Dynamic Physical Education for Elementary School Children with Curriculum Guide: Lesson Plans for Implementation (17th Edition). San Francisco [etc.]: Benjamin-Cummings Publishing Company, Subs of Addison Wesley Longman, Inc.
13. Strmčnik, F. (2001). Didaktika. Osrednje teoretične teme. Ljubljana: Razprave Filozofske fakultete.
14. Učni načrti za različne stopnje šolanja. Dostopno na [Programi in učni načrti v osnovni šoli | GOV.SI](http://Programi%20in%20u%C4%8Dni%20na%C4%8Drti%20v%20osnovni%20%C5%A1oli%20-%20GOV.SI%20in%20SREDNJE%C5%A1OLSKI%20IZOBRA%20ZEVALNI%20PROGRAMI) in [SREDNJEŠOLSKI IZOBRAŽEVALNI PROGRAMI](http://SREDNJE%C5%A1OLSKI%20IZOBRA%20ZEVALNI%20PROGRAMI)
15. Preskar, S. (ur.) (2023). Kurikulum za razširjeni program osnovne šole z navodili za izvajanje. Zavod RS za šolstvo. Dostopno na: [www.zrss.si/pdf/kurikulum RAP in navodila.pdf](http://www.zrss.si/pdf/kurikulum_RAP_in_navodila.pdf)

### Cilji in kompetence:

#### Znanje in razumevanje:

- temeljna znanja o kurikulu, temeljnih didaktičnih pojmi, teorijah načrtovanja, veljavnih učnih načrtih in dokumentih, ki jih mora pripraviti učitelj za vzgojnoizobraževalno delo.
  - znanja o koncipiranju in načrtovanju športnovzgojnega procesa tako v šoli kot v zunajšolskih dejavnostih;
  - razumevanje pomena institucionalne športne vzgoje/športa v otrokovem celostnem razvoju;
  - razumevanje dejavnikov, ki vplivajo na kakovost vzgojno-izobraževalnega sistema kot celote, še posebej pa področja športne vzgoje;
  - razumevanje pomena avtonomnosti učitelja pri načrtovanju športnih programov;
  - znanje o merilih izbora ustreznih didaktičnih korakov, učnih metod, oblik, pripomočkov, intenzivnosti vadbe in pedagoških strategij glede na razvojno stopnjo otrok in ciljnost pouka/vadbe;
  - znanje o individualizacijskih modelih in vrstah diferenciacije;
  - razumevanje povezave raznovrstnih pedagoških, organizacijskih in didaktičnih znanj pri načrtovanju in izpeljavi različnih oblik športne vadbe;
- razumevanje pomena ključnih kompetenc za učinkovito vodenje športnovzgojnega procesa.

### Objectives and competences:

#### Knowledge and understanding:

- basic knowledge of curriculum, basic didactic concepts, theories of planning, existing curricula and documents that are required for preparation on education process;
- knowledge of conceiving and planning physical education in school and in extracurricular activities;
- understanding the importance of institutional PE in the child's holistic development;
- understanding the factors that affect the quality of the educational system;
- understanding the importance of teacher autonomy in designing PE programmes;
- knowledge for selection relevant didactic steps of teaching methods, forms, tools, training intensities and pedagogical strategies based on the stage of child's development and targeted classes;
- knowledge of individualisation model and type of differentiation;
- understanding the connection between educational, organizational and didactic knowledge when planning and executing the various forms of sports exercise;
- understanding the importance of the key competencies for effective leading of PE process.

**Predvideni študijski rezultati:**

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| <p>Znanje in razumevanje:</p> <ul style="list-style-type: none"> <li>temeljna znanja o kurikulumu, temeljnih didaktičnih pojmi, teorijah načrtovanja, veljavnih učnih načrtih in dokumentih, ki jih mora pripraviti učitelj za vzgojnoizobraževalno delo.</li> <li>znanja o koncipiranju in načrtovanju športnovzgojnega procesa tako v šoli kot v zunajšolskih dejavnostih;</li> <li>razumevanje pomena institucionalne športne vzgoje/športa v otrokovem celostnem razvoju;</li> <li>razumevanje dejavnikov, ki vplivajo na kakovost vzgojno-izobraževalnega sistema kot celote, še posebej pa področja športne vzgoje;</li> <li>razumevanje pomena avtonomnosti učitelja pri načrtovanju športnih programov;</li> <li>znanje o merilih izbora ustreznih didaktičnih korakov, učnih metod, oblik, pripomočkov, intenzivnosti vadbe in pedagoških strategij glede na razvojno stopnjo otrok in ciljnost pouka/vadbe;</li> <li>znanje o individualizacijskih modelih in vrstah diferenciacije;</li> <li>razumevanje povezave raznovrstnih pedagoških, organizacijskih in didaktičnih znanj pri načrtovanju in izpeljavi različnih oblik športne vadbe;</li> <li>razumevanje pomena ključnih kompetenc za učinkovito vodenje športnovzgojnega procesa.</li> </ul> |
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**Intended learning outcomes:**

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| <p>Knowledge and understanding:</p> <ul style="list-style-type: none"> <li>basic knowledge of curriculum, basic didactic concepts, theories of planning, existing curricula and documents that are required for preparation on education process;</li> <li>knowledge of conceiving and planning physical education in school and in extracurricular activities;</li> <li>understanding the importance of institutional PE in the child's holistic development;</li> <li>understanding the factors that affect the quality of the educational system;</li> <li>understanding the importance of teacher autonomy in designing PE programmes;</li> <li>knowledge for selection relevant didactic steps of teaching methods, forms, tools, training intensities and pedagogical strategies based on the stage of child's development and targeted classes;</li> <li>knowledge of individualisation model and type of differentiation;</li> <li>understanding the connection between educational, organizational and didactic knowledge when planning and executing the various forms of sports exercise;</li> <li>understanding the importance of the key competencies for effective leading of PE process.</li> </ul> |
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**Metode poučevanja in učenja:**

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| <p>Predavanja, aktivno (refleksivno) poučevanje, panelna debata, simulacije, raziskovalni seminar, naloge v parih, individualne naloge, portfolio – osebna didaktična mapa študenta.</p> |
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**Learning and teaching methods:**

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| <p>Lectures, active (reflective) teaching, panel debates, simulations, research seminar tasks in pairs, individual assignments, portfolio – personal student's folder.</p> |
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**Načini ocenjevanja:**

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|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p>Pisni izpit po koncu poletnega (4.) semestra (6 KT). Pogoji za pristop k pisnemu izpitu je pozitivna ocena seminarja in didaktične mape po koncu zimskega (3.) semestra (3 KT, ocena je opravljen/niso opravljeni).</p> |
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**Delež/Weight**

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| <p>100,00 %</p> |
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**Assessment:**

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| <p>Written exam after the end of summer (4th) semester (6 ECTS credit points). Prerequisite for taking the examination is positive evaluation of seminar and didactic portfolio (3 ECTS credit points, the note is pass/don't pass) after the end of winter semester.</p> |
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**Ocenjevalna lestvica:**

|                                                                 |
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| <p>5 - 10, pri čemer velja, da je pozitivna ocena od 6 - 10</p> |
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**Grading system:**

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| <p>5 - 10, a student passes the exam if he is graded from 6 to 10</p> |
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**Reference nosilca/Lecturer's references:**

|                                                                                  |
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| <p>Najpomembnejša dela nosilca:<br/>Znanstveni članki / Scientific articles:</p> |
|----------------------------------------------------------------------------------|

1. KOVAČ, Marjeta, SLOAN, Stephan, STARC, Gregor. Competencies in physical education teaching: Slovenian teachers' view and future perspectives. *Eur. phy. educ. rev.*, oct. 2008, vol. 14, no. 3, str. 299-323, tabeli, graf. prikaz. [COBISS.SI-ID 3516337]
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# DIDAKTIKA ŠPORTNE VZGOJE 2

## UČNI NAČRT PREDMETA/COURSE SYLLABUS

|                                   |                                   |
|-----------------------------------|-----------------------------------|
| <b>Predmet:</b>                   | Didaktika športne vzgoje 2        |
| <b>Course title:</b>              | Didactics of physical education 2 |
| <b>Članica nosilka/UL Member:</b> | UL FŠ                             |

| Študijski programi in stopnja                                                        | Študijska smer                  | Letnik    | Semestri    | Izbirnost |
|--------------------------------------------------------------------------------------|---------------------------------|-----------|-------------|-----------|
| Športna vzgoja, prva stopnja, univerzitetni<br>(od študijskega leta 2025/2026 dalje) | Ni členitve (študijski program) | 3. letnik | 2. semester | obvezni   |

|                                                            |         |
|------------------------------------------------------------|---------|
| <b>Univerzitetna koda predmeta/University course code:</b> | 0045097 |
| <b>Koda učne enote na članici/UL Member course code:</b>   | 706     |

| Predavanja<br>/Lectures | Seminar<br>/Seminar | Vaje<br>/Tutorials | Klinične vaje<br>/Clinical<br>tutorials | Druge oblike<br>študija<br>/Other forms<br>of study | Samostojno<br>delo<br>/Individual<br>student work | ECTS |
|-------------------------|---------------------|--------------------|-----------------------------------------|-----------------------------------------------------|---------------------------------------------------|------|
| 15                      | 0                   | 0                  | 0                                       | 75                                                  | 90                                                | 6    |

|                                   |                            |
|-----------------------------------|----------------------------|
| <b>Nosilec predmeta/Lecturer:</b> | Gregor Jurak, Neja Markelj |
|-----------------------------------|----------------------------|

|                                    |         |
|------------------------------------|---------|
| <b>Vrsta predmeta/Course type:</b> | obvezni |
|------------------------------------|---------|

|                          |                      |             |
|--------------------------|----------------------|-------------|
| <b>Jeziki/Languages:</b> | Predavanja/Lectures: | Slovenščina |
|                          | Vaje/Tutorial:       | Slovenščina |

|                                                                              |                                                                                           |
|------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------|
| <b>Pogoji za vključitev v delo oz. za opravljanje študijskih obveznosti:</b> | <b>Prerequisites:</b>                                                                     |
| Opravljen izpit iz Didaktike športne vzgoje 1                                | Enrolment in the third year of study. Passed exams Didactics of Physical Education (PE) 1 |

### Vsebina:

Predmet vključuje seznanjanje s subjektivnimi in objektivnimi vidiki varnosti pri vadbi ter poklicno odgovornostjo trenerja/športnega pedagoga. Študenti nadgradijo teoretično znanje s praktičnim pridobivanjem spretnosti načrtovanja in vodenja vadbe v vrtcu, šolah, institucijah za otroke s posebnimi potrebami in društvih. V profesionalno prakso se uvajajo na postopen način - najprej prek ogledov in analiz dobre prakse (hospitacij), nato pa z opazovalno prakso in simuliranim poukom ob pomoči mentorja.

Temeljne vsebine:

#### Sklop Vodenje športne vadbe:

- Dejavniki tveganja in varnost pri športnovzgojnih dejavnostih.
- Varovanje zasebnosti.

### Content (Syllabus outline):

The subject includes the presentation of pairing with subjective and objective aspects of safety and with liability of coaches / PE teachers. Students upgrade their theoretical knowledge with practical learning in kindergarten, schools, institutions for children with disabilities and clubs. Student are introduced in practical pedagogical training through a different phases – first through the viewing process and analyses of good practice (class observations), further with observation practice and with simulated lessons with the help of a mentor.

#### Core content:

##### Management of sports training

- Risk and safety factors during PE and sport practicing.
- Privacy policy.

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|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <ul style="list-style-type: none"> <li>• Poklicni razvoj učitelja/trenerja.</li> <li>• Poklicna odgovornost učitelja/trenerja.</li> </ul> <p><b>Sklop Uvajanje v profesionalno delo (hospitacije):</b></p> <ul style="list-style-type: none"> <li>• Poučevanje kot komunikacijski proces.</li> <li>• Značilnosti poteka dela v društvu, vrtcu, osnovni šoli (različna triletja) in instituciji za osebe s posebnimi potrebami oziroma pri integraciji učenca s posebnimi potrebami v običajne izobraževalne programe.</li> <li>• Sledenje vadbeni/učni uri po posebnem protokolu ter kritična razprava.</li> </ul> <p><b>Sklop Uvajanje v profesionalno delo (opazovalna učna praksa, skupno poučevanje, nastop):</b></p> <ul style="list-style-type: none"> <li>• Opazovalna praksa: sledenje vadbeni/učni uri po posebnem protokolu.</li> <li>• Prepoznavanje posebnosti posameznih otrok in spoštovanje njihove zasebnosti.</li> <li>• Skupno poučevanje (študent – študent; študent – mentor).</li> <li>• Samostojne dejavnosti študenta (analiziranje stanja, izdelava tematskih in učnih priprav, pomoč pri izpeljavi vadbene ure in analiza posameznih ur, pedagoške strategije ravnanja, izdelava didaktičnih gradiv, vključevanje individualizacije, ustrezna diferenciacija vadbe).</li> <li>• Komunikacija učitelj – učenec.</li> <li>• Kritično ovrednotenje poteka dela in odzivanja otrok.</li> <li>• Ravni in vrste odgovornost za varnost pri vadbi.</li> <li>• Potrebna dokumentacija za izpeljavo dejavnosti.</li> <li>• Samorefleksija.</li> </ul> | <ul style="list-style-type: none"> <li>• Professional development of PE teacher / coach.</li> <li>• Professional responsibility of PE teacher / coach.</li> </ul> <p><b>Introduction to professional work (hospitations):</b></p> <ul style="list-style-type: none"> <li>• Teaching as a communication process.</li> <li>• Characteristics of the workflow in the clubs, kindergarten, elementary school (different trienniums) and institutions for children with special needs and integration of children with special needs in regular education system.</li> <li>• Following the training session / teaching with the special protocol and critical discussion.</li> </ul> <p><b>Introduction to professional work (observational learning, teaching appearance, teaching performance):</b></p> <ul style="list-style-type: none"> <li>• Observation practice: tracking learning hours with the special protocol.</li> <li>• Identifying the particularities of individual children and respecting their privacy.</li> <li>• Teaching together (student-student, mentor-student).</li> <li>• Independent student activities (analysing the situation, creation of thematic and educational preparation, assistance in carrying PE and training sessions, analysis of the individual hours, pedagogical strategies, creation of didactic tools, individualization of teaching process, proper differentiation of training).</li> <li>• Communication teacher – student.</li> <li>• Critical evaluation of workflow and response of the children.</li> <li>• Levels and types of responsibility for safety practice.</li> <li>• Documentation for carrying out the activities.</li> <li>• Self-reflection.</li> </ul> |
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### Temeljna literatura in viri/Readings:

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10. Učni načrti. Šport/Športna vzgoja. Dostopno na [Programi in učni načrti v osnovni šoli | GOV.SI](#) in [SREDNJEŠOLSKI IZOBRAŽEVALNI PROGRAMI](#)
11. Kovač, M., Jurak, G. (2024) Praktično pedagoško usposabljanje v tretjem letniku Fakultete za šport. Navodila za študente za praktično pedagoško usposabljanje pri študijskem predmetu Didaktika športne vzgoje 2. Ljubljana: Fakulteta za šport. Dosegljivo v Moodle učilnici.
12. Kovač, M., Jurak, G. (2024) Praktično pedagoško usposabljanje v tretjem letniku Fakultete za šport. Navodila za mentorje za praktično pedagoško usposabljanje pri študijskem predmetu Didaktika športne vzgoje 2. Ljubljana: Fakulteta za šport. Dosegljivo v Moodle učilnici.

### Cilji in kompetence:

Pri sklopu Vodenje športne vadbe študenti poznajo dejavnike varnosti in poklicne odgovornosti. Sklop Hospitacije, opazovalna praksa in učni nastopi: Študenti dobijo na hospitacijah predstavo o pedagoško-psiholoških posebnostih dela s skupino, z učnimi nastopi pa dobijo prvi stik z učenci. Kritično znajo analizirati pouk na podlagi sledenja učne ure po določenem protokolu.

Sklop Učna praksa: Na učni praksi študenti v avtentičnih situacijah povezujejo teoretične principe, ki so jih spoznali v času študija, s prakso. Pod vodstvom mentorjev pridobijo osnovne spretnosti pri delu z izbrano skupino otrok (otroci v vrtcih in osnovni šoli; osebe s posebnimi potrebami; otroci, vključeni v dodatne športne programe v šoli ali društvu), s samorefleksijo pa iščejo svoja močna in šibka področja.

Kompetence:

- načrtno opazovanje otrok in poteka vadbe;
- učinkovita uporaba različnih komunikacijskih spretnosti, didaktičnih korakov, organizacijskih prijemov in individualnih pristopov glede na potrebe posameznikov ali skupin;
- prepoznavanje ključnih kompetenc za učinkovito vodenje športnovzgojnega procesa;
- kritično ovrednotenje problemov pouka/vadbe (npr. strah, dotik, zasebnost, potreba po individualizaciji oz. diferenciaciji vadbe ...);
- samoovrednotenje.

### Objectives and competences:

In the context of carrying sports training /PE classes students learn about the factors of safety and professional liability.

#### Hospitations, observation practice and teaching occurs

Students receive an idea of pedagogical-psychological peculiarities of working with a group and they got their first contact with the pupils. They are able to analyse lessons following certain protocol critically.

#### Teaching practice

Students are involved into authentic situations where they need to link theoretical principles that they have learned during the study with the practice. Under the guidance of mentors they acquire the basic skills of working with a selected group of children (primary school children, kindergarten children, children with disabilities, children involved in additional sports programs in school or clubs). With self-reflection they are looking for their strengths and weaknesses.

#### Competences:

- systematic observation of children and course exercise;
- efficient use of different communication skills, didactic steps, organizational and individual approaches based on the needs of individuals or groups;
- identifying key competencies for effective PE process;
- critical evaluation of the problems of teaching / training (e. g. fear, touch, privacy, need for individualization or differentiation);
- self-assessment.

### Predvideni študijski rezultati:

Znanje in razumevanje:

- znanje izbora ustreznih didaktičnih korakov, učnih metod, oblik, pripomočkov, obremenitve in pedagoških strategij glede na razvojno stopnjo otrok in ciljnost pouka/vadbe v društvih in šolah;
- razumevanje pomena povezave raznovrstnih pedagoških, organizacijskih in didaktičnih znanj pri načrtovanju in izpeljavi različnih oblik športne vadbe;
- razumevanje principov varne vadbe;

### Intended learning outcomes:

- knowledge for selection relevant didactic steps of teaching methods, forms, tools, training intensities and pedagogical strategies based on the stage of children's development and targeted classes in clubs / schools;
- understanding the importance between educational, organizational and didactic knowledge in the planning and executing of different forms of PE exercising;
- understanding the principles of safe exercising;

|                                                                                                                                      |                                                                                                                                                                       |
|--------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <ul style="list-style-type: none"> <li>razumevanje pomena praktičnega usposabljanja za poklicni razvoj bodočega učitelja.</li> </ul> | <ul style="list-style-type: none"> <li>understanding the importance of practical pedagogical training for the professional development of future teachers.</li> </ul> |
|--------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------|

|                                                                                                                                                                                        |                                                                                                                                                                                |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Metode poučevanja in učenja:</b>                                                                                                                                                    | <b>Learning and teaching methods:</b>                                                                                                                                          |
| Predavanja, fokusne skupine.<br>Hospitacije, učni nastopi, panelna debata, samoevalvacija, refleksija, individualno delo učitelja in študenta pri učnih nastopih; spletna klepetalnica | Lectures, focus groups. Visitation, educational presentations, self-evaluation, reflection, individual work of the teacher and student in the learning performances, web chat. |

|                            |                     |                    |
|----------------------------|---------------------|--------------------|
| <b>Načini ocenjevanja:</b> | <b>Delež/Weight</b> | <b>Assessment:</b> |
| Pisni izpit                | 100,00 %            | Written exam       |

|                                                          |                                                                |
|----------------------------------------------------------|----------------------------------------------------------------|
| <b>Ocenjevalna lestvica:</b>                             | <b>Grading system:</b>                                         |
| 5 - 10, pri čemer velja, da je pozitivna ocena od 6 - 10 | 5 - 10, a student passes the exam if he is graded from 6 to 10 |

#### Reference nosilca/Lecturer's references:

Najpomembnejša dela obeh nosilcev:

Znanstveni članki / Scientific articles:

- JURAK, Gregor, MARKELJ, Neja, ČERNE, Nadja, STARC, Gregor, KOVAČ, Marjeta. Kakovostna športna vzgoja – vemo, da jo potrebujemo, a kako jo doseči?. V: KOVAČ, Marjeta (ur.), HREN, Jošt (ur.). Zbornik 37. strokovnega in znanstvenega posveta športnih pedagogov Slovenije : Zreče, 3. do 5. oktober 2024. Ljubljana: Zveza društev športnih pedagogov Slovenije, 2024. Str. 8-26, ilustr. ISBN 978-961-95341-4-4.
- TUL, Miloš, LESKOŠEK, Bojan, JURAK, Gregor, KOVAČ, Marjeta. Perceived importance of Slovenian physical education teachers` professional competencies. Hacettepe Egitim Dergisi, ISSN 1300-5340, 2015, vol. 30, issue 1, str. 268-281, tabela. [COBISS.SI-ID 4644017]
- KOVAČ, Marjeta, JURAK, Gregor, STARC, Gregor. Koncept oblikovanja neobveznega izbirnega predmeta šport v drugem vzgojno-izobraževalnem obdobju šole. Šport : revija za teoretična in praktična vprašanja športa, ISSN 0353-7455, 2015, letn. 63, št. 1/2, str. 12-17, ilustr. [COBISS.SI-ID 4703921]
- MARKELJ, Neja, POTOČNIK, Žan Luca, JURAK, Gregor, KOVAČ, Marjeta. The quality of pre-service teacher training during the pandemic through the eyes of the Slovenian physical education pre-service teachers. Collegium antropologicum. 2021, no. 3, str. 179–189. DOI: 10.5671/ca.45.3.1. [COBISS.SI-ID 92773123]
- KOVAČ, Marjeta, JURAK, Gregor. Izpeljava športne vzgoje : didaktični pojavi, športni programi in učno okolje. dopolnjena in razširjena izd. Ljubljana: Fakulteta za šport, 201 283 str., ilustr. ISBN 978-961-6843-30-0. [COBISS.SI-ID 263274240]

# DOPING V ŠPORTU

## UČNI NAČRT PREDMETA/COURSE SYLLABUS

|                                   |                 |
|-----------------------------------|-----------------|
| <b>Predmet:</b>                   | Doping v športu |
| <b>Course title:</b>              | Doping in sport |
| <b>Članica nosilka/UL Member:</b> | UL FŠ           |

| Študijski programi in stopnja                   | Študijska smer                  | Letnik | Semestri    | Izbirnost |
|-------------------------------------------------|---------------------------------|--------|-------------|-----------|
| Kineziologija, prva stopnja, univerzitetni      | Ni členitve (študijski program) |        | 2. semester | izbirni   |
| Športna vzgoja, prva stopnja, univerzitetni     | Ni členitve (študijski program) |        | 2. semester | izbirni   |
| Športno treniranje, prva stopnja, univerzitetni | Ni členitve (študijski program) |        | 2. semester | izbirni   |

|                                                            |         |
|------------------------------------------------------------|---------|
| <b>Univerzitetna koda predmeta/University course code:</b> | 0108774 |
| <b>Koda učne enote na članici/UL Member course code:</b>   | 1233    |

| Predavanja<br>/Lectures | Seminar<br>/Seminar | Vaje<br>/Tutorials | Klinične vaje<br>/Clinical<br>tutorials | Druge oblike<br>študija<br>/Other forms<br>of study | Samostojno<br>delo<br>/Individual<br>student work | ECTS |
|-------------------------|---------------------|--------------------|-----------------------------------------|-----------------------------------------------------|---------------------------------------------------|------|
| 15                      | 0                   | 45                 |                                         |                                                     | 60                                                | 4    |

|                                   |                             |
|-----------------------------------|-----------------------------|
| <b>Nosilec predmeta/Lecturer:</b> | Tanja Kajtna, Vedran Hadžić |
|-----------------------------------|-----------------------------|

|                                    |                                   |
|------------------------------------|-----------------------------------|
| <b>Vrsta predmeta/Course type:</b> | splošni izbirni/general selective |
|------------------------------------|-----------------------------------|

|                          |                      |             |
|--------------------------|----------------------|-------------|
| <b>Jeziki/Languages:</b> | Predavanja/Lectures: | Slovenščina |
|                          | Vaje/Tutorial:       | Slovenščina |

|                                                                              |                          |
|------------------------------------------------------------------------------|--------------------------|
| <b>Pogoji za vključitev v delo oz. za opravljanje študijskih obveznosti:</b> | <b>Prerequisites:</b>    |
| Ni posebnih pogojev za pristop k predmetu.                                   | No special requirements. |

### Vsebina:

**Vloga in pomen nacionalnih protidopinških organizacij**

- Predstavitev dela Slovenske antidoping organizacije (SLOADO)

**Razširjenost dopinga med vrhunskimi športniki, mladimi športniki, rekreativnimi športniki in celotno družbo**

- Analiza WADA statistike
- Pregled in primerjava rezultatov najnovejših raziskav

**Pomen preventivnih programov v boju proti dopingu**

- Predstavitev programov v Sloveniji

### Content (Syllabus outline):

**The role and importance of national Anti-Doping organisations in global fight against doping**

- Introduction of Slovenian Anti-Doping organization's (SLOADO) work

**The prevalence of doping among elite athletes, young athletes, recreational athletes and society**

- Analysis of WADA statistics
- Overview and comparison of results from latest research

**The importance of prevention programs in fight against doping**

- Introduction of programs in Slovenia
- Target groups for prevention programs

|                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <ul style="list-style-type: none"> <li>• Ciljne skupine preventivnih programov</li> <li>• Vsebine in namen preventivnih programov</li> </ul> <b>Odvzem bioloških vzorcev športnikom</b> <ul style="list-style-type: none"> <li>• Načrt razporeditve testiranj v Sloveniji <ul style="list-style-type: none"> <li>• Ocena tveganosti</li> <li>• Načrtovanje testiranj</li> </ul> </li> <li>• Postopek odvzema urinskega in krvnega vzorca (teoretično in praktično)</li> </ul> <b>Vrednotni vidiki in zloraba dopinga</b> <ul style="list-style-type: none"> <li>• Vrednotni sistem športnikov, ki zlorablajo doping</li> <li>• Načini spodbujanja vrednotnega sistema, ki preprečuje zlorabo dopinga</li> </ul> <b>Motivacija za zlorabo dopinga</b> <ul style="list-style-type: none"> <li>• Razvoj motivacije skozi športno kariero in povezava notranje in zunanje motivacije z zlorabo dopinga</li> <li>• Načini spodbujanja motivacijske strukture, ki bo preprečevala zlorabo dopinga</li> </ul> <b>Vloga športnikov in trenerjev v boju proti dopingu</b> <ul style="list-style-type: none"> <li>• Naloge športnikov</li> <li>• Naloge trenerjev</li> </ul> | <ul style="list-style-type: none"> <li>• Content and goals of prevention programs</li> </ul> <b>Doping control process</b> <ul style="list-style-type: none"> <li>• Test distribution plan in Slovenia <ul style="list-style-type: none"> <li>• Risk assessment</li> <li>• Test planning</li> </ul> </li> <li>• Doping control procedure (urine and blood) (theoretical and practical)</li> </ul> <b>Moral development and doping abuse</b> <ul style="list-style-type: none"> <li>• Moral functioning, related to prevention of doping abuse</li> <li>• Value system of athletes, who abuse doping</li> </ul> <b>Motivation for doping abuse</b> <ul style="list-style-type: none"> <li>• Development of motivation throughout the athlete's career and connection to internal and external motivation with doping abuse</li> <li>• How to develop a motivational structure, that will prevent doping abuse</li> </ul> <b>The role of athletes and support personnel in fight against doping</b> <ul style="list-style-type: none"> <li>• Roles of athletes</li> <li>• Roles of support personnel</li> </ul> |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|

### Temeljna literatura in viri/Readings:

#### Osnovna literatura / Main textbooks:

- Dvoršak, J., Ilešič, I., Javornik, N., Makuc, N., Osredkar, J. & Žiberna, L. (ur.). (2014). *Svetovni protidopingški Kodeks*. Ljubljana: Slovenska antidoping organizacija.
- Dvoršak, J., Ilešič, I., Javornik, N., Makuc, N., Osredkar, J. & Žiberna, L. (ur.). (2014). *Svetovni protidopingški Kodeks – Mednarodni standardi za testiranja in preiskave*. Ljubljana: Slovenska antidoping organizacija.
- Dvoršak, J., Ilešič, I., Javornik, N., Makuc, N., Osredkar, J. & Žiberna, L. (ur.). (2014). *Svetovni protidopingški Kodeks – Mednarodni standardi za laboratorije*. Ljubljana: Slovenska antidoping organizacija.
- Dvoršak, J., Ilešič, I., Javornik, N., Makuc, N., Osredkar, J. & Žiberna, L. (ur.). (2014). *Svetovni protidopingški Kodeks – Mednarodni standardi za zaščito zasebnosti in osebnih podatkov*. Ljubljana: Slovenska antidoping organizacija.
- Dvoršak, J., Ilešič, I., Javornik, N., Makuc, N., Osredkar, J. & Žiberna, L. (ur.). (2014). *Svetovni protidopingški Kodeks – Mednarodni standardi za terapevtske izjeme*. Ljubljana: Slovenska antidoping organizacija.
- Makuc, N. & Dvoršak, J. (2013). Doping. Ne, hvala! (priročnik za športnike). Ljubljana: Slovenska antidoping organizacija.
- Kondrič, M., Sekulič, D., Uljević, O., Gabrilo, G. & Žvan, M. (2013). Sport nutrition and doping in tennis: An analysis of athletes' attitudes and knowledge. *Journal of Sport Science and medicine*. 12, 290-297
- Rodek, J., Sekulič, D. & Kondrič, M. (2012). Dietary supplementation and Anti-Doping related factors in high-level sailing. *Journal of the international society of sport nutrition*, 9(1), 51-60.

#### Dodatna literatura / Additional reading:

- Dvoršak, J., Žiberna L. & Makuc, N. (2013) Doping, kronično obolenje športnega sveta. *Erektor : časopis študentov Medicinske fakultete*, 9 (1), str. 26-29
- Spletna stran Slovenske antidoping organizacije [www.sloado.si](http://www.sloado.si) (07.12.2017)
- Žiberna, L. (2014). Nenamerni doping v športu, *Med Razgl.*, 53(4), 503-526.
- Žiberna, L., Makuc, N. & Dvoršak, J. (2016). *Šport po meri otrok in mladostnikov : pedagoški, didaktični, psiho-socialni, biološki in zdravstveni vidiki športne vadbe mladih*. V B. Škof (ur.), *Šport in doping: terapevtske izjeme* (str. 498-513). Ljubljana : Fakulteta za šport, Inštitut za kineziologijo.
- Žiberna, L. (2017). Doping in uporaba prehranskih dopolnil v športu, *Farm Vestn.*, 68, 77-83.
- Kondrič, M., Sekulič, D., Petrozci, A., Ostojic, L., Rodek, J. & Ostojic, Z. (2011). Is there a danger for myopia in Anti-Doping education? Comparative analysis of substance use and misuse in Olympic racket sports calls for a broader approach. *Substance abuse treatment, prevention and policy*, 6 doi: 10.1186/1747-597x6-27
- Kondrič, M., Sekulič, D & Mandič, G.F. (2010). Substance use and misuse among Slovenian table tennis players. *Substance use and misuse*, 45(4), 543-553

- Šajber, D., Rodek, J., Escalante, Y., Olujič, D. & Sekulič, D. (2013). Sport nutrition and doping factors in swimming; parallel analysis among athletes and coaches. *Collegium Antropologicum*, 37 suppl 2, 179-186

### **Cilji in kompetence:**

Glavni cilj predmeta je študentom predstaviti razširjenost dopinga z različnih vidikov ter jih podrobno seznaniti s programom testiranja in preventivnimi programi v Sloveniji. Doping v zadnjem času ne ogroža le vrhunskih športnikov temveč se vedno več pojavlja tudi med rekreativni športniki in mladimi nasploh, ki ga uporabljajo z namenom izboljšanja sposobnosti oziroma izgleda. Pomembno je, da ljudje, ki delajo z mladimi, poznajo pasti in nevarnosti dopinga ter da svoje znanje in prepričanje v šport brez dopinga delijo z drugimi. Znanja, ki jih bodo študenti pridobili v sklopu tega predmeta, bodo lahko uporabljali pri njihovem vsakdanjem delu, bodisi s športniki bodisi z učenci in dijaki. Poleg navedenega je namen predmeta tudi usposobiti študente za opravljanje funkcije nadzornikov v sklopu odvzemov bioloških vzorcev na tekmovanjih v Sloveniji. Glavni cilji in pridobljene kompetence so navedene v nadaljevanju.

#### **Cilji:**

- Zavedati se razširjenosti dopinga med različnimi ciljnim skupinami
- Poznati nacionalni program testiranja in preventivne programe
- Poznati postopek odvzema vzorca, pravice in dolžnosti športnika ter vlogo trenerja
- Razumeti vlogo trenerjev (ali profesorja športne vzgoje) v boju proti dopingu

#### **Splošne kompetence:**

- Razumevanje postopka odvzema bioloških vzorcev in svetovanje/pomoč športnikom
- Sposobnosti prepoznavanja posameznikov, pri katerih je tveganje za doping večje
- Usmerjanje športnikov (učencev ali dijakov) v šport brez dopinga

#### **Specifične kompetence:**

Usposobljenost za delo nadzornika v postopku odvzema bioloških vzorcev na tekmovanjih – ta bo priznana na Slovenski antidopinški organizaciji kot edini organizaciji, ki izvaja dopinška testiranja

### **Objectives and competences:**

Main objective of this course is to introduce students with the full extent of doping in sport from different points of view and to acquaint them with testing and prevention program in Slovenia.

In the last decade doping became a problem of the entire society not just elite athletes and more and more recreational athletes and young people are using it in order to improve their performance or enhance their image. It is important that professionals, who work with youth on daily basis, know the dangers of doping and share their knowledge. Students will be able to use the skills and knowledge that they will gain during this course in their everyday work with athletes or students. Finally, the course will enable the students to become chaperons in the in-competition doping control process. Key objectives and competences are outlined below:

#### **Objectives:**

- To be aware of the extent of doping among different target groups
- To be acquainted with national testing and prevention programs
- To understand doping control process, roles and responsibilities of athletes and the role of athletes support personnel
- To understand the role of the coach (of teacher) in fight against doping

#### **General competences:**

- Understanding of doping control process and advising / helping athletes
- Ability to identify individuals with higher risk for doping
- Directing athletes (or students) in sport without doping

#### **Topic-specific competences:**

- Ability to work as a chaperon in the in-competition doping control process

### **Predvideni študijski rezultati:**

- Študentje se bodo zavedali razširjenosti dopinga med različnimi ciljnim skupinami
- Poznali bodo nacionalni program testiranja in preventivne programe
- Poznali bodo postopek odvzema bioloških vzorcev (urinskih in krvnih)
- Sposobni bodo opravljati delo nadzornikov v postopku odvzema bioloških vzorcev na tekmovanjih

### **Intended learning outcomes:**

- Students will be aware of the extent of doping among different target groups
- they will be acquainted with national testing and prevention program
- They will be acquainted the doping control process (urine and blood)
- They will be able to work as a chaperons at the in-competition doping control process

| Metode poučevanja in učenja:                                                                        | Learning and teaching methods:                                                  |
|-----------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------|
| Predavanja, seminarji, seminarska naloga, vaje (sodelovanje pri postopku odvzema bioloških vzorcev) | Lectures, seminars, coursework, tutorial (attendance at doping control process) |

| Načini ocenjevanja:                | Delež/Weight | Assessment:          |
|------------------------------------|--------------|----------------------|
| Seminarska naloga s predstavitvijo | 50,00 %      | Seminar presentation |
| Praktični izpit (nadzorništvo)     | 50,00 %      | Written exam         |

| Ocenjevalna lestvica: | Grading system: |
|-----------------------|-----------------|
|                       |                 |

#### Reference nosilca/Lecturer's references:

- KAJTNA, Tanja. *Nekateri psihološki vidiki različnih športov : znanstvena monografija*. Ljubljana: Fakulteta za šport, 2013. 164 str., ilustr. ISBN 978-961-6843-33-1. [COBISS.SI-ID [264422656](#)]
- KAJTNA, Tanja, TUŠAK, Matej. *Trener : športna psihologija in trenerji*. Ljubljana: Fakulteta za šport, Inštitut za šport, 2007. 291 str., ilustr. ISBN 978-961-6583-23-7. [COBISS.SI-ID [231640064](#)]
- SMRDU, Maja, MAKUC, Nina, KAJTNA, Tanja. *Gams Miha in čudežne jagode : knjiga o poštenem športu*. [Ljubljana]: Slovenska antidoping organizacija, [2018]. 10 str., barvne ilustr. ISBN 978-961-93761-3-3. [COBISS.SI-ID [293270016](#)]
- SMRDU, Maja, MAKUC, Nina, KAJTNA, Tanja. *Gamsek Miha in prvo tekmovanje : knjiga o poštenem športu*. [Ljubljana]: Slovenska antidoping organizacija, [2018]. 10 str., ilustr. ISBN 978-961-93761-2-6. [COBISS.SI-ID [293269760](#)]
- KAJTNA, Tanja, MUELLER, David, SMRDU, Maja, KIVINUKK, Elina in MAKUC, Nina. (v tisku) *Athletes and coaches perspective on doping in sport – a scientific monograph*. Ljubljana: Slovenska antidoping organizacija.
- KAJTNA, Tanja. *Psihološki vidiki zlorabe dopinga v rekreativnem športu : vabljeno predavanje na "JUST SPORT" - Izobraževalnem protidopinškem seminarju za udeležence različnih rekreativnih vadb in množičnih prireditev v sklopu Erasmus+ projekta, Slovenska antidoping organizacija, Domžale, 29. januar 2018*. [COBISS.SI-ID [5286321](#)]
- KAJTNA, Tanja. *Psihološki vidiki zlorabe dopinga v rekreativnem športu : vabljeno predavanje na "JUST SPORT" - Izobraževalnem protidopinškem seminarju za udeležence različnih rekreativnih vadb in množičnih prireditev v sklopu Erasmus+ projekta, Slovenska antidoping organizacija, Maribor, 14. marec 2018*. [COBISS.SI-ID [5286577](#)]
- KAJTNA, Tanja. *Spodbujanje čistega športnega okolja : vabljeno predavanje na trenerskem seminarju v sklopu nacionalne kampanje "Dan čistega športa - Play true day", Slovenska antidoping organizacija, Ljubljana, 10. april 2018*. [COBISS.SI-ID [5287089](#)]
- KAJTNA, Tanja. *Motivi za ukvarjanje s športom : vabljeno predavanje na 9. protidopinški konferenci "Preventivni programi za šport brez dopinga", Slovenska antidoping organizacija, Velika dvorana Ministrstva za izobraževanje, znanost in šport, Ljubljana, 22. november 2017*. [COBISS.SI-ID [5285553](#)]
- KAJTNA, Tanja. *Psychological aspects of drug abuse in sport : vabljeno predavanje na "prePLAY EDUCATIONAL CAMP", Slovenska antidoping organizacija, Portorož, 9th to 14th of June 2015*. [COBISS.SI-ID [5285041](#)]
- KAJTNA, Tanja. *Psychological aspects of drug abuse in sport : vabljeno predavanje na "SLOADO prePLAY EDUCATIONAL SEMINAR", Slovenska antidoping organizacija, Kranjska Gora, 9th to 10th of October 2015*. [COBISS.SI-ID [5285297](#)]
- BRATINA N, HADŽIĆ V, BATTELINO T, PISTOTNIK B, PORI M, ŠAJBER D, et al. (2011). Slovenske smernice za telesno udejstvovanje otrok in mladostnikov v starostni skupini od 2 do 18 let = Slovenian guidelines for physical activity in children and adolescents in the age group 2-18 years. *Zdravniški vestnik*, 80, 885–96.
- HADŽIĆ V, DERVIŠEVIĆ E. (2016). Šport in poškodbe. *Šport*, 64(1–2), 147–50.

# DVIGANJE UTEŽI

## UČNI NAČRT PREDMETA/COURSE SYLLABUS

|                                   |                |
|-----------------------------------|----------------|
| <b>Predmet:</b>                   | Dviganje uteži |
| <b>Course title:</b>              | Weightlifting  |
| <b>Članica nosilka/UL Member:</b> | UL FŠ          |

| Študijski programi in stopnja                   | Študijska smer                  | Letnik | Semestri                 | Izbirnost |
|-------------------------------------------------|---------------------------------|--------|--------------------------|-----------|
| Kineziologija, prva stopnja, univerzitetni      | Ni členitve (študijski program) |        | 1. semester, 2. semester | izbirni   |
| Športna vzgoja, prva stopnja, univerzitetni     | Ni členitve (študijski program) |        | 1. semester, 2. semester | izbirni   |
| Športno treniranje, prva stopnja, univerzitetni | Ni členitve (študijski program) |        | 1. semester, 2. semester | izbirni   |

|                                                            |         |
|------------------------------------------------------------|---------|
| <b>Univerzitetna koda predmeta/University course code:</b> | 0045149 |
| <b>Koda učne enote na članici/UL Member course code:</b>   | 1128    |

| Predavanja<br>/Lectures | Seminar<br>/Seminar | Vaje<br>/Tutorials | Klinične vaje<br>/Clinical<br>tutorials | Druge oblike<br>študija<br>/Other forms<br>of study | Samostojno<br>delo<br>/Individual<br>student work | ECTS |
|-------------------------|---------------------|--------------------|-----------------------------------------|-----------------------------------------------------|---------------------------------------------------|------|
| 15                      | 0                   | 45                 | 0                                       | 0                                                   | 60                                                | 4    |

|                                   |            |
|-----------------------------------|------------|
| <b>Nosilec predmeta/Lecturer:</b> | Igor Štirn |
|-----------------------------------|------------|

|                                    |         |
|------------------------------------|---------|
| <b>Vrsta predmeta/Course type:</b> | izbirni |
|------------------------------------|---------|

|                          |                      |             |
|--------------------------|----------------------|-------------|
| <b>Jeziki/Languages:</b> | Predavanja/Lectures: | Slovenščina |
|                          | Vaje/Tutorial:       | Slovenščina |

|                                                                              |                       |
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| <b>Pogoji za vključitev v delo oz. za opravljanje študijskih obveznosti:</b> | <b>Prerequisites:</b> |
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### Vsebina:

- osnovna predstavitev športne discipline,
- osnovni pojmi,
- zgodovina dviganja uteži kot ene najstarejših olimpijskih disciplin,
- organiziranost panoge doma in v svetu,
- tekmovalna pravila in sistem tekmovanj,
- kvalitativna biomehanska analiza dviganja uteži,
- oprema in rekviziti,
- tehnike dviganja (nalog in sunek, poteg),
- metodika učenja, odpravljanje napak,
- načrtovanje treninga (ciklizacija),
- vaje dviganja uteži primerne za vadbo moči v različnih športnih disciplinah,

### Content (Syllabus outline):

- basic information about sport
- basic definitions
- history of weightlifting
- ow organisation in Slovenia and abroad
- competition rules
- biomechanical analysis of the lifts
- facilities and equipment
- techniques of different lifts
- methods of teaching lifts
- planning of training process
- ow lifts used in basic physical preparation
- basics of powerlifting
- injuries in weightlifting

|                                                                                                                                                                                                                         |  |
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| <ul style="list-style-type: none"> <li>• druge pojavne oblike dviganja (triatlon moči; tekmovalna v počepu, potisku s prsi in mrtvem dvigu),</li> <li>• poškodbe in preprečevanje le teh pri dviganju uteži.</li> </ul> |  |
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### Temeljna literatura in viri/Readings:

|                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <ul style="list-style-type: none"> <li>• Urso, A. (2014). Weightlifting, Sport for all sports. Torgiano: Calzetti-Mariucci Editori di Roberto Calzetti</li> <li>• Zemunik, B. (1985). <i>Dizanje utega</i>. Zagreb: Sportska tribina</li> <li>• Fleming W. Brooks, T. (2013) Complete Olympic Lifting Manual</li> <li>• Bartonietz, K., E. (1996). Biomechanics of the Snatch: Toward a higher Training Efficiency. <i>National strength and conditioning Association</i>, (6) 24 – 31.</li> <li>• Boutagy, N., DiSanto, M. in Valentine, G. (2015). Weightlifting movements From Full Extension: The Snatch and Clean. <i>National Strength and Conditioning Association</i>, 37(1), 1-4.</li> </ul> |
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### Cilji in kompetence:

|                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |
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| <p>Pri predmetu Dviganje uteži študentje dobijo temeljna teoretična in praktična znanja za razumevanje in izvedbo osnovnih tehnik dviganja (potege, naloga in sunka), kakor tudi številnih pomožnih in dopolnilnih vaj. Poznajo metodične postopke učenja posameznih tehnik, ki jih znajo prilagoditi antropometričnim značilnostim in motoričnim sposobnostim vadečih. Znajo prepoznati napake, ki bi lahko vodile k poškodbam in jih znajo preprečiti. Posamezne vaje znajo pravilno in varno demonstrirati in uporabiti kot trenažno sredstvo za povečanje največje in hitre moči v trenažnem procesu, ne samo dvigalcev uteži, ampak tudi drugih športnikov. Vadbo znajo načrtovati, organizirati in nadzorovati. Pri tem znajo uporabljati ustrezne vadbene pripomočke in opremo.</p> <p>Prav tako spoznajo in znajo kritično ovrednotiti druge dejavnike, ki vplivajo na vadbo (ocenjevanje stopenj subjektivnih in objektivnih nevarnosti pri dviganju) in znajo ustrezno pripraviti pogoje za varno izvedbo vadbe.</p> | <h3>Objectives and competences:</h3> <p>The course provide students with the basic theoretical and practical knowledge for understanding and performing basic lifting techniques (snatch and clean and jerk) as well as numerous supplementary exercises. They learn methods to teach the lifting techniques and can adapt the process to the anthropometric characteristics and motor skills of the individuals. They can recognize faults that could lead to injuries and prevent them. They manage to correctly and safely demonstrate different lifts, exercises and drills. They can plan, organize and monitor the training process. They can use appropriate training tools and equipment.</p> |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|

### Predvideni študijski rezultati:

|                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |                                                                                                                                                                                                                                                                                                                                                                                                                                  |
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| <p>Znanje in razumevanje:</p> <p>Olimpijsko dviganje uteži predstavlja eno najstarejših in temeljnih športnih panog. Poleg tega se olimpijsko dviganje uteži smatra kot eno najnaprednejših in najučinkovitejših trenažnih sredstev za izboljšanje največje in hitre moči, ki sta zelo pomembni v mnogih športih. Pri tem je ključnega pomena natančno poznavanje pravilnih tehnik dviganja, s čimer se vadeči kljub izredno velikim obremenitvam izogne poškodbam lokomotornega aparata, kar je ključno za učinkovitost dviganja oziroma za končni rezultat.</p> | <h3>Intended learning outcomes:</h3> <p>Olympic weightlifting presents one of the oldest and most basic sports. Besides, the lifts, exercises and other drills used in WL can be used in strength and power training of many other sports. Mastering the proper technique is the most important fact when using these exercises in physical preparation of the athletes in order to gain best results and to avoid injuries.</p> |
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### Metode poučevanja in učenja:

|                                              |                                                                                     |
|----------------------------------------------|-------------------------------------------------------------------------------------|
| Predavanja, praktične vaje, seminarsko delo. | <h3>Learning and teaching methods:</h3> <p>Lectures, practical lessons, seminar</p> |
|----------------------------------------------|-------------------------------------------------------------------------------------|

| Načini ocenjevanja:                                                    | Delež/Weight | Assessment:    |
|------------------------------------------------------------------------|--------------|----------------|
| Pisni izpit, 6 – 10 (pozitivno), 5 (negativno)                         | 50,00 %      | written exam   |
| praktični izpit – demonstracija dvigov ali/in posameznih trenažnih vaj | 50,00 %      | practical exam |

| Ocenjevalna lestvica: | Grading system: |
|-----------------------|-----------------|
|                       |                 |

#### Reference nosilca/Lecturer's references:

Kompetence za izvajanje predmeta Igor Štirn izkazuje kot nekdanji profesionalni trener (klubski in reprezentančni), kot večletni sodelavec pri predmetih na FŠ Moč, gibljivost in senzo-motorična vadba ter Živčno-mehanske osnove gibanja, ter kot nosilec programov usposabljanja trenerskih kadrov pri nacionalni panožni zvezi -Težkoatletski zvezi Slovenije.

Nekatera dela:

ŠTIRN, Igor, STRMECKI, Jernej, STROJNIK, Vojko. The examination of different tests for the evaluation of the efficiency of the eggbeater kicks. *Journal of Human Kinetics*, ISSN 1640-5544, 2014, vol. 41, str. 215-226,  
 ŠTIRN, Igor, JARM, Tomaž, KAPUS, Venceslav, STROJNIK, Vojko. Evaluation of mean power spectral frequency of EMG signal during 100 metre crawl. *European journal of sport science*, ISSN 1536-7290, 2013, vol. 13, no. 2, str. 164-173,

ŠTIRN, Igor, JARM, Tomaž, KAPUS, Venceslav, STROJNIK, Vojko. Evaluation of muscle fatigue during 100-m front crawl. *European journal of applied physiology*, ISSN 1439-6327. [Online izd.], 2011, vol. 111, no. 1, str. 101-113

ŠTIRN, Igor, DOLINAR, Rok, ERČULJ, Frane. Influence of different heights and widths of basic athletic stance on the response time in basketball. *International Journal of Performance Analysis in Sport*, 2016, 16, 53-63.

DOLENEC, Aleš, ŠTIRN, Igor, STROJNIK, Vojko. Activation pattern of lower leg muscles in running on asphalt, gravel and grass. *Collegium antropologicum*, ISSN 0350-6134, 2015, vol. 39, suppl. 1, str. 167-172,

ŠKARABOT, Jakob, BEARDSLEY, Chris, ŠTIRN, Igor. Comparing the effects of self-myofascial release with static stretching on ankle range-of-motion in adolescent athletes. *International journal of sports physical therapy*, ISSN 2159-2896, April 2015, vol. 10, no. 2, str. 203-212

GARCIA RAMOS, A., ŠTIRN, Igor, PADIAL, Paulino, ARGÜELLES-CIENFUEGOS, Javier, FUENTE, Blanca, De la, STROJNIK, Vojko, FERICHE, Belén. Predicting vertical jump height from bar velocity., ISSN 1303-2968. [Online ed.], 2015, vol. 14, str. 256-262, tabele. *Journal of Sports Science and Medicine*

# ELEMENTARNA ŠPORTNA VZGOJA

## UČNI NAČRT PREDMETA/COURSE SYLLABUS

|                                   |                               |
|-----------------------------------|-------------------------------|
| <b>Predmet:</b>                   | Elementarna športna vzgoja    |
| <b>Course title:</b>              | Elementary physical education |
| <b>Članica nosilka/UL Member:</b> | UL FŠ                         |

| Študijski programi in stopnja                   | Študijska smer                  | Letnik | Semestri    | Izbirnost |
|-------------------------------------------------|---------------------------------|--------|-------------|-----------|
| Kineziologija, prva stopnja, univerzitetni      | Ni členitve (študijski program) |        | 2. semester | izbirni   |
| Športna vzgoja, prva stopnja, univerzitetni     | Ni členitve (študijski program) |        | 2. semester | izbirni   |
| Športno treniranje, prva stopnja, univerzitetni | Ni členitve (študijski program) |        | 2. semester | izbirni   |

|                                                            |         |
|------------------------------------------------------------|---------|
| <b>Univerzitetna koda predmeta/University course code:</b> | 0045122 |
| <b>Koda učne enote na članici/UL Member course code:</b>   | 700     |

| Predavanja<br>/Lectures | Seminar<br>/Seminar | Vaje<br>/Tutorials | Klinične vaje<br>/Clinical<br>tutorials | Druge oblike<br>študija<br>/Other forms<br>of study | Samostojno<br>delo<br>/Individual<br>student work | ECTS |
|-------------------------|---------------------|--------------------|-----------------------------------------|-----------------------------------------------------|---------------------------------------------------|------|
| 45                      | 45                  | 30                 |                                         | 15                                                  | 135                                               | 9    |

|                                   |                 |
|-----------------------------------|-----------------|
| <b>Nosilec predmeta/Lecturer:</b> | Mateja Videmšek |
|-----------------------------------|-----------------|

|                                    |                                   |
|------------------------------------|-----------------------------------|
| <b>Vrsta predmeta/Course type:</b> | splošni izbirni/general selective |
|------------------------------------|-----------------------------------|

|                          |                      |             |
|--------------------------|----------------------|-------------|
| <b>Jeziki/Languages:</b> | Predavanja/Lectures: | Slovenščina |
|                          | Vaje/Tutorial:       | Slovenščina |

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

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|---------------------------|-----------------------------------------------------------------------|
| Vpis v 3. letnik študija. | <b>Prerequisites:</b><br>Enrollment in the 3th year of study program. |
|---------------------------|-----------------------------------------------------------------------|

### Vsebina:

Predmet zajema teoretične in praktične vsebine, povezane s športno dejavnostjo nosečnic, dojenčkov in mlajših otrok.

- Smernice za športno dejavnost nosečnic.
- Načrtovanje in izvajanje različnih športnih zvrsti, primernih za nosečnice.
- Vadba žensk po porodu, vadba mamic z dojenčki, vadba otrok skupaj s starši, družinska športna vadba.
- Telesni in gibalni razvoj otrok, psihosomatske razvojne značilnosti otrok.
- Posebnosti gibalnih in funkcionalnih sposobnosti mlajših otrok.

### Content (Syllabus outline):

The subject includes theoretical and practical contents related to the sports activity of pregnant women, infants and young children.

- Guidelines for sports activities of pregnant women.
- Planning and implementing various sports categories for pregnant women.
- Exercise with babies, exercise of children together with parents, family exercise.
- Physical development of children, psychosomatic developmental characteristics of children.
- Specific features of the physical and functional abilities of pre-school children.

|                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <ul style="list-style-type: none"> <li>• Načrtovanje in izvajanje različnih organizacijskih oblik športnih dejavnosti za različne starostne skupine otrok na podlagi kurikuluma za vrtce in učnega načrta za osnovno šolo.</li> <li>• Načrtovanje športnih dejavnosti za mlajše otroke s poudarkom na medpodročnem povezovanju.</li> <li>• Vloga igre pri usvajanju osnovnih elementov različnih športnih zvrsti (igre z žogo, atletska abeceda, gimnastična abeceda, rolanje, smučanje ...).</li> <li>• Gibalni/športni program Mali sonček za otroke od 2. do 6. leta.</li> <li>• Uporaba sodobne didaktične oziroma športne tehnologije pri športnih dejavnostih mlajših otrok.</li> <li>• Organizacija in izvedba testiranja mlajših otrok (gibalne sposobnosti morfološke značilnosti).</li> <li>• Spremljanje porabe energije pri mlajših otrocih.</li> </ul> | <ul style="list-style-type: none"> <li>• Planning and managing various organizational forms of physical and sports activities for different age groups of children based on the curriculum for kindergartens and the curriculum for elementary schools.</li> <li>• Possibilities of cross-curricular integration of pre-school and school sports education.</li> <li>• Children's play and development.</li> <li>• Natural forms of movement, basic elements of various sports.</li> <li>• The sports program Small Sunshine.</li> <li>• Use of modern didactic or sports technology in the process of sports education of younger children.</li> <li>• Evaluation of knowledge and abilities of younger children.</li> <li>• Monitoring energy consumption of younger children.</li> </ul> |
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### Temeljna literatura in viri/Readings:

1. Kurikulum za vrtce (1999). Ljubljana: Ministrstvo za šolstvo in šport, Urad Republike Slovenije za šolstvo.
2. Otrok v vrtcu – priročnik h kurikulu za vrtce (2001). Maribor: Založba obzorij.
3. Videmšek, M., Strah, N. in Stančević, B. (2001). Igrajmo se skupaj: program športnih dejavnosti za otroke in starše. Ljubljana: FŠ, Inštitut za šport.
4. Karpljuk, D., Videmšek, M. in Zajc, M. (2003). Možnosti povezovanja športnih in zdravstvenih vsebin v osnovni šoli. Ljubljana: Fakulteta za šport, Inštitut za šport.
5. Videmšek, M., Drašler, A. in Pišot, R. (2003). Gibalna igra kot sredstvo za seznanjanje s tujim jezikom v zgodnjem otroškem obdobju. Ljubljana: Fakulteta za šport, Inštitut za šport.
6. Pišot, R. in Videmšek, M. (2004). Smučanje je igra. Ljubljana: ZUTS Slovenije.
7. Videmšek, M. in Stančević, B. (2004). Popestrimo športno vzgojo. Ljubljana: Fakulteta za šport, Inštitut za šport.
8. Videmšek, M., Stančević, B. in Sušnik, N. (2006). En, dva, tri, igraj se tudi ti! Ljubljana: Fakulteta za šport, Inštitut za šport.
9. Videmšek, M. in Pišot, R. (2007). Šport za najmlajše. Ljubljana: Fakulteta za šport, Inštitut za šport.
10. Videmšek, M. in Stančević, B. (2011). Ulovimo prosti čas; gibalne igre na prostem za otroke in starše. Ljubljana: Fakulteta za šport, Inštitut za šport.
11. Marjanovič Umek, L. (urednik, avtor), Videmšek, M., Saksida, I., Kranjc, S., Zupančič, T., Lešnik, I., Kralj, B., Krnel, D., Turnšek, N., Japelj Pavešić, B., Sitar, J., Geršak, V., Lenard, V., Zupančič D., A. (2013). Načrtovanje dejavnosti v vrtcu. Maribor: Forum Media.
12. Videmšek, M., Stančević, B. in Permanšek, M. (2016). Igrive športne urice. Ljubljana: Fakulteta za šport, Inštitut za šport.
13. Videmšek, M., Karpljuk, D., Videmšek, D., Breskvar, P. in Videmšek, T. (2018). Prvi koraki v svet športa. Ljubljana: Fakulteta za šport, Inštitut za šport.
14. Podlesnik Fetih, A., Videmšek, M., Vrtačnik Bokal, E., Globevnik Velikonja, V. in Karpljuk, D. (2010). Športna dejavnost, prehrana, razvade in psihično počutje nosečnice. Ljubljana: Inštitut za kineziologijo.
15. Mlakar, K. K., Videmšek, M., Vrtačnik-Bokal, E., Žgur, L., Ščepanović, D. (2011). *Z gibanjem v zdravo nosečnost*. Ljubljana: Fakulteta za šport.
16. Videmšek, M., Vrtačnik, Bokal, E., Ščepanović, D., Žgur, L., Videmšek, N., Meško, M., Karpljuk, D., Štihec, J., Hadžić, V. (2015). Priporočila za telesno dejavnost nosečnic. Zdravniški vestnik, 84 (2), 87-98.

### Cilji in kompetence:

Študenti bodo dobili temeljna teoretična in praktična znanja in spretnosti za načrtovanje, vodenje in evalviranje procesa športne vadbe za nosečnice in mlajše otroke.

### Objectives and competences:

Knowledge of anatomical and physiological changes in pregnant women.

- Knowledge of the impact of sports on the pregnant woman and fetus.
- Ability to plan and manage various forms of exercise for pregnant women (aerobics, pilates ...)

|                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |
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| <ul style="list-style-type: none"> <li>• Usposobljenost za načrtovanje in vodenje različnih oblik športne vadbe, ki so varne in koristne za nosečnico in ženske po porodu.</li> <li>• Usposobljenost za načrtovanje in izvajanje športne vadbe dojenčkov in malčkov s starši.</li> <li>• Poznavanje telesnega in gibalnega razvoja otrok ter usposobljenost za razumevanje posebnosti gibalnih in funkcionalnih sposobnosti otrok.</li> <li>• Usposobljenost za inovativno izpopolnjevanje športno-vzgojnega procesa ob upoštevanju pedagoških in didaktičnih načel ter zakonitosti vodenja in upravljanja učno vzgojnega procesa pri mlajših otrocih.</li> <li>• Usposobljenost za načrtovanje in vodenje različnih organizacijskih oblik v predšolskem obdobju v vrtcu, društvu in pri zasebnikih v športu ter v prvem</li> <li>• triletju osnovne šole (podaljšano bivanje, športni dan ...).</li> <li>• Usposobljenost za razvijanje otrokove ustvarjalnosti in vključevanje igre in medpodročnih povezav v metodične postopke učenja osnovnih elementov različnih športov.</li> <li>• Usposobljenost za obvladovanje in aplikacijo sodobnih didaktičnih oziroma športnih tehnologij v proces športne vzgoje mlajših otrok.</li> <li>• Usposobljenost za preprečevanje dejavnikov, ki lahko povzročijo poškodbe in nezgode pri otrocih.</li> <li>• Usposobljenost za poznavanje zakonskih in varnostnih predpisov za izvajanje športnih dejavnosti v predšolskem obdobju in prvem triletju osnovne šole.</li> <li>• Usposobljenost za vrednotenje gibalnih sposobnosti in znanja ter prepoznavanje otrok, ki odstopajo od povprečja in njihovo usmerjanje, svetovanje staršem itd.</li> </ul> | <p>that are safe and beneficial for pregnant women and fetuses.</p> <ul style="list-style-type: none"> <li>• Knowledge of the physical development of children.</li> <li>• Ability to understand the specific features of children's physical and functional abilities.</li> <li>• Ability to plan and perform sports exercises for babies and toddlers with parents.</li> <li>• Competence for innovative upgrading of sports and educational process, considering pedagogical and didactical principles and the principles of managing the educational process in younger children.</li> <li>• Ability to plan and manage various organizational forms in the pre-school period in kindergarten, society and private individuals in sport and in the first three years of elementary school (extended stay, sports day ...).</li> <li>• Qualification for cross-curricular integration in the pre-school and elementary school (first three years).</li> <li>• Ability to develop children's creativity and integrate the game into methodical learning processes for the basic elements of different sports.</li> <li>• Ability to master and apply modern didactic or sports technologies in the process of sports education of younger children.</li> <li>• Ability to prevent factors that can cause injuries and accidents among children.</li> <li>• Ability to know the legal and safety regulations for performing physical activities in the pre-school and elementary school (first three years).</li> <li>• Ability to evaluate motor skills and knowledge and identify children who deviate from the average and guide them, provide advice to parents, etc.</li> </ul> |
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#### **Predvideni študijski rezultati:**

Znanje in razumevanje:  
Razumevanje in poznavanje temeljnih strategij vodenja varne in koristne športne vadbe za nosečnice in ženske po porodu. Vključevanje staršev v športno-vzgojni proces. Poznavanje pomena celostnega razvoja otroka, posebnosti strukture motorike otroka. Razumevanje in poznavanje temeljnih načrtovalnih strategij in strategij vodenja in evalvacije procesa predšolske športne vzgoje in športne vzgoje v prvem triletju osnovne šole. Sposobnost vključevanja igre v metodične postopke učenja osnovnih elementov različnih športov pri mlajših otrocih, sposobnost izvajanja različnih organizacijskih oblik športne vzgoje mlajših otrok. Prepoznavanje in delo z otroki, ki odstopajo od povprečja.

#### **Intended learning outcomes:**

Knowledge and understanding:  
Knowledge of basic planning strategies and strategies for guiding safe and useful exercise for pregnant women. Including parents in the sports-educational process. Knowing the importance of the child's overall development, the special features of the structure of the child's motorcycle. Understanding and knowledge of basic planning strategies and strategies for managing and evaluating the process of pre-school sports education and sports education in the first three years of elementary school. Ability to integrate the game into methodical procedures for learning the basic elements of different sports in younger children, the ability to implement various organizational forms of sports education of younger children. Identifying and working with children who deviate from the average.

**Metode poučevanja in učenja:**

|                                                                                                        |
|--------------------------------------------------------------------------------------------------------|
| <ul style="list-style-type: none"> <li>• Predavanje,</li> <li>• seminarji,</li> <li>• vaje.</li> </ul> |
|--------------------------------------------------------------------------------------------------------|

**Learning and teaching methods:**

|                                                                                                         |
|---------------------------------------------------------------------------------------------------------|
| <ul style="list-style-type: none"> <li>• Lectures,</li> <li>• seminars,</li> <li>• practice.</li> </ul> |
|---------------------------------------------------------------------------------------------------------|

**Načini ocenjevanja:****Delež/Weight****Assessment:**

|                   |         |                          |
|-------------------|---------|--------------------------|
| pisni izpit       | 70,00 % | theoretical examination, |
| seminarska naloga | 15,00 % | seminar work             |
| nastop            | 15,00 % |                          |

**Ocenjevalna lestvica:****Grading system:**

|  |  |
|--|--|
|  |  |
|--|--|

**Reference nosilca/Lecturer's references:**

**Prof. dr. MATEJA VIDEMŠEK**, rojena 8. 2. 1964 v Ljubljani.

Doktorica kinezioloških znanosti (UL, FŠ; 1996), magistrica kinezioloških znanosti (UL, FŠ; 1991), profesorica športne vzgoje (UL, FŠ; 1987), redna profesorica na Fakulteti za šport (2010).

**Pedagoško delo:**

Članica Katedre za športno vzgojo, nosilka predmetov Elementarna športna vzgoja, Specialna športna vzgoja in Športna vadba posebnih skupin na dodiplomskem študiju, predmeta Športna vzgoja mlajših otrok na magistrskem študiju ter predmeta Specialna športna dejavnost na doktorskem študiju. Vodi seminarje za vzgojiteljice in športne pedagoge v okviru stalnega strokovnega spopolnjevanja in tečaje za usposabljanje strokovnih delavcev za Temeljno športno vzgojo za otroke do 6. leta. Avtorica oz. soavtorica 15 univerzitetnih učbenikov (2 izdana v tujini). 213 študentom je bila mentorica pri izdelavi diplomskega dela na univerzitetnem študiju, 58 študentom na bolonjskem študiju 1. stopnje ter mentorica pri raziskovalni nalogi, ki je prejela fakultetno Prešernovo nagrado. Bila je mentorica 4 študentom pri izdelavi strokovne magistrske naloge, 1 študentu pri izdelavi znanstvene magistrske naloge in 4 študentom pri izdelavi doktorske disertacije.

**Znanstveno delo:**

Avtorica ali soavtorica 123 izvirnih znanstvenih člankov, 6 znanstvenih monografij, 55 delov znanstvenih monografij ter 75 znanstvenih prispevkov na mednarodnih konferencah.

**Strokovno in organizacijsko delo:**

Članica katedre za športno vzgojo; pri pripravi kurikula za vrtce je vodila delovno skupino za področje gibanja v okviru področne kurikularne komisije. Je avtorica ali soavtorica 25 strokovnih monografij, 80 strokovnih člankov ter 46 strokovnih prispevkov na domačih in tujih konferencah.

*Njena bibliografija obsega 1073 enot.*

**Nagrade in priznanja:**

Univerzitetna študentska Prešernova nagrada (UL, 1988)

**Najpomembnejša dela:**

VIDEMŠEK, Mateja, VRTAČNIK-BOKAL, Eda, ŠČEPANOVIĆ, Darija, ŽGUR, Lidija, VIDEMŠEK, Naja, MEŠKO, Maja, KARPLJUK, Damir, ŠTIHEC, Jože, HADŽIĆ, Vedran. Priporočila za telesno dejavnost nosečnic = Recommendations for physical activity in pregnant women. *Zdravniški vestnik*, feb. 2015, letn. 84, št. 2, str. 87-98.

PODLESNIK FETIH, Anja, **VIDEMŠEK, Mateja**, VRTAČNIK-BOKAL, Eda, GLOBEVNIK VELIKONJA, Vislava, KARPLJUK, Damir, PODLESNIK FETIH, Anja (urednik), VRTAČNIK-BOKAL, Eda (urednik), VIDEMŠEK, Mateja (urednik). *Športna dejavnost, prebrana, razprde in psihično počutje nosečnice*. Ljubljana: Fakulteta za šport, Inštitut za kineziologijo, 2010. 114 str. VIDEMŠEK, Mateja, ŠTIHEC, Jože, KARPLJUK, Damir, MEŠKO, Maja, GREGORC, Jera, VIDEMŠEK, Naja. Analiza poškodb otrok pri gibalnih dejavnostih v vrtcu = Analysis of injuries among children in kindergartens during physical activities. *Zdravstveno varstvo*, ISSN 0351-0026. Sept. 2014, letn. 53, št. 3, str. 237-247.

PEČAVER, Anja, PUNGERŠEK, Maja, VIDEMŠEK, Mateja, KARPLJUK, Damir, ŠTIHEC, Jože, MEŠKO, Maja. Analysis of didactic approaches to teaching young children to swim. *The sport journal*, ISSN 1543-9518, Feb. 2014. <http://thesportjournal.org/article/analysis-of-didactic-approaches-to-teaching-young-children-to-swim>.

VIDEMŠEK, Mateja, ŠTIHEC, Jože, MEŠKO, Maja, MLINAR, Suzana, KARPLJUK, Damir, VIDEMŠEK, Mateja (ur.), ŠTIHEC, Jože (ur.), MEŠKO, Maja (ur.). Poškodbe otrok in mladostnikov pri športni vzgoji in v prostem času. Ljubljana: Fakulteta za šport, Inštitut za kineziologijo, 2010. 78 str.

VIDEMŠEK, Mateja, ŠTIHEC, Jože, KARPLJUK, Damir, STARMAN, Anja. Sport activity and eating habits of people who were attending special obesity treatment programme. Coll. Antropol., 2008, vol. 32, no.3, str. 315-321.

VIDEMŠEK, Mateja, ŠTIHEC, Jože, KARPLJUK, Damir. Differences in motor skills among five and a half year old boys and girls. 1.2[poglavje]. V: VIDEMŠEK, Mateja (ur.), ŠTIHEC, Jože (ur.), KARPLJUK, Damir (ur.). Analysis of preschool physical education. Ljubljana: Faculty of Sport, Institute of Kinesiology, 2008, str. 28-45.

VIDEMŠEK, Mateja, ŠTIHEC, Jože, KARPLJUK, Damir, MLINAR, Suzana. Intensity of effort of 5.5-year-old children during relay races. 1.3[poglavje]. V: VIDEMŠEK, Mateja (ur.), ŠTIHEC, Jože (ur.), KARPLJUK, Damir (ur.). Analysis of preschool physical education. Ljubljana: Faculty of Sport, Institute of Kinesiology, 2008, str. 46-63.

VIDEMŠEK, Mateja, POSEGA, Tjaša, ŠTIHEC, Jože, KARPLJUK, Damir. Opinion of children, parents and coaches on alpine skiing competitions for children. Int. j. phys. educ., 2007, vol. 44, issue 2, str. 74-82.

# FILOZOFIJA ŠPORTA

## UČNI NAČRT PREDMETA/COURSE SYLLABUS

|                                   |                     |
|-----------------------------------|---------------------|
| <b>Predmet:</b>                   | Filozofija športa   |
| <b>Course title:</b>              | Philosophy of sport |
| <b>Članica nosilka/UL Member:</b> | UL FŠ               |

| Študijski programi in stopnja                   | Študijska smer                  | Letnik    | Semestri    | Izbirnost |
|-------------------------------------------------|---------------------------------|-----------|-------------|-----------|
| Kineziologija, prva stopnja, univerzitetni      | Ni členitve (študijski program) | 3. letnik | 1. semester | obvezni   |
| Športna vzgoja, prva stopnja, univerzitetni     | Ni členitve (študijski program) | 3. letnik | 1. semester | obvezni   |
| Športno treniranje, prva stopnja, univerzitetni | Ni členitve (študijski program) | 3. letnik | 1. semester | obvezni   |

|                                                            |         |
|------------------------------------------------------------|---------|
| <b>Univerzitetna koda predmeta/University course code:</b> | 0042658 |
| <b>Koda učne enote na članici/UL Member course code:</b>   | 1203    |

| Predavanja<br>/Lectures | Seminar<br>/Seminar | Vaje<br>/Tutorials | Klinične vaje<br>/Clinical<br>tutorials | Druge oblike<br>študija<br>/Other forms<br>of study | Samostojno<br>delo<br>/Individual<br>student work | ECTS |
|-------------------------|---------------------|--------------------|-----------------------------------------|-----------------------------------------------------|---------------------------------------------------|------|
| 30                      | 15                  |                    |                                         |                                                     | 45                                                | 3    |

|                                   |            |
|-----------------------------------|------------|
| <b>Nosilec predmeta/Lecturer:</b> | Bojan Jošt |
|-----------------------------------|------------|

|                                    |                    |
|------------------------------------|--------------------|
| <b>Vrsta predmeta/Course type:</b> | obvezni/compulsory |
|------------------------------------|--------------------|

|                          |                      |             |
|--------------------------|----------------------|-------------|
| <b>Jeziki/Languages:</b> | Predavanja/Lectures: | Slovenščina |
|                          | Vaje/Tutorial:       | Slovenščina |

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

**Prerequisites:**

|                                            |                                                 |
|--------------------------------------------|-------------------------------------------------|
| Vpis v tretji letnik študijskega programa. | Entry into the third year of the study program. |
|--------------------------------------------|-------------------------------------------------|

**Vsebina:**

**Content (Syllabus outline):**

|                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <ul style="list-style-type: none"><li>• Uvod v filozofijo športa?</li><li>• Struktura filozofije športa</li><li>• Razumevanje športa na ravni različnih oblik zavesti</li><li>• Filozofija terminologije</li><li>• Filozofija znanosti o športu-kineziologije (logično mišljenje, empirične znanosti, znanstveni zakoni, hipoteze, teorije)</li><li>• Estetika športa</li><li>• Etika športa</li><li>• Filozofski razgovor »diskurz«</li><li>• Metodologija filozofskega mišljenja, raziskovanja in priprave pisnih del</li></ul> | <ul style="list-style-type: none"><li>• Introduction to the Philosophy of Sport</li><li>• Structure of Philosophy of Sport</li><li>• The understanding of Sport from different form of consciousness</li><li>• Philosophy terminology</li><li>• Philosophy of Sport science-Kinesiology</li><li>• Aesthetics of sport</li><li>• Ethics of sport</li><li>• Philosophical discussion</li><li>• Methodology of philosophical thinking, researching and writing</li></ul> |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|

**Temeljna literatura in viri/Readings:**

- Bouchard, C., McPerson, B.D., & Taylor, A.W. (Eds.). (1992). Physical Activity Sciences. Human Kinetics Books, USA.
- Burkard, F. P., Kunzmann, P., & Wiedmann, F. (1991) DTV Atlas filozofije. DZS, d.d., Ljubljana.
- Haag, H. (1996). Sportphilosophie – Ein Handbuch. Hofmann, Schorndorf.
- Hoffman, J.S.(Ed.). (1992). Sport and religion. Human Kinetics Publisher, United States of America.
- Hoffman, S.J. & Harris, J. C. (Eds.). (2000). Introduction to Kinesiology – Studing Physical Activity. Human Kinetics, USA.
- Hosta, M. (2007). Etika športa – Manifest za 21. stoletje. Fakulteta za šport, Ljubljana.
- Jerman, F.(1994). Filozofija. Državna založba Slovenije, Ljubljana.
- Jošt, B. (2012). Izbrani vidiki filozofije športa in tekmovalne priprave športnikov. Fakulteta za šport, Ljubljana.
- Klavora, P. (2007). Foundations of Kinesiology – Studing human movement anf Health. Sport Books Publisher, Canada.
- Kneller, G.F. (1965). Educational Anthropolgy – An introduction. John wiley & Sons, New york, USA.
- Kreft, L. (2011). Levi horog – filozofija športa v osmih esejih. Založba Sophia, Ljubljana.
- Kretschmar, R. S.(1994). Practical Philosophy of Sport. Human Kinetics, Illinois.
- Kristan, S. (2000). Športoslovje na slovenskem danes. Fakulteta za šport, Ljubljana.
- Kristan, S. (2012). Športni terminološki slovar. Fakulteta za šport, Ljubljana.
- Mark, H.A. (Ed.). (1991). Dictionary of the Sport and exercise sciences. Human Kinetics., Illinois.
- McNamee, M.J. & Parry, S.J. (Eds.). (1998). Ethics and Sport. Routledge, London.
- Morgan, W.J. & Meier, K.V (Eds.). Philosophic Inquiry in Sport. Human Kinetics., Illinois.
- Musek, J. (2000). Nova psihološka teorija vrednot. Educy d.o.o. Ljubljana in Inštitut za psihologijo osebnosti, Ljubljana.
- Pediček, F. (1970). Pogledi na telesno vzgojo, šport in rekreacijo I. – Pedagoški, psihološki in filozofski vidiki (Telesna vzgoja). Mladinska knjiga, Ljubljana.
- Pediček, F. (1970). Pogledi na telesno vzgojo, šport in rekreacijo II. – Pedagoški, psihološki in filozofski vidiki (Šport). Mladinska knjiga, Ljubljana.
- Pediček, F. (1970). Pogledi na telesno vzgojo, šport in rekreacijo III. – Pedagoški, psihološki in filozofski vidiki (Športna rekreacija). Mladinska knjiga, Ljubljana.
- Shea, H.Ch. & Wright, L.D. (1997). An Introduction to Human Movement. The science of Physical Education. Allyn and Bacon, USA.
- Starosta, W. (ED.). (2010). Human Movement science – anthropokinesiology. International Association of Sport Kinetics., Poland.
- Šturm, J., & Strojnik, V. (2003). Uvod v antropološko kineziologijo. Fakulteta za šport, Ljubljana.
- Trstenjak, A.(1988). Dobro je biti človek. Katehetski center, Ljubljana.
- Wuest, D.A. & Bucher, Ch.A. (1999). Foundations of Physical Education, excercise science, and Sport.McGraw-Hill, USA.

**Cilji in kompetence:**

- Poznavanje in razumevanje izbranih vidikov teorije filozofije športa (teorija znanosti, etika športa, estetika športa, aksiologija športa, kultura športa)
- Usposobljenost za odpiranje in razreševanje osnovnih vprašanj in dilem filozofije športa
- Usposobljenost za samostojno pisno obravnavo izbranega filozofskega vprašanja (seminarska naloga)
- Usposobljenost za predstavitev in sodelovanje v filozofski razpravi

**Objectives and competences:**

- Knowledge and understanding of selected aspects of the theory of the philosophy of sport (theory of science, ethics, aesthetics, sport values, Sport culture..)
- The capacity to resolve basic questions and opening and the quandary of the philosophy of sport
- The qualifications for independent treatment of selected philosophical questions in writing (seminar paper)
- Qualifications for a presentation and participate in a philosophical discussion

**Predvideni študijski rezultati:**

- Biti seznanjen s filozofijo športa na teoretični in praktični ravni
- Usposobiti se za filozofski način razmišljanja

**Intended learning outcomes:**

- Become acquainted with philosophy of sport on theoretical, reflexive and practical level
- Understand the structure of philosophy of sport
- Enabled for philosophical thinking

|                                                                                                                                                                                                                                                                                                                                                                                                                    |                                                                                                                                                                                                                                                                                                                                                                               |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <ul style="list-style-type: none"> <li>• Pridobiti sposobnost za iskanje odgovorov na filozofska vprašanja</li> <li>• Razviti spretnosti za postavljanje in izražanje filozofskih vprašanj</li> <li>• Usposobiti se za pisanje osebne filozofije</li> <li>• Samostojno izbrati temo in napisati seminarsko nalogo</li> <li>• Samostojno predstaviti tezo in njegovo filozofsko argumentacijo v razpravi</li> </ul> | <ul style="list-style-type: none"> <li>• Improve ability to pursue philosophic answers</li> <li>• Acquire skill in asking philosophic questions</li> <li>• Enabled for writing a personal philosophy</li> <li>• Independently to choose the topic and write a term paper</li> <li>• Independently to present a thesis and his philosophical argument in the debate</li> </ul> |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|

|                                                                                                                                            |                                                                                                                               |
|--------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------|
| <b>Metode poučevanja in učenja:</b>                                                                                                        | <b>Learning and teaching methods:</b>                                                                                         |
| Predavanja, seminarsko delo, razgovor, individualni študij, študij domače in tuje strokovne literature, učenje s pomočjo spletnih medijev. | Lectures, Seminar work, individual studies, learning with the help of online media, discussion, presentation of seminar work. |

|                                                                                                                                                                             |                     |                                                                                                     |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------|-----------------------------------------------------------------------------------------------------|
| <b>Načini ocenjevanja:</b>                                                                                                                                                  | <b>Delež/Weight</b> | <b>Assessment:</b>                                                                                  |
| <ul style="list-style-type: none"> <li>• ustni izpit (tudi uspešna predstavitev seminarske naloge pred razredom)</li> <li>• pozitivno ocenjena seminarska naloga</li> </ul> |                     | <ul style="list-style-type: none"> <li>• Oral examination</li> <li>• Seminar course work</li> </ul> |

|                              |                        |
|------------------------------|------------------------|
| <b>Ocenjevalna lestvica:</b> | <b>Grading system:</b> |
|                              |                        |

#### Reference nosilca/Lecturer's references:

JOŠT, Bojan. *Izbrani vidiki filozofije športa in tekmovalne priprave športnikov*. Ljubljana: Fakulteta za šport, 2012. 262 str., ilustr. ISBN 978-961-6843-35-5. [COBISS.SI-ID [264768000](#)]

JOŠT, Bojan. How to succeed in school and sports. V: Tretji mednarodni simpozij Šport Mladih, 7.-10. oktober 1997, Bled, Slovenija =Third International Symposium Sport of the Young, October 7-10, 1997, Bled,. *Izplečki = Abstracts*. [Ljubljana: Fakulteta za šport], 1997. [COBISS.SI-ID [58801](#)]

JOŠT, Bojan, PUSTOVRH, Janez, ULAGA, Maja. The follow-up of the development of a competitive and potentially successful performance of a top sportsman with the aid of the "sport-expert" system. *Kinesiology*, ISSN 1331-1441. [English ed.], 1998, let. 30, št. 2, str. 17-22, graf. prikazi. [COBISS.SI-ID [486833](#)]

JOŠT, Bojan. Zakaj filozofija športa. *Šport*, ISSN 0353-7455, 2002, letn. 50, št. 1, str. 3-4. [COBISS.SI-ID [1402545](#)]

JOŠT, Bojan. Nordijsko smučanje kot del kulture športa. *Šport*, ISSN 0353-7455, 2011, letn. 59, št. 3/4, str. 51-59, ilustr. [COBISS.SI-ID [4139953](#)]

JOŠT, Bojan, ČOH, Milan. Expert modelling of sport performance of high elite athletes. *Acta kinesiological*, ISSN 1840-2976, jun. 2014, vol. 8, issue 1, str. 82-85, ilustr.<http://www.actakin.com/PDFS/BR0801/SVEE/04%20CL%2016%20BJ.pdf>, <http://www.actakin.com/TEXT/TxTeku01.html>. [COBISS.SI-ID [4538545](#)]

JOŠT, Bojan, HOSTA, Milan. Philosophy of sport - a bridge between sport science and empiry. V: MACURA, Dušan (ur.), HOSTA, Milan (ur.). *Philosophy of sport and other essays : proceedings book*. Ljubljana: Faculty of Sport: Eleventh Academy, 2004, str. 41-44. [COBISS.SI-ID [2290609](#)]

JOŠT, Bojan, TUŠAK, Matej. The structure of the dimensional configuration of a reduced potential performance model in ski jumping. V: Druga mednarodna znanstvena konferencija Kineziologija za 21. stoljeće, Dubrovnik, Hrvatska, 22. - 26. 09. 1999. MILANOVIĆ, Dragan (ur.). *Kineziologija za 21. stoljeće : zbornik radova = Kinesiology for the 21st century : proceedings book*. Zagreb: Fakultet za fizičku kulturu Sveučilišta, 1999, str. 71-79, tabele. [COBISS.SI-ID [405425](#)]

JOŠT, Bojan, VODIČAR, Janez. *Športni učitelj in trener*. Ljubljana: Fakulteta za šport, 2014. 114 str., graf. prikazi. ISBN 978-961-6843-50-8. [COBISS.SI-ID [274642688](#)]

# FITNES 1

## UČNI NAČRT PREDMETA/COURSE SYLLABUS

|                                   |           |
|-----------------------------------|-----------|
| <b>Predmet:</b>                   | Fitnes 1  |
| <b>Course title:</b>              | Fitness 1 |
| <b>Članica nosilka/UL Member:</b> | UL FŠ     |

| Študijski programi in stopnja               | Študijska smer                  | Letnik | Semestri    | Izbirnost |
|---------------------------------------------|---------------------------------|--------|-------------|-----------|
| Športna vzgoja, prva stopnja, univerzitetni | Ni členitve (študijski program) |        | 1. semester | izbirni   |

|                                                            |         |
|------------------------------------------------------------|---------|
| <b>Univerzitetna koda predmeta/University course code:</b> | 0045157 |
| <b>Koda učne enote na članici/UL Member course code:</b>   | 580     |

| Predavanja<br>/Lectures | Seminar<br>/Seminar | Vaje<br>/Tutorials | Klinične vaje<br>/Clinical tutorials | Druge oblike študija<br>/Other forms of study | Samostojno delo<br>/Individual student work | ECTS |
|-------------------------|---------------------|--------------------|--------------------------------------|-----------------------------------------------|---------------------------------------------|------|
| 15                      | 0                   | 30                 | 0                                    | 0                                             | 45                                          | 3    |

|                                   |             |
|-----------------------------------|-------------|
| <b>Nosilec predmeta/Lecturer:</b> | Maja Dolenc |
|-----------------------------------|-------------|

|                                    |                   |
|------------------------------------|-------------------|
| <b>Vrsta predmeta/Course type:</b> | izbirni/selective |
|------------------------------------|-------------------|

|                          |                      |             |
|--------------------------|----------------------|-------------|
| <b>Jeziki/Languages:</b> | Predavanja/Lectures: | Slovenščina |
|                          | Vaje/Tutorial:       | Slovenščina |

|                                                                              |                          |
|------------------------------------------------------------------------------|--------------------------|
| <b>Pogoji za vključitev v delo oz. za opravljanje študijskih obveznosti:</b> | <b>Prerequisites:</b>    |
| Ni posebnih pogojev.                                                         | No special requirements. |

### Vsebina:

Vsebina vključuje vse bistvene dejavnike sistematične fitnes vadbe in njegovih sodobnih izpeljank, s poudarkom na značilnostih vadbe pri šolski populaciji.

Teoretične in praktične vsebine: zdrav življenjski slog - fitnes kot sestavina zdravega življenjskega sloga, diagnostika za vadbo moči v fitnesu, dinamično ogrevanje pred vadbo moči v fitnesu, osnove vadbe (prilagoditve, struktura...), osnove tehnike izvajanja vaj, pristop k vadbi moči in gibljivosti otrok in mladostnikov, spremenljivke pri vadbi in treningu s sodobnimi fitnes pristopi, sodobna vadbena sredstva, organizacijske oblike dela pri vadbi v fitnesu, vadba na cikličnih napravah (»kardio naprave«), prehrana in fitnes.

### Content (Syllabus outline):

Content includes all of the essential factors of systematic fitness training and its modern methods (for pupils).

Theoretical and practical topics: healthy lifestyle - fitness as a component of a healthy lifestyle, diagnostics for fitness training, dynamic warm-up as important part of training, basic of fitness training (adjustment, structure ...), exercises for children and adolescents, modern organizational methods of fitness training, exercises on cyclic devices ("cardio machines"), fitness and nutrition.

### Temeljna literatura in viri/Readings:

- 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. (2016). Vadbene kartice *Zdrava vadba* (A, B, C). 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. (2016). *251 vaj moči za radovedne*. Ljubljana: Športna unija Slovenije.
- Coburn, J.W. in Malek, M.H. (Eds) (2012). *Essentials of personal training, second edition*. Champaign, USA: Human Kinetics.
- Cook, G. (2010). *Movement*. USA Aptos: On target publication.

#### Članki:

- 2019, 2018, 2017, 2016 in 2015 mesečni strokovni članki v reviji *Polet : magazin Dela in Slovenskih novic*, ISSN 1580-8041:
- DOLENC, Maja. Kroglasta utež z ročajem, vrv in prosta vaja. *Polet : magazin Dela in Slovenskih novic*. [Tiskana izd.]. 14. mar. 2019, letn. 18, št. 3, str. 22-23, barvne fotogr. ISSN 1580-8041. [COBISS.SI-ID 5480369]
- DOLENC, Maja. Sklenjena elastika in vadbeni trak. *Polet : magazin Dela in Slovenskih novic*. [Tiskana izd.]. 11. apr. 2019, letn. 18, št. 4, str. 10-[11], barvne fotogr. ISSN 1580-8041. [COBISS.SI-ID 5504433]
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- Majafitness.mogy.me

#### Cilji in kompetence:

Osnovni cilj programa je usposobiti študente za vadbo in trening moči s sodobnimi fitnes pristopi. Študentje bodo osvojili znanja, ki jim bodo omogočila

#### Objectives and competences:

The basic objective of the program is to educate students how to train according to health recommendations. They will be able to plan, execute

|                                                                                                                                  |                                                             |
|----------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------|
| samostojno načrtovanje, izvedbo in analizo različnih programov fitnes vadbe, s poudarkom na vadbi za zdravje učencev in dijakov. | and analyse different fitness training programs for pupils. |
|----------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------|

|                                                                                                                                                                                                                                                                                                                                                 |                                                                                                                                                                                                                                                                                                                                                                          |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Predvideni študijski rezultati:</b>                                                                                                                                                                                                                                                                                                          | <b>Intended learning outcomes:</b>                                                                                                                                                                                                                                                                                                                                       |
| Znanje in razumevanje: <ul style="list-style-type: none"> <li>Študenti so sposobni podajati temeljna znanja na področju fitnesa.</li> <li>Sposobni so pripraviti in voditi programe fitnes vadbe.</li> <li>Sposobni so oceniti gibalne sposobnosti udeležencev in ustrezno prilagoditi zahtevnost podajanja vsebin pri fitnes vadbi.</li> </ul> | Knowledge and understanding: <ul style="list-style-type: none"> <li>Students are able to convey basic knowledge.</li> <li>They can prepare for/and execute different strength, endurance and flexibility trainings.</li> <li>They are able to assess the physical abilities and capacities of participants and adjust the complexity of the training content.</li> </ul> |

|                                     |                                       |
|-------------------------------------|---------------------------------------|
| <b>Metode poučevanja in učenja:</b> | <b>Learning and teaching methods:</b> |
| Predavanja, vaje.                   | Lectures, practical work.             |

|                            |                     |                               |
|----------------------------|---------------------|-------------------------------|
| <b>Načini ocenjevanja:</b> | <b>Delež/Weight</b> | <b>Assessment:</b>            |
| Praktični izpit/seminar    | 30,00 %             | Practical examination/seminar |
| Teoretični izpit           | 70,00 %             | Theoretical examination       |

|                              |                        |
|------------------------------|------------------------|
| <b>Ocenjevalna lestvica:</b> | <b>Grading system:</b> |
|                              |                        |

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Bibliografija nosilke je v celoti dostopna na spletni strani SICRIS:  
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# FIZIOLOGIJA ŠPORTA 1

## UČNI NAČRT PREDMETA/COURSE SYLLABUS

|                                   |                       |
|-----------------------------------|-----------------------|
| <b>Predmet:</b>                   | Fiziologija športa 1  |
| <b>Course title:</b>              | Physiology of sport 1 |
| <b>Članica nosilka/UL Member:</b> | UL FŠ                 |

| Študijski programi in stopnja                   | Študijska smer                  | Letnik    | Semestri    | Izbirnost |
|-------------------------------------------------|---------------------------------|-----------|-------------|-----------|
| Kineziologija, prva stopnja, univerzitetni      | Ni členitve (študijski program) | 1. letnik | 2. semester | obvezni   |
| Športna vzgoja, prva stopnja, univerzitetni     | Ni členitve (študijski program) | 1. letnik | 2. semester | obvezni   |
| Športno treniranje, prva stopnja, univerzitetni | Ni členitve (študijski program) | 1. letnik | 2. semester | obvezni   |

|                                                            |         |
|------------------------------------------------------------|---------|
| <b>Univerzitetna koda predmeta/University course code:</b> | 0042624 |
| <b>Koda učne enote na članici/UL Member course code:</b>   | 1034    |

| Predavanja<br>/Lectures | Seminar<br>/Seminar | Vaje<br>/Tutorials | Klinične vaje<br>/Clinical<br>tutorials | Druge oblike<br>študija<br>/Other forms<br>of study | Samostojno<br>delo<br>/Individual<br>student work | ECTS |
|-------------------------|---------------------|--------------------|-----------------------------------------|-----------------------------------------------------|---------------------------------------------------|------|
| 60                      |                     | 30                 |                                         |                                                     | 90                                                | 6    |

|                                   |               |
|-----------------------------------|---------------|
| <b>Nosilec predmeta/Lecturer:</b> | Helena Lenasi |
|-----------------------------------|---------------|

|                                    |                    |
|------------------------------------|--------------------|
| <b>Vrsta predmeta/Course type:</b> | obvezni/compulsory |
|------------------------------------|--------------------|

|                          |                      |             |
|--------------------------|----------------------|-------------|
| <b>Jeziki/Languages:</b> | Predavanja/Lectures: | Slovenščina |
|                          | Vaje/Tutorial:       | Slovenščina |

|                                                                              |                       |
|------------------------------------------------------------------------------|-----------------------|
| <b>Pogoji za vključitev v delo oz. za opravljanje študijskih obveznosti:</b> | <b>Prerequisites:</b> |
| Jih ni                                                                       | None                  |

### Vsebina:

- Energetski vidik: pridobivanje in poraba energije
  - Signaliziranje v telesu: živčevje, hormoni
  - Živčnomišični sistem
  - Srčnožilni sistem, dihalni sistem, prenos plinov
  - Metode treninga, testi vzdržljivosti
  - Vplivi okolja (fiziologija športa v ekstremnih razmerah)
- FIZIOLOGIJA ŠPORTA 1  
SPLOŠNO:
- Uvod v fiziologijo
  - fiziologija in biologija celice: zgradba, osnove presnovnih procesov v celici,
  - membranski potencial, prenos snovi skozi celično membrano

### Content (Syllabus outline):

- Energy transfer
  - Types of signalling in the human body
  - Neuromuscular system
  - Support systems: cardiovascular system, respiratory system and gas exchange in the body
  - Introduction to exercise, endurance tests
  - Exercise training and adaptations
  - Environmental physiology
- SPORTS PHYSIOLOGY 1  
GENERAL PHYSIOLOGY
- Introduction
  - Basic concepts of cell biology and physiology
  - Cell metabolism: oxidative phosphorylation, ATP

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| <ul style="list-style-type: none"> <li>• komunikacija med celicami in znotraj celice, transdukcijske kaskade v celici</li> <li>• homeostaza, uravnavanje količin</li> <li>• volumni in sestava telesnih tekočin: razporeditev V po razdelkih, pufri</li> <li>• mišica: zgradba, presnova, mehanizem mišične kontrakcije</li> </ul> <p><b>KARDIOVASKULARNI SISTEM</b></p> <ul style="list-style-type: none"> <li>• zgradba in funkcija, opis posameznih komponent, krvni obtok (sistemska, pljučna cirkulacija, razlike), kri. opis, sestavine krvi, funkcije</li> <li>• srce: zgradba, mehanika, srčni cikel, električna aktivnost srca, sklopitev vzburjenje-kontrakcija, nadzor</li> <li>• hemodinamika, nadzor krvnega tlaka</li> <li>• uravnavanje KVS, telesna aktivnost in KVS</li> </ul> <p><b>RESPIRATORNI SISTEM:</b></p> <ul style="list-style-type: none"> <li>• zgradba, funkcije,</li> <li>• mehanika dihanja, testi dih. funkcije</li> <li>• transport plinov (difuzija, prenos po krvi)</li> <li>• nadzor in uravnavanje dihanja</li> </ul> <p><b>LEDVICE:</b></p> <ul style="list-style-type: none"> <li>• zgradba in funkcije, ledvični krvni obtok</li> <li>• glomerulna filtracija, principi reabsorpcije in sekrecije,</li> <li>• transepitelijski transporti topljencev in vode vzdolž nefrona</li> <li>• uravnavanje osmolarnosti in volumna, homeostaza natrija in kalija</li> <li>• acidobazna fiziologija, uravnavanje pH</li> </ul> <p><b>PRESNOVA IN PREBAVA:</b></p> <ul style="list-style-type: none"> <li>• prebava ogljikovih hidratov, beljakovin in maščob, vitamini, osnovni principi absorpcije snovi v prebavilih,</li> <li>• funkcije jeter</li> <li>• presnova ogljikovih hidratov, beljakovin in maščob, načini pridobivanja energije (ATP) na celični ravni</li> </ul> <p><b>ENDOKRINOLOGIJA</b></p> <ul style="list-style-type: none"> <li>• osnove: endokrine žleze, delitev, zgradba, splošni principi delovanja hormonov,</li> <li>• spec. endokrinologija: homeostaza glukoze (in ostalih hranil), hormoni nadledvične žleze, rastni hormon, ščitnični hormoni, homeostaza kalcija in fosfata, reprodukcija, spolne žleze in hormoni, nosečnost in porod</li> </ul> <p><b>ŽIVČEVJE:</b></p> <ul style="list-style-type: none"> <li>• splošna shema živčevja: povezava anatomija/fiziologija, hierarhija organiziranosti (centralno, periferno živčevje), vegetativno živčevje, nevroendokrinologija, elektrofiziologija, senzorični sistemi, motorični sistemi</li> </ul> | <ul style="list-style-type: none"> <li>• Membrane potential, types of membrane transport</li> <li>• Cell to cell communication, intracellular signalling</li> <li>• Principles of homeostasis, regulation of some physiological parameters</li> <li>• Body compartments: composition and regulation of body fluids</li> <li>• Principles of muscle metabolism and contraction</li> </ul> <p><b>CARDIOVASCULAR SYSTEM (CVS):</b></p> <ul style="list-style-type: none"> <li>• Structure and function: systemic and pulmonary circulation</li> <li>• Blood as a transport medium: composition and functions</li> <li>• Heart: structure, heart cycle, electrical and mechanical properties, electrical activity of the heart, electro-mechanical coupling, heart regulation</li> <li>• Haemodynamics, blood pressure regulation</li> <li>• Regulation of the CVS, adaptation to exercise</li> </ul> <p><b>RESPIRATORY SYSTEM:</b></p> <ul style="list-style-type: none"> <li>• Structure and function</li> <li>• Ventilation, respiratory mechanics, spirometry</li> <li>• Respiratory gases transport: diffusion, convective transport</li> <li>• Regulation of respiration, adaptation to exercise</li> </ul> <p><b>KIDNEY AND EXCRETION</b></p> <ul style="list-style-type: none"> <li>• Structure and function, renal circulation</li> <li>• Glomerular filtration (rate), mechanisms of tubular reabsorption and secretion</li> <li>• Transepithelial transport of solutes and water along the nephron, corticomedullary gradient</li> <li>• Principles of acido-base physiology, pH regulation</li> </ul> <p><b>DIGESTION AND METABOLISM</b></p> <ul style="list-style-type: none"> <li>• Digestion of carbohydrates, fat and proteins, absorption</li> <li>• Metabolism of carbohydrates, fat and proteins</li> <li>• Nutrition and diet</li> </ul> <p><b>ENDOCRINOLOGY</b></p> <ul style="list-style-type: none"> <li>• Basic principles, hormones and endocrine glands, hormone actions on the cellular level</li> <li>• Special endocrinology: homeostasis of glucose, endocrine pancreas, hormones of the suprarenal gland, and of the thyroid, growth hormone, calcium and phosphate homeostasis, reproduction</li> </ul> <p><b>NERVOUS SYSTEM</b></p> <ul style="list-style-type: none"> <li>• Neuronal system organization and function: central vs. peripheral nervous system,</li> <li>• Somatic vs. autonomic (vegetative) nervous system</li> <li>• Neuroendocrinology,</li> <li>• Electrophysiology</li> <li>• Motoric and sensoric nervous system</li> </ul> |
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#### Temeljna literatura in viri/Readings:

- Učna gradiva
- Lasan, M. (2005): Stalnost je določila spremembo, Fakulteta za šport, Inštitut za šport, Ljubljana

|                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |
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| <ul style="list-style-type: none"> <li>Lasan, M. (2004): Fiziologija športa – harmonija med delovanjem in mirovanjem, Fakulteta za šport, Inštitut za šport, Ljubljana</li> <li>Foss, M.L., Keteyan, S.J. Fox's Physiological Basis for Exercise and Sports</li> <li>Navodila za vaje</li> </ul>                                                                                                                                                                                                      |
| <b>Poglabljena literatura:</b> <ul style="list-style-type: none"> <li>Katch VL, McArdle WD. Essentials of Exercise Physiology. 4th Ed. Wolters Kluwer, Lippincott, Williams &amp; Wilkins, 2011.</li> <li>Wilmore J, Costill D, Kenney WL, Costill DL. Physiology of Sport and Exercise. 4th Ed. Human Kinetics Publishers, 2007.</li> <li>Astrand PO, Rodahl K, Dahl H, Strømme SB. Textbook of Work Physiology 4th Ed. Physiological Basis of Exercise. Human Kinetics Publishers, 2003.</li> </ul> |

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| <b>Cilji in kompetence:</b> <ul style="list-style-type: none"> <li>Spoznati delovanje človeškega organizma kot celote, soodvisnost in koordinirano delovanje organov in organskih sistemov</li> <li>Spoznati osnovni princip homeostaze, ki vlada v telesu</li> <li>Spoznati odzivanje organizma na okolje</li> <li>Spoznati reakcije organizma na stres, vključno s temeljnimi prilagoditvami organizma na telesni napor</li> </ul> | <b>Objectives and competences:</b> <ul style="list-style-type: none"> <li>Learning about the functioning of the human body, interdependence and subordination of organ systems</li> <li>Apprehension of the basic homeostasis principles in the human body</li> <li>Impact of environment on the human body: adaptation to stress, including exercise</li> </ul> |
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| <b>Predvideni študijski rezultati:</b> <p>Znanje in razumevanje:</p> <ul style="list-style-type: none"> <li>Razumevanje osnovnih zakonitosti delovanja organizma. Dojeti principe homeostaze in na njej sloneče uravnavne kroge z negativno povratno zvezo.</li> <li>Razumeti osnove adaptacijskega odgovora organizma na telesno aktivnost.</li> <li>Razumevanje in opis osnovnih celičnih delcev in njihova vloga pri človekovi gibalni aktivnosti</li> <li>Sposobni so ovrednotiti nekatere fiziološke parametre v procesu treninga</li> <li>Prispevek k razumevanju funkcioniranja človeka na celičnem nivoju</li> <li>Sposobni so razmišljati o spremembah, ki nastajajo v procesu treniranja in iskati nadaljnja pojasnila</li> <li>Prenos teoretičnih znanj v športno prakso ter umestitev v kontekst metod in vsebin športne aktivnosti</li> </ul> | <b>Intended learning outcomes:</b> <p>Knowledge and understanding:</p> <ul style="list-style-type: none"> <li>Comprehension of the basic physiology of the human body</li> <li>Comprehension of homeostasis and the operating of the negative feed-back loops in the body</li> <li>Physiological adaptations to exercise, including the cellular level</li> <li>Estimation of some physiological parameters during the training process</li> <li>Impact of endurance on the human body</li> </ul> |
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| <b>Metode poučevanja in učenja:</b> <ul style="list-style-type: none"> <li>Predavanja</li> <li>Laboratorijske vaje</li> </ul> | <b>Learning and teaching methods:</b> <ul style="list-style-type: none"> <li>Lectures</li> <li>Laboratory work</li> </ul> |
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| <b>Načini ocenjevanja:</b> <p>Način: pisni izpit, za izboljšanje ocene možno ustno izpraševanje</p> | <b>Delež/Weight</b> <p>100,00 %</p> | <b>Assessment:</b> <p>Type examination, optional oral to improve the note</p> |
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| <b>Ocenjevalna lestvica:</b> | <b>Grading system:</b> |
|                              |                        |

#### Reference nosilca/Lecturer's references:

1. LENASI, Helena, KOHLSTEDT, Karin, FICHTLSCHERER, Birgit, MULSCH, A., BUSSE, Reinhard, FLEMING, I. Amlodipine activates the endothelial nitric oxide synthase by altering phosphorylation on Ser(1177) and Thr(495). *Cardiovasc. Res.* [Print ed.], 2003, letn. 59, št. 4, str. 844-853. [COBISS.SI-ID [17197785](#)]
2. LENASI, Helena, ŠTRUCL, Martin. Effect of regular physical training on cutaneous microvascular reactivity. *Med. sci. sports exerc.*, 2004, str. 606-612. [COBISS.SI-ID [19021785](#)]
3. LENASI, Helena, ŠTRUCL, Martin. The effect of nitric oxide synthase and cyclooxygenase inhibition on cutaneous microvascular reactivity. *Eur. j. appl. physiol. (Print)*. [Print ed.], 2008, letn. 103, št. 6, str. 719-726, doi: [10.1007/s00421-008-0769-8](#). [COBISS.SI-ID [24385497](#)]
4. LENASI, Helena. The role of nitric oxide- and prostacyclin-independent vasodilatation in the human cutaneous microcirculation : effect of cytochrome P450 2C9 inhibition. *Clin. physiol. funct. imaging (Print)*, 2009, letn. 29, št. 4, str. 263-270, doi: [10.1111/j.1475-097X.2009.00862.x](#). [COBISS.SI-ID [26142937](#)]
5. LENASI, Helena, ŠTRUCL, Martin. Regular physical activity alters the postocclusive reactive hyperemia of the cutaneous microcirculation. *Clin. hemorheol. microcirc.*, 2010, letn. 45, št. 2/4, str. 365-374, doi: [10.1016/j.neuropsychologia.2010.08.005](#). [COBISS.SI-ID [27444953](#)]
6. LENASI, Helena. Regular training enhances the nitric oxide and prostacycline independent endothelium-dependent vasodilation in the cutaneous microcirculation. V: *9th World Congress for Microcirculation, Paris, September 25-28, 2010*. Bologna: Medimond - Monduzzi Editore International Proceedings Division, 2010, str. 47-51, ilustr. [COBISS.SI-ID [28396249](#)]
7. LENASI, Helena. Assessment of human skin microcirculation and its endothelial function using laser doppler flowmetry. V: ERONDU, Okechukwu Felix (ur.). *Medical imaging*. Rijeka: InTech, 2011, str. 271-296, ilustr. [COBISS.SI-ID [29192409](#)]

# FUNKCIONALNA ANATOMIJA

## UČNI NAČRT PREDMETA/COURSE SYLLABUS

|                                   |                        |
|-----------------------------------|------------------------|
| <b>Predmet:</b>                   | Funkcionalna anatomija |
| <b>Course title:</b>              | Functional anatomy     |
| <b>Članica nosilka/UL Member:</b> | UL FŠ                  |

| Študijski programi in stopnja                   | Študijska smer                  | Letnik    | Semestri    | Izbirnost |
|-------------------------------------------------|---------------------------------|-----------|-------------|-----------|
| Kineziologija, prva stopnja, univerzitetni      | Ni členitve (študijski program) | 1. letnik | 1. semester | obvezni   |
| Športna vzgoja, prva stopnja, univerzitetni     | Ni členitve (študijski program) | 1. letnik | 1. semester | obvezni   |
| Športno treniranje, prva stopnja, univerzitetni | Ni členitve (študijski program) | 1. letnik | 1. semester | obvezni   |

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| <b>Univerzitetna koda predmeta/University course code:</b> | 0104747 |
| <b>Koda učne enote na članici/UL Member course code:</b>   | 572     |

| Predavanja<br>/Lectures | Seminar<br>/Seminar | Vaje<br>/Tutorials | Klinične vaje<br>/Clinical<br>tutorials | Druge oblike<br>študija<br>/Other forms<br>of study | Samostojno<br>delo<br>/Individual<br>student work | ECTS |
|-------------------------|---------------------|--------------------|-----------------------------------------|-----------------------------------------------------|---------------------------------------------------|------|
| 60                      |                     | 30                 |                                         |                                                     | 90                                                | 6    |

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| <b>Nosilec predmeta/Lecturer:</b> | Vedran Hadžić, Živa Majcen Rošker |
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| <b>Vrsta predmeta/Course type:</b> | obvezni/compulsory |
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| <b>Jeziki/Languages:</b> | Predavanja/Lectures: | Slovenščina |
|                          | Vaje/Tutorial:       | Slovenščina |

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| <b>Pogoji za vključitev v delo oz. za opravljanje študijskih obveznosti:</b> | <b>Prerequisites:</b>           |
| Ni predvidenih posebnih pogojev.                                             | No special conditions provided. |

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| <b>Vsebina:</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         | <b>Content (Syllabus outline):</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |
| <p>Predmet ANATOMIJA je sestavljen iz dveh vsebinskih sklopov:</p> <ol style="list-style-type: none"> <li>TEMELJI ANATOMIJE</li> <li>FUNKCIONALNA ANATOMIJA</li> </ol> <p><b>1. TEMELJI ANATOMIJE</b></p> <p>Osnove</p> <p>Orientacijske ravnine in smeri, osnovno izrazoslovje.</p> <p><b>Lokomotorni aparat:</b> nauk o kosteh, aksialni skelet, apendikularni skelet. Nauk o sklepih. Sistematski pregled sklepov. Nauk o mišičju, skeletna mišica. Sistematski pregled mišičja.</p> <p><b>Živčevje:</b> splošno o živčevju, centralno in periferno živčevje, vegetativni živčni sistem, čutila.</p> | <p>Subject Anatomy is divided into two parts:</p> <ol style="list-style-type: none"> <li>BASIC ANATOMY</li> <li>FUNCTIONAL ANATOMY</li> </ol> <p><b>1.BASIC ANATOMY</b></p> <p><b>BASICS</b></p> <p>Anatomical position, directional terms, body planes and section, anatomical terminology.</p> <p><b>The locomotory system</b></p> <p>Teaching the bones, axial and appendicular skeleton.</p> <p>Teaching the joints. Systematic overview of the joints.</p> <p>Teaching the muscles, skeletal muscles. Systematic overview of the muscles.</p> |

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| <p><b>Obtočila:</b> splošno o srcu in žilju, srce, mali krvni obtok, veliki krvni obtok, mezigovnice in bezgavke.</p> <p><b>Dihala:</b> nosna votlina in obnosni sinusi, žrelo in grlo, bronhialno drevo in pljuča, prsna mrena.</p> <p><b>Prebavila:</b> ustna votlina, zobje in žleze slinavke, žrelo, požiralnik in želodec, tanko in debelo črevo, jetra in trebušna slinavka. Žilje prebavil.</p> <p><b>Sečila:</b> ledvici, sečevod, sečni mehur in sečnica.</p> <p><b>Spolni organi</b></p> <p><b>Žleze z notranjim izločanjem</b></p> <p><b>2. FUNKCIONALNA ANATOMIJA</b></p> <p>Funkcionalna anatomija ramenskega obroča.</p> <p>Funkcionalna anatomija zgornjega uda.</p> <p>Funkcionalna anatomija medeničnega obroča.</p> <p>Funkcionalna anatomija spodnjega uda.</p> <p>Funkcionalna anatomija trupa in hrbtenice.</p> | <p><b>The nervous system (NS):</b> overall view of the NS; central and peripheral NS, autonomic NS, Senses.</p> <p><b>The circulatory system:</b> basics of the heart and blood vessels, pulmonary and systemic circulation; lymph vessels and lymph nodes.</p> <p><b>The respiratory system:</b> nose cavity and paranasal sinuses, pharynx and larynx, bronchial tree and lungs, parietal pleura</p> <p><b>The digestive system:</b> oral cavity, teeth and salivary glands, pharynx, esophagus and stomach, small and large intestine, liver and pancreas. Blood vessels of the digestive system.</p> <p><b>The urinary system:</b> kidneys, ureter, urinary bladder and urethra.</p> <p><b>The reproductive system</b></p> <p><b>The endocrine glands</b></p> <p><b>2. FUNCTIONAL ANATOMY</b></p> <p>Functional anatomy of the shoulder girdle.</p> <p>Functional anatomy of the upper limb.</p> <p>Functional anatomy of the the pelvic girdle.</p> <p>Functional anatomy of the lower limb.</p> <p>Functional anatomy of the trunk and spine.</p> |
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#### Temeljna literatura in viri/Readings:

##### UČBENIKI

Štiblar-Martinčič D, Cvetko E, Coer A, Marš T, Finderle Ž.

ANATOMIJA, HISTOLOGIJA, FIZIOLOGIJA.

3. izdaja, Ljubljana 2014.

Štiblar-Martinčič D, Cvetko E.

ANATOMSKE SLIKE, Študijsko gradivo

Fakulteta za šport, Univerze v Ljubljani

MacKinnon P, Morris J.

OXFORD TEXTBOOK OF FUNCTIONAL ANATOMY

Volume 1 Musculo-Skeletal System.

Second Edition, Oxford University Press 2005.

Behnke RS.

KINETICS ANATOMY.

Human Kinetics Publishers, 2012

##### ATLASI

Netter FH.

ATLAS ANATOMIJE ČLOVEKA.

Prva slovenska izdaja. Data status 2005.

McMinn RMH, Ravnik D, Čebašek V, Hribernik M, Mali S.

BARVNI ATLAS ANATOMIJE ČLOVEKA.

Prva slovenska izdaja, Ljubljana:EWO: DZS, 1995.

Soderberg GL. KINESIOLOGY: Application to Pathological Motion.

Lippincott, Williams&Wilkins, 2. izdaja 1996.

#### Cilji in kompetence:

Anatomija bo obravnavana s posebnim poudarkom na lokomotornem sistemu.

##### Temelji anatomije

- Poznati anatomijo živčevja, osnove dihalnega in krvžilnega sistema ter sečil, kolikor so ti anatomsko in fiziološko vezani na lokomotorni sistem.

#### Objectives and competences:

Anatomy will be considered with the special emphasis on locomotory system.

##### Basic anatomy

- To know the anatomy of the nervous system, basics of the respiratory, circulatory and urinary system as much as they are anatomical and physiological related to the locomotory system.

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| <ul style="list-style-type: none"> <li>• Pregledno naj bi poznal ostala, manj pomembna poglavja sistemske anatomije na živem odraslem človeku, v določenih primerih tudi pri otroku ali mladostniku.</li> <li>• Obvladovanje izrazoslovja pri predmetu, skladno z mednarodnimi konvencijami, in sicer latinsko ter slovenskih udomačenih izrazov, razen kjer to ni možno.</li> </ul> <p><b>Funkcionalna anatomija</b></p> <p>Oblikovati plastično predstavo o izvedbi gibanja z uporabo anatomske, fiziološke in fizikalne razlage. Študent spozna normalno gibanje človeka, ga zna strokovno opisati in ga povezati z aktivnostjo udeleženih mišic oziroma mišičnih skupin.</p> <ul style="list-style-type: none"> <li>• Znati določiti ključne anatomske elemente (kosti, ligamente, mišice in živce) ramenskega obroča in opisati delovanje pri tipičnih gibih</li> <li>• Biti sposoben identificirati vse bistvene anatomske elemente roke in dlani in opisati delovanje v gibanje komolca, zapestja, dlani in prstov pri tipičnih gibih</li> <li>• Biti sposoben identificirati vse bistvene anatomske elemente vključene v gibanje kolka in kolena in opisati akcije in delovanje eno- in dvosklepnih mišic pri kolku in kolenu</li> <li>• Biti sposoben identificirati vse bistvene anatomske elemente vključene v gibanje noge, gležnja in stopala in opisati gibanje spodnje okončine</li> <li>• Biti sposoben identificirati vse bistvene anatomske elemente vključene v delovanje trupa in hrbtenice in opisati delovanje trupa in hrbtenice med gibanjem</li> </ul> | <ul style="list-style-type: none"> <li>• Transparently knows the other, less important sections of the systemic anatomy of the alive adult man, in specific examples also in the child and young people.</li> <li>• To cope the terminology of the subject, accordingly to the international convention, in latin and slovenian domestic expressions, where it is possible.</li> </ul> <p><b>Functional anatomy</b></p> <p>To form the plastic picture about performance the movement using anatomical, physiological and physical interpretation. The student knows the normal human movement, to knows the professional description and to knows it to connected with the activity of the muscles involved.</p> <ul style="list-style-type: none"> <li>• To determine the essential anatomical elements (bones, ligaments, muscles and nerves) of the shoulder girdle and describe functioning the typical movements.</li> <li>• To be able to identify the essential anatomical elements of the hand and palm and to describe the movement of the elbow, wrist, palm and fingers at the typical motion.</li> <li>• To be able to identify all typical anatomical elements involved in the movements of the hip and knee and describe the action and functioning one- and twojoints muscles in the hip and knee.</li> <li>• To be able to identify all typical anatomical elements involved in the movements of the foot and ankle and describe the movement of the lower limb.</li> <li>• To be able to identify all typical anatomical elements involved in the movements of the trunk and spine and describe the movement of trunk and spine.</li> </ul> |
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|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p><b>Predvideni študijski rezultati:</b></p> <p>Znanje in razumevanje:<br/>Študent pozna osnovno makroskopsko anatomijo ter z njo povezano izrazoslovje. Poseben poudarek je na lokomotornem sistemu.</p> <p>Zna uporabiti osvojeno znanje pri predmetih, ki so vezani na predznanje anatomije in histologije ter jih povezati s prakso.</p> <p>Zna povezati pridobljeno teoretično znanje s prakso ter ju kritično ovrednotiti</p> <p>Zna povezovati in uporabljati domačo in tujo literaturo in druge vire, zbira in interpretira podatke.</p> <p>Zna poročati (ustno in pisno), identificira, analizira in reševati probleme, povezane z anatomijo.</p> | <p><b>Intended learning outcomes:</b></p> <p>Knowledge and understanding:<br/>Student has to know the basic macroscopical anatomy and the related terminology with special emphasis on locomotory system.</p> <p>To know the use the knowlwdge of the anatomy and histology in the related subjects and to link it with practice.</p> <p>To use the obtained theoretically knowledge with practice and to critically evaluated.</p> <p>To know link and use domestic and foreign literature and the other source, gather and interpreted data. To know reported (oral and written), identify, analyse and solved the problems related with anatomy.</p> |
| <p><b>Metode poučevanja in učenja:</b></p> <p>Predavanja, vaje</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          | <p><b>Learning and teaching methods:</b></p> <p>Lectures, tutorial</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |

**Načini ocenjevanja:**

**Delež/Weight Assessment:**

|                                |          |                                                                                  |
|--------------------------------|----------|----------------------------------------------------------------------------------|
| Pisni izpit: 66 % za pozitivno | 100,00 % | Written exam (66% for positive outcome)<br>Written exam 60% for positive outcome |
|--------------------------------|----------|----------------------------------------------------------------------------------|

**Ocenjevalna lestvica:**

5 - 10, pri čemer velja, da je pozitivna ocena od 6 - 10

**Grading system:**

5 - 10, a student passes the exam if he is graded from 6 to 10

**Reference nosilca/Lecturer's references:**

**Dr. ŽIVA MAJCEN ROŠKER [36249]**

Reference neposredno vezane na funkcionalno anatomijo

1. MAJCEN ROŠKER, Živa, KRISTJANSSON, Eythor, VODIČAR, Miha. How well can we detect cervical driven sensorimotor dysfunction in concussion patients? : an observational study comparing patients with idiopathic neck pain, whiplash associated disorders and concussion. *Gait & posture*. 2023, vol. , str. 1-13.
2. MAJCEN ROŠKER, Živa, VODIČAR, Miha, KRISTJANSSON, Eythor. Is altered oculomotor control during smooth pursuit neck torsion test related to subjective visual complaints in patients with neck pain disorders?. *International journal of environmental research and public health*. [Online ed.]. 2022, vol. 19, iss. 7, art. 3788, str. 1-10.
3. PARAVLIĆ, Armin, MILANOVIĆ, Zoran, ABAZOVIĆ, Ensar, VUČKOVIĆ, Goran, SPUDIĆ, Darjan, MAJCEN ROŠKER, Živa, PAJEK, Maja, VODIČAR, Janez. The muscle contractile properties in female soccer players : inter-limb comparison using tensiomyography. *Journal of Musculoskeletal and Neuronal Interactions*. Jun. 2022, vol. 22, no. 2, str. 179-192.
4. MAJCEN ROŠKER, Živa, ROŠKER, Jernej, ŠARABON, Nejc. Impairments of postural balance in surgically treated lumbar disc herniation patients. *Journal of applied biomechanics*. 2020, vol. 36, iss. 4, str. 228-234.
5. ŠARABON, Nejc, HIRSCH, Karmen, MAJCEN ROŠKER, Živa. The acute effects of hip abductors fatigue on postural balance. *Montenegrin Journal of Sports Science and Medicine*. 2016, vol 5, no. 1, str. 5-9
6. MAJCEN ROŠKER, Živa, RAUTER PUNGARTNIK, Tanja, ŠARABON, Nejc. Consideration for lumbar disc degeneration and herniation in sports. *The Internet journal of allied health sciences and practice*. apr. 2014, vol. 12, no. 2, str. 1-7.
7. MAJCEN ROŠKER, Živa, VODIČAR, Miha. Ko je za odpravljanje bolečine v rami potreben drugačen pristop : študija primera. *Šport : revija za teoretična in praktična vprašanja športa*. 2019, letn. 67, št. 3/4, str. 109-113.
8. LESKOVŠEK, Urška, MAJCEN ROŠKER, Živa, KRESAL, Friderika. Upad vida pri starejših odraslih in tveganje za padec = Decrease in vision in older adults and risk of fall. V: KRESAL, Friderika (ur.), AMON, Mojca (ur.). *Telemedicina: gibalna rehabilitacija za preprečevanje posledic Covid-19 = Telemedicine: online movement rehabilitation for Covid-19 consequences prevention : IV. znanstveni simpozij, 2021 = IV. scientific symposium, 2021 : [večavtorska monografija]*. Medvode: Visokošolski zavod Fizioterapevtika, 2021. Str. 151-156.
9. BLAZNIK, Sara, KRESAL, Friderika, MAJCEN ROŠKER, Živa. Učinkovitost različnih fizioterapevtskih tehnik za odpravljanje cervikogenega glavobola. V: KRESAL, Friderika (ur.), AMON, Mojca (ur.). *Trajnost in fizioterapija = Sustainability and physiotherapy : III. znanstveni simpozij 2020 = III. scientific symposium [I] 2020 : [večavtorska monografija]*. Ljubljana: Visokošolski zavod Fizioterapevtika, 2020. Str. 141-144. ISBN 978-961-93982-4-1.

10. ZOREC, Tom, KOVAČIČ, Tjaša, MAJCEN ROŠKER, Živa, KRESAL, Friderika. Vpliv utrujanja globokih fleksorjev vratu na vzpostavljanje ravnotežja. V: KRESAL, Friderika (ur.), AMON, Mojca (ur.). Trajnost in fizioterapija = Sustainability and physiotherapy : III. znanstveni simpozij 2020 = III. scientific symposium [!] 2020 : [večavtorska monografija]. Ljubljana: Visokošolski zavod Fizioterapevtika, 2020. Str. 151-155.

Dr. VEDRAN HADŽIĆ [25596]

Reference neposredno vezane na funkcionalno anatomijo

1. PUŠNIK, Igor, ČUK, Ivan, HADŽIĆ, Vedran. Influence of new anatomic ring design on palm skin temperature. *Science of gymnastics journal*, ISSN 1855-7171. [Online ed.], 2017, vol. 9, iss. 1, str. 61-70,
2. HADŽIĆ, Vedran, DERVIŠEVIĆ, Edvin. Biomehanika kolena po poškodbi in rekonstrukciji sprednje križne vezi. *Šport : revija za teoretična in praktična vprašanja športa*, ISSN 0353-7455, 2005, letn. 53, št. 2, str. 16-24
3. KAŠČEK, Ana, ČUK, Ivan, PUSTIVŠEK, Suzana, HADŽIĆ, Vedran, BUČAR PAJEK, Maja. The impact of length, width and flat foot on balance. V: ČUK, Ivan (ur.). *Lectures and book of abstracts : International Scientific Conference Sport Health & Education "Complementary Approach to Gymnastics", Gdansk University of Physical Education and Sport, 18-20th of June 2015*, (Science of Gymnastics Journal, ISSN 1855-7171, Vol. 7, no. 3, 2015). Ljubljana: Faculty of Sport. 2015, str. 137-138.
4. SATTLER, Tine, DERVIŠEVIĆ, Edvin, HADŽIĆ, Vedran. Značilnosti obremenitev gibal pri odbojki. *Šport : revija za teoretična in praktična vprašanja športa*, ISSN 0353-7455, 2016, letn. 64, št. 1/2, str. 151-156

# GIBANJA IN IGRE Z ŽOGO

## UČNI NAČRT PREDMETA/COURSE SYLLABUS

|                                   |                               |
|-----------------------------------|-------------------------------|
| <b>Predmet:</b>                   | Gibanja in igre z žogo        |
| <b>Course title:</b>              | Movements and games with ball |
| <b>Članica nosilka/UL Member:</b> | UL FŠ                         |

| Študijski programi in stopnja                   | Študijska smer                  | Letnik | Semestri    | Izbirnost |
|-------------------------------------------------|---------------------------------|--------|-------------|-----------|
| Kineziologija, prva stopnja, univerzitetni      | Ni členitve (študijski program) |        | 1. semester | izbirni   |
| Športna vzgoja, prva stopnja, univerzitetni     | Ni členitve (študijski program) |        | 1. semester | izbirni   |
| Športno treniranje, prva stopnja, univerzitetni | Ni členitve (študijski program) |        | 1. semester | izbirni   |

|                                                            |         |
|------------------------------------------------------------|---------|
| <b>Univerzitetna koda predmeta/University course code:</b> | 0045138 |
| <b>Koda učne enote na članici/UL Member course code:</b>   | 778     |

| Predavanja<br>/Lectures | Seminar<br>/Seminar | Vaje<br>/Tutorials | Klinične vaje<br>/Clinical<br>tutorials | Druge oblike<br>študija<br>/Other forms<br>of study | Samostojno<br>delo<br>/Individual<br>student work | ECTS |
|-------------------------|---------------------|--------------------|-----------------------------------------|-----------------------------------------------------|---------------------------------------------------|------|
| 15                      |                     | 45                 |                                         |                                                     | 60                                                | 4    |

**Nosilec predmeta/Lecturer:** Goran Vučković

**Vrsta predmeta/Course type:** splošni izbirni/general selective

|                          |                      |             |
|--------------------------|----------------------|-------------|
| <b>Jeziki/Languages:</b> | Predavanja/Lectures: | Slovenščina |
|                          | Vaje/Tutorial:       | Slovenščina |

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

Ni posebnih pogojev za vključitev v predmet. Prednost imajo kandidati, ki so izbrali študijski program Športna vzgoja.

### Prerequisites:

No special requirements. Priority is given to students who have chosen the Physical Education program.

### Vsebina:

- Igre z žogo v učnem načrtu športne vzgoje v 1. triletju devetletne osnovne šole: Operativni cilji, praktične in teoretične vsebine ter standardi znanja za tematski sklop Igre z žogo.
- Temelja gibanja, gibalne dejavnosti in igre z žogo za otroke stare 6 do 8 let: Nošenja, usmerjanja ali vodenja žoge s kotaljenjem, vodenja žoge z roko in nogo, predajanja žoge, podajanja žoge z roko in nogo, podajanja žoge z udarjanjem, odbijanja žoge, lovljenja žoge, zaustavljanja žoge, meti žoge, udarci po žogi; vaje, elementarne in male moštvene igre z žogo.

### Content (Syllabus outline):

- Ball games in the curriculum of physical education in the 1st trimester of prime school: Operational objectives, practical and theoretical content and knowledge standards for the thematic field of ball games.
- The foundations of movement, movement activities and ball games for children aged 6 to 8: Holding, directing or rolling the balls, hand and foot ball handling, passing the balls with hands and legs, throwing, bouncing, catching, stopping and striking the balls; exercises, elemental and small team-building ball games.

|                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <ul style="list-style-type: none"> <li>Gibalne in psihične spodobnosti, ki jih razvijamo z omenjenimi gibanji (koordinacija, natančnost, hitrost, moč, orientacija v prostoru, sposobnost predvidevanja in z njo povezana hitrost odzivanja, taktično razmišljanje ...)</li> <li>Upravljanje vadbenega procesa: Analiza in načrtovanje vadbenega procesa (letne, tematske in učne priprave), izvajanje vadbenega procesa (učne oblike in metode, organizacijske oblike in metode, vadbena ponazorila in pomagala), preverjanje in ocenjevanje ravni obvladanja gibalnih spretnosti z žogo.</li> </ul> <p>Didaktična navodila za uspešno organiziranje vadbe.</p> | <ul style="list-style-type: none"> <li>Movement and psychological capabilities developed by these skills (Coordination, accuracy speed, strength, space coordination, anticipation, tactical behaviour).</li> <li>Managing the training process: Planning and analysing of training process (daily and yearly schedules), executions of training (learning methods, organisational methods, training accessories), examination and evaluation of movement skills with the ball</li> </ul> <p>Didactics' instructions to optimize training.</p> |
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### Temeljna literatura in viri/Readings:

|                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <ul style="list-style-type: none"> <li>Dežman, B., Šibila, M., Zadražnik, M., Verdenik, Z., Pocrnjič, M., Štihec, J. (1994) <i>Motorika z žogo, Tretja faza projekta Konceptija in strategija športne vzgoje v Sloveniji</i>, (Cilji šolske športne vzgoje). Ljubljana: Zavod RS za šolstvo in šport.</li> <li>Dežman, C. in B. (2004). Igre z žogo v prvem triletju osnovne šole. Ljubljana: Fakulteta za šport, Inštitut za šport.</li> <li>Rems, N. (2011). Igriva košarka z elementi male košarke (priročnik za učitelje in vaditelje). Ljubljana: Košarkarska zveza Slovenije.</li> <li>Dežman, B. (1993) Mala košarka. Ljubljana: Sport select.</li> <li>Dežman, B. (2004). Košarka za mlade igralce in igralke. Ljubljana: Fakulteta za šport, Inštitut za šport.</li> <li>Dežman, B. (2000). Metodika učenja košarke v osnovni in srednji šoli (pisno in video gradivo). Ljubljana: Zavod ŠKL.</li> <li>Ličen, S., Erčulj, F. (2004). Priročnik za sojenje male košarke. Ljubljana: Fakulteta za šport.</li> <li>ASEP (2001). Coaching Youth Basketball. Champaign, IL: Human Kinetics.</li> <li>Bon, M. (2007). <i>Rokomet igraje</i>. Ljubljana: Fakulteta za šport.</li> <li>Šibila, M., Bon, M., Kuželj, D. (1999). <i>Mini rokomet v prvih razredih osnovne šole</i>. Ljubljana: Fakulteta za šport, Inštitut za šport.</li> <li>Pavčič, C., Šibila, M. (1991). <i>Elementarne igre in igre s prirejenimi pravili, primerne za uvajanje začetnikov v rokometno igro</i>. Ljubljana: Fakulteta za šport.</li> <li>Šibila, M., Kuzma, S., Pori, P. (2003). <i>Vsebinska in metodika poučevanja rokometu v prvih razredih osnovne šole</i>. Ljubljana: Rokometna zveza Slovenije.</li> <li>Elsner, B. (2002). Nogomet – trening mladih, program dolgoročnega načrtovanega procesa treninga mladih. Ljubljana: Univerza v Ljubljani, Fakulteta za šport, Inštitut za šport.</li> <li>Elsner, B. (2002). Nogomet – trening mladih, program treningov. Ljubljana: Univerza v Ljubljani, Fakulteta za šport, Inštitut za šport.</li> <li>Železnik, M. (2012). Kakovostno delo z najmlajšimi nogometaši od 6 do 8 let (Diplomsko delo). Ljubljana: Univerza v Ljubljani, Fakulteta za šport.</li> <li>Zadražnik, M., Curk, P. (2003). Mini odbojka. Ljubljana: Fakulteta za šport, Inštitut za šport.</li> <li>Čopi, J. (2005). Od začetnika do odbojkarja. Maribor: Odbojkarška zveza Slovenije.</li> <li>Zadražnik, M., Marino, G. (2001): 50 odbojcarskih treningov. Ljubljana: Fakulteta za šport.</li> <li>Donnery, A. (2004). Let the kids play. Springcity: ReedswainPublishing.</li> <li>Novak, D., Kovač, M. (2001). Osnovna šola – Učni načrt – Športna vzgoja. Ljubljana: Zavod RS za šolstvo.</li> <li>Pistotnik, B. (1995) Vedno z igro. Ljubljana: Fakulteta za šport, Inštitut za šport.</li> <li>Pistotnik, B. (1999). Osnove gibanja. Ljubljana: Fakulteta za šport, Inštitut za šport.</li> <li>Pistotnik, B., Pinter, S., Dolenc, M. (2002) Gibalna abeceda. Ljubljana: Fakulteta za šport, Inštitut za šport.</li> </ul> |
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### Cilji in kompetence:

|                                                                                                                                                                                             |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <ul style="list-style-type: none"> <li>Seznanimi študente z operativnimi cilji, praktičnimi in teoretičnimi vsebinami in standardi znanj Iger z žogo v 1. triletju osnovne šole.</li> </ul> |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|

### Objectives and competences:

|                                                                                                                                                                                                                     |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <ul style="list-style-type: none"> <li>To acquaint students with operational goals, practical and theoretical contents and standards of knowledge of ball games in the 1st three-year elementary school.</li> </ul> |
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|                                                                                                                                                                                                                                                                                                                                |                                                                                                                                                                                                                                                                                                                                               |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <ul style="list-style-type: none"> <li>Seznanimi študente s temeljnimi gibanji, gibalnimi dejavnostmi in igrami z žogo, ki so primerne za otroke v starosti 6 do 8 let.</li> <li>Uspodobiti študenta za upravljanje vadbenega procesa »iger z žogo« v 1. triletju osnovne šole in tudi v izven šolskih dejavnostih.</li> </ul> | <ul style="list-style-type: none"> <li>To acquaint students with basic movements, movement activities and ball games that are suitable for children aged 6 to 8 years.</li> <li>To train a student to manage the "ball games" training process in the 1st trimester of the elementary school and also in out-of-school activities.</li> </ul> |
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#### **Predvideni študijski rezultati:**

- Obvladovanje osnovnih gibanj (spretnosti) in iger z žogo primernih za otroke v starosti 6 do 8 let.
- Obvladovanje metodičnih postopkov učenja gibanj in iger z žogo v tej starostni skupini otrok.
- Uspodobiti kandidate za samostojno načrtovanje in vodenje vadbe osnovnih gibanj in iger z žogo za otroke v tej starostni skupini.
- Razumeti načine dela in možnosti, ki so povezani s pristopi pri delu z otroci v tej starostni skupini.
- Razumeti in oceniti specifične in omejitve pri vadbi s starostno populacijo 6 do 8 let.
- Uspodobljenost za izdelavo vadbenih programov, ki se nanašajo na gibanja in igre z žogo pri otrocih starih 6 do 8 let.

#### **Intended learning outcomes:**

- Manage basic movements (skills) and ball games suitable for children aged 6 to 8 years.
- Manage the methodological principles of studying movements and ball games in this age group of children.
- To train candidates to be able to plan and manage the exercise of basic movements and ball games for children in this age group.
- To understand the working methods and opportunities associated with the approaches to working with children in this age group.
- To understand and evaluate training specifics and constraints with an age group of 6 to 8 years.
- Ability to create training programs that relate to movements and ball games in children aged 6 to 8 years.

#### **Metode poučevanja in učenja:**

Predavanja, seminarji, vaje.

#### **Learning and teaching methods:**

Lectures, seminars, coursework.

#### **Načini ocenjevanja:**

#### **Delež/Weight**

#### **Assessment:**

|                                                                                                                                                                                         |         |                                                                                                                                                                                                           |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Raven gibalnih spretnosti z žogo bodo ocenjevali med praktičnim nastopom z ocenami na šeststopenjski lestvici (5 - negativno, 6 do 10 - pozitivno) po posebnih kriterijih in opisnikih. | 33,00 % | The level of movement skills with the ball will be assessed during a practical performance with grades on a six-step scale (5-negative, 6 to 10-positive) according to specific criteria and descriptors. |
| Raven teoretičnega znanja bomo ocenjevali s pomočjo ocene kakovosti seminarske naloge na šeststopenjski lestvici.                                                                       | 33,00 % | The level of theoretical knowledge will be assessed with the help of the grade of the quality of the seminar task on a six-step scale.                                                                    |
| Raven kakovosti nastopa in vodenja vadbe gibalnih spretnosti z žogo na šest stopenjski lestvici.                                                                                        | 33,00 % | The quality level of performance and exercise of exercise skills with a ball on a six-tier scale.                                                                                                         |

#### **Ocenjevalna lestvica:**

#### **Grading system:**

|  |  |
|--|--|
|  |  |
|--|--|

#### **Reference nosilca/Lecturer's references:**

Goran Vučković je diplomiral na Fakulteti za šport leta 1999, magistriral leta 2002 in doktoriral leta 2005. Njegovo znanstveno-raziskovalno delo je v zadnjih letih usmerjeno v preučevanje igralnih značilnosti in gibanja (tekmovalnega nastopanja) posameznih športnikov in ekip v različnih športnih igrah oziroma športnih panogah. V tej smeri temelji njegovo raziskovalno delo na uporabi različnih računalniških programov, ki so namenjeni analitični obravnavi športnikovega ali ekipnega nastopa bodisi na treningu ali tekmovanju. Je član uredniških odborov in recenzent v različnih znanstvenih revijah.

Njegovo pedagoško delo je v večini usmerjeno osnovnemu programu predmeta Košarka 1. Poleg tega sodeluje še na predmetu Košarka 4. Na področju košarke je vodil in sodeloval pri številnih tečajih za košarkarske trenerje. Bil je tudi mentor pri številnih

Strokovno delo je bilo usmerjeno analiziranju telesnih sposobnosti igralk, ki so bile članice različnih reprezentančnih selekcij Slovenije. Več kot 20 let deluje kot trener in sodeluje z igralkami in igralci različnih starostnih kategorij.

VOČKOVIČ, Goran, DEŽMAN, Brane, JAMES, Nic, ERČULJ, Frane. Analysis of the movement intensity of national level basketball guards and centers in defence and offence - a case study. *Kinesiol. Slov. (Print)*. [Print ed.], 2010, vol. 16, no. 3, str. 66-76, ilustr., tabeli. [COBISS.SI-ID [4046513](#)]

ERČULJ, Frane, DEŽMAN, Brane, VOČKOVIČ, Goran, PERŠ, Janez, PERŠE, Matej, KRISTAN, Matej. An analysis of basketball players' movements in the Slovenian basketball league play-offs using the SAGIT tracking system = Analiza pokreta košarkaša u plej ofu slovenačke košarkaške lige korišćenjem SAGIT sistema praćenja. *Facta Universitatis. Series, Physical education and sport*, 2008, vol. 6, no. 1, str. 75-84, ilustr., tabele. [COBISS.SI-ID [3456689](#)]

ERČULJ, Frane, DEŽMAN, Brane, VOČKOVIČ, Goran, PERŠ, Janez, PERŠE, Matej, KRISTAN, Matej. Establishing basketball players' velocity and distance covered during a basketball match with the sagit computer tracking system. *Journal of Coimbra network on exercise sciences*, 2008, vol. 4, str. 50-59, ilustr., tabele. [COBISS.SI-ID [3509937](#)]

CVETKOVIČ, Vlado, VOČKOVIČ, Goran. Razlike v opravljeni poti gibanja v napadu med različnimi tipi igralcev na košarkarski tekmi - študija primera. *Šport (Ljublj.)*, 2013, letn. 61, št. 1/2, str. 67-73, ilustr. [COBISS.SI-ID [4358833](#)]

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VOČKOVIČ, Goran, JAMES, Nic, HUGHES, Michael David, MURRAY, Stafford, MILANOVIČ, Zoran, PERŠ, Janez, SPORIŠ, Goran. A new method for assessing squash tactics using 15 court areas for ball locations. *Human movement science*, Apr. 2014, vol. 34, str. 81-90, [COBISS.SI-ID [4504497](#)]

PROSEN, Jerneja, JAMES, Nic, DIMITRIOV, Lygeri, PERŠ, Janez, VOČKOVIČ, Goran. A time-motion analysis of turns performed by highly ranked Viennese waltz dancers. *J. Human Kinet.*, 2013, vol. 37, str. 55-62, [COBISS.SI-ID [4383921](#)]

VOČKOVIČ, Goran, JAMES, Nic, HUGHES, Michael David, MURRAY, Stafford, SPORIŠ, Goran, PERŠ, Janez. The effect of court location and available time on the tactical shot selection of elite squash players. *JSSM (Online)*. [Online ed.], march 2013, vol. 12, issue 1, str. 66-73, [COBISS.SI-ID [4338609](#)]

MARTÍNEZ-GALLEGO, Rafael, GUZMÁN, Jose F., JAMES, Nic, PERŠ, Janez, RAMÓN-LLIN, Jesus, VOČKOVIČ, Goran. Movement characteristics of elite tennis players on hard courts with respect to the direction of ground strokes. *JSSM (Online)*. [Online ed.], 2013, iss. 2, str. 275-281, [COBISS.SI-ID [4355505](#)]

HUGHES, Michael David, FULLER, Ozzie, MURRAY, Stafford, JAMES, Nic, VOČKOVIČ, Goran. The efficiency and ergonomics of selected different data entry systems in real-time and lapsed-time computer notation systems. *Int. j. comput. sci. sport*, 2012, vol. 11, no. 3, str. 23-36, [COBISS.SI-ID [4326065](#)]

HUGHES, Michael, HUGHES, Michael David, WILLIAMS, Jason, JAMES, Nic, VOČKOVIČ, Goran, LOCKE, Duncan. Performance indicators in rugby union. *J. hum. sport. exerc.*, 2012, vol. 7, no. 2 (special issue), str. 383-401, ilustr., tabele. [COBISS.SI-ID [4269489](#)]

JAMES, Nic, REES, Gethin, GRIFFIN, Elliot, BARTER, Phil, TAYLOR, Joe, HEATH, Luke, VOČKOVIČ, Goran. Analysing soccer using perturbation attempts. *J. hum. sport. exerc.*, 2012, vol. 7, no. 2 (special issue), str. 413-420, ilustr., tabele. [COBISS.SI-ID [4269745](#)]

JONES, Rhys M., COOK, Christian C., KILDUFF, Liam P., MILANOVIČ, Zoran, JAMES, Nic, SPORIŠ, Goran, FIORENTINI, Bruno, FIORENTINI, Fredi, TURNER, Anthony, VOČKOVIČ, Goran. Relationship between repeated sprint ability and aerobic capacity in professional soccer players.

*TheScientificWorldjournal*, july 2013, vol. 2013, str. 1-5, tabeli, graf, prikaza. [COBISS.SI-ID [4401841](#)]

HUGHES, Michael, HUGHES, Michael David, WILLIAMS, Jason, JAMES, Nic, VOČKOVIČ, Goran, LOCKE, Duncan. Performance indicators in rugby union. *J. hum. sport. exerc.*, 2012, vol. 7, no. 2 (special issue), str. 383-401, ilustr., tabele. [COBISS.SI-ID [4269489](#)]

VOČKOVIČ, Goran, PERŠ, Janez, JAMES, Nic, HUGHES, Michael David. Measurement error associated with the SAGIT/Squash computer tracking software. *European journal of sport science*, mar. 2010, vol. 10, issue 2, str. 129-140, ilustr., graf. prikazi [COBISS.SI-ID [3769777](#)]

VOČKOVIČ, Goran, JAMES, Nic. The distance covered by winning and losing players in elite squash matches. *Kinesiol. Slov. (Print)*. [Print ed.], 2010, vol. 16, no. 1/2, str. 44-50, ilustr., tabela. [COBISS.SI-ID [3956657](#)]

ZALETETL, Petra, VUČKOVIĆ, Goran, JAMES, Nic, REBULA, Andrej, ZAGORC, Meta. A time-motion analysis of ballroom dancers using an automatic tracking system. *Kinesiol. Slov. (Print)*. [Print ed.], 2010, vol. 16, no. 3, str. 46-56, ilustr., tabela. [COBISS.SI-ID [4046001](#)]

PERŠE, Matej, KRISTAN, Matej, PERŠ, Janez, MUŠIČ, Gašper, VUČKOVIĆ, Goran, KOVAČIČ, Stanislav. Analysis of multi-agent activity using Petri nets. *Pattern recogn.*. [Print ed.], Apr. 2010, vol. 43, no. 4, str. 1491-1501 [COBISS.SI-ID [7389780](#)]

VUČKOVIĆ, Goran, PERŠ, Janez, JAMES, Nic, HUGHES, Michael David. Tactical use of the T area in squash by players of differing standard. *J. sports sci.*. [Print ed.], 2009, vol. 27, no. 8, str. 863-871, ilustr. [COBISS.SI-ID [3637937](#)]

# GOLF

## UČNI NAČRT PREDMETA/COURSE SYLLABUS

|                                   |       |
|-----------------------------------|-------|
| <b>Predmet:</b>                   | Golf  |
| <b>Course title:</b>              | Golf  |
| <b>Članica nosilka/UL Member:</b> | UL FŠ |

| Študijski programi in stopnja                   | Študijska smer                  | Letnik | Semestri    | Izbirnost |
|-------------------------------------------------|---------------------------------|--------|-------------|-----------|
| Kineziologija, prva stopnja, univerzitetni      | Ni členitve (študijski program) |        | 1. semester | izbirni   |
| Športna vzgoja, prva stopnja, univerzitetni     | Ni členitve (študijski program) |        | 1. semester | izbirni   |
| Športno treniranje, prva stopnja, univerzitetni | Ni členitve (študijski program) |        | 1. semester | izbirni   |

|                                                            |         |
|------------------------------------------------------------|---------|
| <b>Univerzitetna koda predmeta/University course code:</b> | 0045151 |
| <b>Koda učne enote na članici/UL Member course code:</b>   | 1210    |

| Predavanja<br>/Lectures | Seminar<br>/Seminar | Vaje<br>/Tutorials | Klinične vaje<br>/Clinical<br>tutorials | Druge oblike<br>študija<br>/Other forms<br>of study | Samostojno<br>delo<br>/Individual<br>student work | ECTS |
|-------------------------|---------------------|--------------------|-----------------------------------------|-----------------------------------------------------|---------------------------------------------------|------|
| 15                      |                     | 45                 |                                         |                                                     | 60                                                | 4    |

|                                   |                       |
|-----------------------------------|-----------------------|
| <b>Nosilec predmeta/Lecturer:</b> | Milan Čoh, Milan Žvan |
|-----------------------------------|-----------------------|

|                                    |                                   |
|------------------------------------|-----------------------------------|
| <b>Vrsta predmeta/Course type:</b> | splošni izbirni/general selective |
|------------------------------------|-----------------------------------|

|                          |                      |             |
|--------------------------|----------------------|-------------|
| <b>Jeziki/Languages:</b> | Predavanja/Lectures: | Slovenščina |
|                          | Vaje/Tutorial:       | Slovenščina |

|                                                                              |                          |
|------------------------------------------------------------------------------|--------------------------|
| <b>Pogoji za vključitev v delo oz. za opravljanje študijskih obveznosti:</b> | <b>Prerequisites:</b>    |
| Ni posebnih pogojev.                                                         | No special requirements. |

### Vsebina:

Golf je eden tistih športov, ki se v svetu in pri nas zelo hitro razvija. Primeren je za različne starostne kategorije vadečih. V Sloveniji je tudi vse več igrišč z devetimi ali osemnajstimi luknjami, ki omogočajo igranje golfa v posameznih regijah Slovenije. Vse več je šol, kjer postaja golf sestavni del športne vzgoje. Osnovni cilj programa je usposobiti študente za izvajanje vadbe golfa v osnovnih in srednjih šolah. Kandidat pridobi naziv : VADITELJ GOLFA V ŠOLAH

### Predavanja – 15 ur

Zgodovinski razvoj golfa  
Organiziranost golfa pri nas in v svetu

### Content (Syllabus outline):

Golf is one of those sports that have been developing very fast in Slovenia and the world. It is suitable for different age categories. The number of golf courses with nine or 18 holes in Slovenia has been growing, thus it is possible to play golf in different Slovenian regions. There is an increasing number of schools that teach golf within their physical education classes. The basic aim of the programme is to train students to implement golf trainings in primary and secondary schools. The candidate acquires the title: SCHOOL GOLF INSTRUCTOR

### Lectures – 15 hours

Historical development of golf  
Organisation of golf in Slovenia and the world

|                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |
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| Pravila golfa<br>Golf oprema<br>Osnove biomehanike golfa<br>Osnove motoričnega učenja v golfu<br>Psiho – socialni vidiki golfa<br>Osnovna motorična priprava za mlade golfiste<br>Načrtovanje vadbe golfa za mlade<br>Organizacijski modeli treninga otrok v golfu<br>Osnove tehnike in metodike golfa.<br><br><b>Vaje – 45 ur</b><br>Pravila golfa<br>Mladinska golf izkaznica<br>Načrtovanje vadbe golfa od otroka do tekmovalca<br>Učenje golfa: tehnika – metodika<br>Patanje<br>Čipanje<br>Bunker<br>Udarci z železom<br>Udarci z lesovi<br>Igra na igrišču<br><b>Samostojno delo - 40 ur</b><br>Vadba na vadišču<br>Vadba na igrišču | Golf rules Golf equipment<br>Basics of golf biomechanics<br>Motor learning basics in golf<br>Psycho-social aspects of golf<br>Basic motor preparation for young golfers<br>Planning of golf training for youth<br>Organisation models of children's golf training<br>Basics of golf techniques and methods<br><b>Tutorial – 45 hours</b><br>Golf rules<br>Junior golf card<br>Planning of golf training from a child to a competitor<br>Golf learning: techniques and methods<br>- putting<br>- chipping<br>- bunker<br>- strokes with irons<br>- strokes with woods<br>Playing golf on a golf course<br><b>Individual work – 40 hours</b><br>Training on a training golf course<br>Training on a golf course |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|

#### Temeljna literatura in viri/Readings:

1. PGA Slovenije (2015). Priročnik za poučevanje golfa – interno gradivo, GZS in PGA Slovenije.
3. Golf zveza Slovenije (2014). Dolgoročni razvoj golfista, interno gradivo GZS.
3. Golf zveza Slovenije (2007). Priročnik Mladinska golf izkaznica, interno gradivo GZS.
4. R & A (2014): Rules of Golf 2012-2015 .
5. Golf zveza Slovenije (2012): Pravila golfa 2012-2015, GZS.
6. Uroš Gregorič (2009): Tehnika udarcev za otroke, interno gradivo GZS .
7. Uroš Gregorič (2008): Športno treniranje mladih, interno gradivo GZS.
8. Milan Čoh (2007) : Športno treniranje – GOLF, interno gradivo, FŠ.
9. Milan Čoh (2009): Biomehanika golfa, interno gradivo, FŠ.
10. Milan Čoh (2004): Motorično učenje v golfu, FŠ.
11. Aleš Gregorič (2014): Telesna priprava mladih igralcev golfa, interno gradivo GZS.
12. Čoh Jurij (2017) : Golf, Fakulteta za šport, Ljubljana

#### Cilji in kompetence:

Seznani študente s teoretičnimi in praktičnimi osnovami golfa in jih usposobiti za vodenje programa golfa v osnovnih in srednjih šolah  
Seznani študente z teoretičnimi informacijami o zgodovini in organiziranosti golfa, opremi, osnovnih etičnih načelih in pravilih golfa.  
Naučiti študente osnovne tehnike posameznih udarcev dolge igre z železi in lesovi ter kratke igre kot so patanje, čipanje in bunker.  
Naučiti učence igre na golf igrišču.  
Seznani študente s pravili varne vadbe.

#### Objectives and competences:

Teach students about the theoretical and practical basics of golf and train them to implement the golf programme in primary and secondary schools.  
Provide students with theoretical information on golf history and organisation as well as golf equipment, basic ethical principles and rules.  
Teach students the basic striking techniques in long games with woods and irons and short games such as putting, chipping and bunker.  
Teach students to play golf on a golf course.  
Teach students the rules of safe training.

#### Predvideni študijski rezultati:

Znanje in razumevanje:  
Osvojili bodo osnovna teoretična in praktična znanja

#### Intended learning outcomes:

Knowledge and understanding:  
Acquiring of the basic theoretical and practical

|                                                                                                                                                                                                                                                                            |                                                                                                                                                                                                                                                                                                                                           |
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| o tehniki in metodiki vadbe golfa<br>Poznali bodo osnovna etična načela in pravila golfa<br>Sposobni bodo načrtovati in voditi proces vadbe golfa mladih<br>Sposobni bodo podajati temeljna znanja golfske tehnike<br>Sposobni bodo ovrednotiti tehniko posameznih udarcev | knowledge on golf training techniques and methods.<br>Knowledge of the basic ethical principles and rules in golf.<br>Ability to plan and manage the golf training process for youth.<br>Ability to teach others the basic knowledge of golf techniques.<br>Ability to evaluate the technique of individual strokes.<br>Metode poučevanja |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|

|                                                                                                       |                                                                                               |
|-------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------|
| <b>Metode poučevanja in učenja:</b>                                                                   | <b>Learning and teaching methods:</b>                                                         |
| Predavanje, razlaga, metoda razgovora, demonstracija, seminarska naloga, stažiranje, samostojno delo. | Lectures, explanation, discussion, demonstration, seminar, probation period, individual work. |

|                            |                     |                          |
|----------------------------|---------------------|--------------------------|
| <b>Načini ocenjevanja:</b> | <b>Delež/Weight</b> | <b>Assessment:</b>       |
| pisni izpit                | 50,00 %             | Written-oral examination |
| praktični prikaz           | 50,00 %             | Practical demonstration  |

|                              |                        |
|------------------------------|------------------------|
| <b>Ocenjevalna lestvica:</b> | <b>Grading system:</b> |
|                              |                        |

#### Reference nosilca/Lecturer's references:

ČOH, Milan, KUGOVNIK, Otmar, ŠTUHEC, Stanko. Biomehanske značilnosti golf udarca. Šport, ISSN 0353-7455, 1998, let. 46, št. 4, str. 45-49. [COBISS.SI-ID 245169]

ČOH, Milan, ŠTUHEC, Stanko. Kinematična analiza tehnike udarca. Golf, ISSN 1318-6132, 1998, let. 4, št. 2, str. 30-35. [COBISS.SI-ID 126897]

ČOH, Milan, ŠTUHEC, Stanko. Kinematična analiza tehnike udarca. Golf, ISSN 1318-6132, 1998, 4, št. 2, str. 30-32, ilustr. [COBISS.SI-ID 77818368]

ČOH, Milan, KUGOVNIK, Otmar, ŽVAN, Milan, KÜRNER, Miha. Biomechanical characteristics of the golf stroke. V: ČOH, Milan (ur.), JOŠT, Bojan (ur.). Biomechanical characteristics of technique in certain chosen sports. Ljubljana: Faculty of Sport, Institute of Kinesiology, 2000, str. 39-50, ilustr., graf. prikazi. [COBISS.SI-ID 475057]

ČOH, Milan, ŽVAN, Milan. Učenje golfa. Šport, ISSN 0353-7455, 2004, let. 52, št. 2, str. 21-25, ilustr. [COBISS.SI-ID 2104241]

ČOH, Milan. Metode učenja v golfu. Golf, ISSN 1318-6132, nov./dec. 2004, letn. 10, št. 3, str. 26-27, ilustr. [COBISS.SI-ID 2231473]

ČOH, Milan. Motor learning schema in golf. Sportonomics, ISSN 0947-4293, 2004, vol. 10, no. 1/2, str. 79-86, ilustr., graf. prikazi. [COBISS.SI-ID 2601137]

ČOH, Milan. Motorično učenje v golfu. Golf, ISSN 1318-6132, mar./apr. 2004, letn. 10, št. 1, str. [26-27], ilustr. [COBISS.SI-ID 2049969]

ČOH, Milan, KRAŠNA, Simon. Biophysical model of the golf swing technique. Sport science, ISSN 1840-3670, dec. 2014, vol. 7, issue 2, str. 82-86, ilustr., graf. prikazi.  
<http://www.sposci.com/PDFS/BR0702/SVEE/04%20CL%2014%20MC.pdf>. [COBISS.SI-ID 4640433], [SNIP, Scopus do 10. 3. 2015: št. citatov (TC): 0, čistih citatov (CI): 0, normirano št. čistih citatov (NC): 0]

ČOH, Milan. Nove tehnologije obuke u golfu = The new training technologies in golf. Menadžment u sportu, ISSN 2217-2343, 2014, vol. 5, br. 1, str. 14-18, 14-18. [COBISS.SI-ID 4657329]

# IGRE Z LOPARJI 1

## UČNI NAČRT PREDMETA/COURSE SYLLABUS

|                                   |                  |
|-----------------------------------|------------------|
| <b>Predmet:</b>                   | Igre z loparji 1 |
| <b>Course title:</b>              | Racket sports 1  |
| <b>Članica nosilka/UL Member:</b> | UL FŠ            |

| Študijski programi in stopnja               | Študijska smer                  | Letnik    | Semestri    | Izbirnost |
|---------------------------------------------|---------------------------------|-----------|-------------|-----------|
| Športna vzgoja, prva stopnja, univerzitetni | Ni členitve (študijski program) | 2. letnik | 1. semester | obvezni   |

|                                                            |         |
|------------------------------------------------------------|---------|
| <b>Univerzitetna koda predmeta/University course code:</b> | 0042631 |
| <b>Koda učne enote na članici/UL Member course code:</b>   | 594     |

| Predavanja<br>/Lectures | Seminar<br>/Seminar | Vaje<br>/Tutorials | Klinične vaje<br>/Clinical tutorials | Druge oblike študija<br>/Other forms of study | Samostojno delo<br>/Individual student work | ECTS |
|-------------------------|---------------------|--------------------|--------------------------------------|-----------------------------------------------|---------------------------------------------|------|
| 15                      | 0                   | 45                 | 0                                    | 0                                             | 60                                          | 4    |

|                                   |                              |
|-----------------------------------|------------------------------|
| <b>Nosilec predmeta/Lecturer:</b> | Aleš Filipčič, Miran Kondrič |
|-----------------------------------|------------------------------|

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|------------------------------------|--------------------|
| <b>Vrsta predmeta/Course type:</b> | obvezni/compulsory |
|------------------------------------|--------------------|

|                          |                      |             |
|--------------------------|----------------------|-------------|
| <b>Jeziki/Languages:</b> | Predavanja/Lectures: | Slovenščina |
|                          | Vaje/Tutorial:       | Slovenščina |

|                                                                              |                                                                        |
|------------------------------------------------------------------------------|------------------------------------------------------------------------|
| <b>Pogoji za vključitev v delo oz. za opravljanje študijskih obveznosti:</b> | <b>Prerequisites:</b>                                                  |
| Ni pogojev za vključitev v delo (obvezni predmet)                            | There are no conditions for inclusion in the work (compulsory subject) |

|                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Vsebina:</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 | <b>Content (Syllabus outline):</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |
| <p>Temeljna vsebinska področja so:</p> <ul style="list-style-type: none"> <li>• Temeljne značilnosti iger z loparji (badminton, namizni tenis, tenis)</li> <li>• igre z loparji kot športne igre »odprte« zanke</li> <li>• časovne, igralne, psihomotorične, biomehanske in funkcionalne značilnosti iger z loparji in vpliv na otrokov razvoj</li> <li>• specifičnosti in prilagoditve iger pri pouku športne vzgoje in športa (predstavitev mini in midi različic iger)</li> <li>• Osnove izbranih udarcev in gibanj</li> <li>• vrste udarcev, deli udarcev, skupne značilnosti in specifičnosti udarcev in gibanj pri posameznih igrah</li> <li>• Metodični pristopi, metode učenja in postopki za razvoj udarcev</li> </ul> | <p>The basic content areas are:</p> <ul style="list-style-type: none"> <li>• Basic features of the games with rackets (badminton, table tennis, tennis)</li> <li>• Racket games as Games of the 'open' loop</li> <li>• Time, game, psychomotor, biomechanical and functional characteristics of racket games and its impact on child development</li> <li>• Specificity and adaptation of games in physical education and sport (presentation of mini and midi versions of games)</li> <li>• Basics of selected strokes and movements</li> <li>• Types of strokes, divides strokes commonalities and specificities of strokes and movements in individual games</li> <li>• Methodical approaches, methods and learning processes for the development of strokes</li> </ul> |

|                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <ul style="list-style-type: none"> <li>• pristop usmerjen k igri kot temeljni pristop pri učenju iger z loparji</li> <li>• predstavitev temeljnih metodičnih postopkov poučevanja iger</li> <li>• analiza udarcev in gibanj (učnih dosežkov) ter postopki razvoja udarcev in gibanj</li> <li>• organizacija učenja v skupini s poudarkom na medsebojnem sodelovanju, delu v parih, skupinah in individualnem pristopu učitelja</li> <li>• organizacija tekmovanj v mini in midi različicah namiznega tenisa, badmintona in tenisa</li> </ul> | <ul style="list-style-type: none"> <li>• Oriented approach to the game as the basic approach of learning games with rackets</li> <li>• Presentation of the basic methodical processes of teaching games</li> <li>• Analysis of impacts and trends (learning achievements) and procedures for the development of strokes and movements</li> <li>• The organization of learning in a group with a focus on mutual cooperation, working in pairs, groups and individual approach teacher</li> <li>• The organization of competitions in mini and midi versions of table tennis, badminton and tennis</li> </ul> |
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### Temeljna literatura in viri/Readings:

|                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <ul style="list-style-type: none"> <li>• Filipčič A, T. Filipčič. (2003). <i>Tenis–učenje</i>. Ljubljana: FŠ.</li> <li>• Filipčič A. (2000). <i>Tenis–tehnika in taktika</i>. Ljubljana: FŠ.</li> <li>• Filipčič A. (2001). <i>Tenis–treniranje</i>. Ljubljana: FŠ.</li> <li>• Filipčič A., Završki S., Čoh, M. (2007). <i>Teniška motorika</i>. Ljubljana: FŠ.</li> <li>• Janškovec, M. (1979). <i>Učni načrt za temeljne in usmerjevalne selekcije v osnovni šoli</i>. Ljubljana: Visoka šola za telesno kulturo.</li> <li>• Kondrič, M. &amp; Košnik, M. (2002). <i>Badminton v šoli</i>. Ljubljana: Maestral.</li> <li>• Žorga, M. &amp; Nagode, M. (1995). <i>Osnove badminton</i>. Ljubljana: Samozaložba.</li> <li>• Žorga, M. &amp; Nagode, M. (1992). <i>Badminton</i>. Ljubljana: BZS.</li> <li>• Kondrič, M. (2002). <i>Telesna priprava namiznoteniškega igralca</i>. Ljubljana: Fakulteta za šport, Inštitut za šport.</li> <li>• Kondrič, M. (2002). <i>Osnove učenja namiznega tenisa z Bojanom Tokičem</i>. Ljubljana: Fakulteta za šport, Inštitut za šport.</li> <li>• Kondrič, M. &amp; Horvat, M. (2008). <i>Namizni tenis v šoli. Vadbena in igralna oblika namiznega tenisa v šoli</i>. Ljubljana: Fakulteta za šport, Inštitut za šport.</li> <li>• Krnc, M., Vidmar, G. &amp; Kondrič, M. (2003). <i>Priročnik za namiznoteniške sodnike in organizatorje tekmovanj ter športne pedagoge</i>. Ljubljana: Fakulteta za šport, Inštitut za šport.</li> <li>• Mikeln, J. (2000). <i>Namizni tenis</i>. Ljubljana: Namiznoteniška zveza Slovenije.</li> </ul> |
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### Cilji in competence:

|                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |
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| <ul style="list-style-type: none"> <li>• Seznanitev s temeljnimi značilnostmi iger z loparji, ki se lahko vključujejo v programe v šoli (badminton, namizni tenis, tenis in nekatere prilagojene športne panoge kot je npr. mini tenis) ter v programe v okviru interesnih dejavnosti – speedminton</li> <li>• Sposobnost izvedbe izbranih udarcev in gibanj</li> <li>• Poznavanje metodičnih pristopov, metod in postopkov učenja udarcev, gibanj in igre</li> <li>• Predmetno specifične kompetence:</li> <li>• Sposobnost za analizo in načrtovanje športno-vzgojnega procesa</li> <li>• Znanje demonstracije posameznih športnih prvin primernih za športno vzgojo</li> <li>• Poznavanje didaktike posameznih športov</li> <li>• Obvladovanje ustreznih diagnostičnih postopkov na strokovnem področju</li> </ul> <p>Usposobljenost za delo s sodobnimi učnimi tehnologijami pri športni vzgoji</p> |
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### Objectives and competences:

|                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <ul style="list-style-type: none"> <li>• Familiarization with the basic characteristics of racket games that can be included in the programs of the school (badminton, table tennis, tennis and some adapted sport: e.g. mini tennis, indiana) and in programs within curricular activities - speedminton</li> <li>• Ability to provide chosen strokes and movements</li> <li>• Knowledge of methodical approaches, methods and processes of learning strokes, movements and games</li> <li>• Subject-specific competencies:</li> <li>• Ability to analyze and design a sports-educational process</li> <li>• Knowledge of demonstrations of various sports elements suitable for physical education</li> <li>• Knowledge of didactics of individual sports</li> <li>• Mastering suitable diagnostic procedures in the professional field</li> <li>• Ability to work with modern learning technologies in Physical Education</li> </ul> |
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### Predvideni študijski rezultati:

### Intended learning outcomes:

|                                                                                                                                                                                                                                                                                                                                                                                                                                              |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p>Znanje in razumevanje: Poznavanje značilnosti iger z loparji, igralnih situacij, obvladanje udarcev, sposobnost uporabe postopkov učenja in razvoja udarcev.</p> <p>Uporaba: V procesu učenja v šoli, interesni dejavnosti v šoli, šoli v naravi</p> <p>Refleksija: sposobnost izpopolnjevanja svojih igralnih in trenerskih sposobnosti. Prenos naučenega med sorodnimi športnimi igrami z loparji (badminton, namizni tenis, tenis)</p> | <p>Knowledge and Understanding: Knowledge of the characteristics of racket games, game situations, mastering the strokes, the ability to use processes of learning and development strokes.</p> <p>Application: In the process of learning in school, extracurricular activities in school, school in nature</p> <p>Reflection: the ability to improve their game and as trainers. Transfer the learned among related sports games with rackets (badminton, table tennis, tennis, speedminton)</p> |
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|----------------------------------------------------------------------------|-------------------------------------------------------------------------|
| <b>Metode poučevanja in učenja:</b>                                        | <b>Learning and teaching methods:</b>                                   |
| Vaje, delo v skupini, individualne naloge, sodelovalno učenje / poučevanje | Exercises, group work, individual work, cooperative learning / teaching |

|                                                                          |                     |                                                                                           |
|--------------------------------------------------------------------------|---------------------|-------------------------------------------------------------------------------------------|
| <b>Načini ocenjevanja:</b>                                               | <b>Delež/Weight</b> | <b>Assessment:</b>                                                                        |
| Ustni /pisni izpiti, seminarske naloge, praktična naloga                 | 40,00 %             | Oral / written exams, seminars, practical task (40%)                                      |
| Ocena znanja udarcev v igralnih pogojih                                  | 40,00 %             | Assessment of strokes in game conditions                                                  |
| Ocena učnih in organizacijskih sposobnosti pri učenju in razvoju udarcev | 20,00 %             | Assessment of learning and organizational skills when learning and developing the strokes |

|                              |                        |
|------------------------------|------------------------|
| <b>Ocenjevalna lestvica:</b> | <b>Grading system:</b> |
|                              |                        |

#### Reference nosilca/Lecturer's references:

##### MIRAN KONDRIČ:

- Nosilec Katedre za športne igre z loparji na FŠ
- Nosilec predmeta Sportovi sa reketom na Univerzi v Mostarju (BiH)
- Predavatelj na predmetu Sportovi s reketom v Zagrebu in Splitu (CRO)
- Študent DAAD in predavatelj na predmetu Rückschlagspiele v Kölnu (GER)
- Vabljeni predavatelj na programih namiznega tenisa v okviru Svetovne namiznoteniške zveze (ITTF) in Evropske namiznoteniške zveze (ETTU)
- Nosilec programa usposabljanja v namiznem tenisu (SLO) in v badmintonu (CRO)
- Avtor strokovnih in znanstvenih člankov s področja namiznega tenisa in badmintonu
- Avtor 4 didaktičnih DVD-jev s področja namiznega tenisa in enega s področja badmintonu
- Avtor dveh univerzitetnih učbenikov
- 14 let kondicijski trener najboljšega slovenskega igralca Bojana Tokiča in svetovalec hrvaške moške članske reprezentance
- Trener I.razreda namiznega tenisa z A licenco in Vaditelj badmintonu
- Predsednik Znanstveno-medicinske komisije pri ITTF

##### REFERENCES

- Head of Racket sports department at Faculty of Sport (Ljubljana)
- Course leader of the subject Racket sports at the University of Mostar (Bosnia and Herzegovina)
- Lecturer on the subject of Racket sports in Zagreb and Split (CRO)
- DAAD fellow and lecturer on the subject of Rückschlagspiele in Cologne (GER)
- Invited lecturer at the programs table tennis in the World Table Tennis Federation (ITTF) and the European Table Tennis Union (ETTU)
- The holder of a training program in table tennis (SLO) and badminton (CRO)
- Author of professional and scientific articles in the field of table tennis and badminton
- Author of 4 didactic DVDs in the field of table tennis and one in the field of badminton
- Author of two university textbooks
- 16 years physical preparation coach of the best Slovenian player Bojan Tokič and advisor to the Croatian men's national team



# INFORMATIKA V ŠPORTU

## UČNI NAČRT PREDMETA/COURSE SYLLABUS

|                                   |                      |
|-----------------------------------|----------------------|
| <b>Predmet:</b>                   | Informatika v športu |
| <b>Course title:</b>              | Informatics in sport |
| <b>Članica nosilka/UL Member:</b> | UL FŠ                |

| Študijski programi in stopnja                                                            | Študijska smer                  | Letnik    | Semestri    | Izbirnost |
|------------------------------------------------------------------------------------------|---------------------------------|-----------|-------------|-----------|
| Kineziologija, prva stopnja, univerzitetni<br>(od študijskega leta 2025/2026 dalje)      | Ni členitve (študijski program) | 1. letnik | 1. semester | obvezni   |
| Športna vzgoja, prva stopnja, univerzitetni<br>(od študijskega leta 2025/2026 dalje)     | Ni členitve (študijski program) | 1. letnik | 1. semester | obvezni   |
| Športno treniranje, prva stopnja, univerzitetni<br>(od študijskega leta 2025/2026 dalje) | Ni členitve (študijski program) | 1. letnik | 1. semester | obvezni   |

|                                                            |         |
|------------------------------------------------------------|---------|
| <b>Univerzitetna koda predmeta/University course code:</b> | 0042622 |
| <b>Koda učne enote na članici/UL Member course code:</b>   | 1031    |

| Predavanja<br>/Lectures | Seminar<br>/Seminar | Vaje<br>/Tutorials | Klinične vaje<br>/Clinical<br>tutorials | Druge oblike<br>študija<br>/Other forms<br>of study | Samostojno<br>delo<br>/Individual<br>student work | ECTS |
|-------------------------|---------------------|--------------------|-----------------------------------------|-----------------------------------------------------|---------------------------------------------------|------|
| 30                      |                     | 30                 |                                         |                                                     | 60                                                | 4    |

|                                   |                            |
|-----------------------------------|----------------------------|
| <b>Nosilec predmeta/Lecturer:</b> | Janez Demšar, Tanja Kajtna |
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|                                    |                    |
|------------------------------------|--------------------|
| <b>Vrsta predmeta/Course type:</b> | obvezni/compulsory |
|------------------------------------|--------------------|

|                          |                      |             |
|--------------------------|----------------------|-------------|
| <b>Jeziki/Languages:</b> | Predavanja/Lectures: | Slovenščina |
|                          | Vaje/Tutorial:       | Slovenščina |

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

**Prerequisites:**

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|--|--|
|  |  |
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### Vsebina:

1. Etika in odgovornost pri ravnanju z informacijami
2. Programski vidiki vsebin, dostopnih s študentsko digitalno identiteto
3. Informacije in podatki
4. Zgradba in delovanje računalnikov
5. Kodiranje, shranjevanje podatkov, računalniška varnost
6. Umetna inteligenca, nevronske mreže in veliki jezikovni modeli

### Content (Syllabus outline):

1. Ethics and responsibility in the handling of information
2. Programmatic aspects of content accessible through a student digital identity
3. Information and data
4. Building and working of computers
5. Encryption, data storage, computer security
6. Artificial intelligence, neural networks and large language models
7. Software tools for word processing, spreadsheets and computer-based presentations

|                                                                                                               |                                                                  |
|---------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------|
| 7. Programska orodja za urejanje besedil, delo s preglednicami in pripravo računalniško podprtih predstavitev | 8. Information sources, citing sources, scientific writing       |
| 8. Informacijski viri, navajanje virov, znanstveno pisanje                                                    | 9. Image and video editing                                       |
| 9. Urejanje slikovnega in video gradiva                                                                       | 10. Use of software solutions to deliver information effectively |
| 10. Uporaba programskih rešitev za učinkovito podajanje informacij                                            | 11. Sports information systems                                   |
| 11. Športni informacijski sistemi.                                                                            |                                                                  |

### Temeljna literatura in viri/Readings:

- Gradišar, M. (2003). Uvod v informatiko. Ljubljana: Ekonomska fakulteta.
- Ulaga, M. in Kajtna, T. (2019). Od začetka do konca. Navodila za pisanje gradiv na Fakulteti za šport. Ljubljana: Fakulteta za šport.
- Ulaga, M. in Kajtna, T. (2023). Citiranje in navajanje virov na Fakulteti za šport. Ljubljana: Fakulteta za šport.
- Krebelj, P. (2015). Spoznavamo Windows 10. Ljubljana: Atelje Doria.
- Baloh, P., Vrečar, P. in Woods, P. (2015). Ob praktičnih primerih skozi Microsoft Office 365. Ljubljana: Ujemi znanje.
- Spletna gradiva za predavanja in vaje.

### Cilji in kompetence:

#### Cilji predmeta:

- študentom predstaviti temeljne koncepte informatike, delovanja računalnikov, učinkovitega in odgovornega ravnanja z informacijami, predstaviti temeljne koncepte računalniške varnosti in delovanja umetne inteligence,
- študente usposobiti za uporabo sodobnih programskih orodij za obdelavo podatkov in iskanje informacij,
- študentom predstaviti možnosti uporabe informacijske tehnologije v športni vzgoji, športnem treniranju in kineziologiji.

#### Kompetence:

- informacijska pismenost,
- usposobljenost za delo s programskimi orodji za urejanje dokumentacije, vodenje evidenc in pripravo računalniško podprtih predstavitev,
- usposobljenost za iskanje informacij in dostopanje do informacijskih virov v knjižnici in preko interneta in elektronskih bibliografskih zbirk,
- usposobljenost za uporabo sodobnih oblik medosebne in skupinskega elektronskega komuniciranja in sodelovanja,
- poznavanje specifičnih programskih orodij za podporo dela na področjih športne vzgoje, športnega treniranja in kineziologije.

### Objectives and competences:

#### Course objectives:

- To introduce students to the fundamental concepts of informatics, the functioning of computers, the efficient and responsible handling of information, the fundamental concepts of computer security and the functioning of artificial intelligence,
- to train students in the use of modern software tools for data processing and information retrieval,
- to introduce students to the possibilities of using information technology in sports education, sports coaching and kinesiology.

#### Competences:

- Information literacy,
- competences in the use of software tools for documentation, record-keeping and computer-assisted presentations,
- the ability to search for information and access information resources in the library and via the Internet and electronic bibliographic databases,
- the ability to use modern forms of interpersonal and group electronic communication and collaboration,
- knowledge of specific software tools to support work in the fields of physical education, sports coaching and kinesiology.

### Predvideni študijski rezultati:

- Znanje in razumevanje: poznavanje in razumevanje temeljnih konceptov informatike in informacijske družbe, informacijskih sistemov,

### Intended learning outcomes:

- Knowledge and understanding: knowledge and understanding of the fundamental concepts of informatics and the information society,

|                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |
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| <p>računalniške strojne in programske opreme, zbirk podatkov in računalniških omrežij.</p> <ul style="list-style-type: none"> <li>• Uporaba informacijske tehnologije pri obdelavi podatkov, komuniciranju in iskanju informacij ter podpori dela strokovnjakov v športni vzgoji, športnem treniranju in kineziologiji.</li> <li>• Refleksija lastnega razumevanja teorije in izkušenj v praksi, kritično ovrednotenje skladnosti med teoretičnimi načeli in praktičnim ravnanjem.</li> <li>• Prenosljive spretnosti, ki niso vezane le na predmet: spretnosti uporabe domače in tuje literature in drugih virov, zmožnost kritične presoje pridobljenih informacij, uporaba IKT in drugih didaktičnih pripomočkov, pisno poročanje.</li> </ul> | <p>information systems, computer hardware and software, databases and computer networks.</p> <ul style="list-style-type: none"> <li>• The use of information technology in data processing, communication and information retrieval and in supporting the work of professionals in sport education, sport coaching and kinesiology.</li> <li>• Reflection on own understanding of theory and experience in practice, critically evaluating the coherence between theoretical principles and practical practice.</li> <li>• Transferable skills not specific to the subject: skills in the use of national and foreign literature and other sources, the ability to critically evaluate the information obtained, the use of ICT and other didactic aids, written reporting.</li> </ul> |
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#### Metode poučevanja in učenja:

Predavanja, vaje, individualne naloge

#### Learning and teaching methods:

Lectures, tutorials, individual assignments

#### Načini ocenjevanja:

#### Delež/Weight

#### Assessment:

|                                                                                                                                                                         |         |                                                                                                                                                                  |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------|------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Praktični izpit ocenimo na osnovi izkazanega obvladovanja splošnonamenskih in specifičnih programskih orodij. Ocenjevalna lestvica: 6-10 (pozitivno) oz. 5 (negativno). | 50,00 % | Practical exam is assessed based on the demonstrated ability of using general-purpose and specific software tools. Grading scale: 6-10 (positive), 5 (negative). |
| Teoretični izpit ocenimo glede na dosežen rezultat pri reševanju izpitnih nalog. Ocenjevalna lestvica: 6-10 (pozitivno) oz. 5 (negativno).                              | 50,00 % | Theoretical exam is assessed based on the result of solving the exam assignments. Grading scale: 6-10 (positive), 5 (negative).                                  |

#### Ocenjevalna lestvica:

5 - 10, pri čemer velja, da je pozitivna ocena od 6 - 10

#### Grading system:

5 - 10, a student passes the exam if he is graded from 6 to 10

#### Reference nosilca/Lecturer's references:

- DEMŠAR, Janez, ZUPAN, Blaž. Hands-on training about overfitting. PLoS computational biology. [Print ed.]. Mar. 2021, vol. 17, no. 3, str. 1-19, ilustr. ISSN 1553-734X.
- HOČEVAR, Tomaž, DEMŠAR, Janez. Computation of graphlet orbits for nodes and edges in sparse graphs. Journal of statistical software. Jul. 2016, vol. 71, no. 10, str. 1-24, ilustr. ISSN 1548-7660, DOI: 10.18637/jss.v071.i10.
- HOČEVAR, Tomaž, DEMŠAR, Janez. A combinatorial approach to graphlet counting. Bioinformatics. [Print ed.]. 2014, vol. 30, no. 4, str. 559-565, ilustr. ISSN 1367-4803. DOI: 10.1093/bioinformatics/btt717.
- DEMŠAR, Janez, CURK, Tomaž, ERJAVEC, Aleš, GORUP, Črtomir, HOČEVAR, Tomaž, MILUTINOVIC, Mitar, MOŽINA, Martin, POLAJNAR, Matija, TOPLAK, Marko, STARIČ, Anže, ŠTAJDOHAR, Miha, UMEK, Lan, ŽAGAR, Lan, ŽBONTAR, Jure, ŽITNIK, Marinka, ZUPAN, Blaž. Orange : data mining toolbox in Python. Journal of machine learning research. [Print ed.]. Aug. 2013, vol. 14, str. 2349-2353. ISSN 1532-4435.
- DEMŠAR, Janez. Statistical comparisons of classifiers over multiple data sets. Journal of machine learning research. [Print ed.]. Jan. 2006, vol. 7, str. [1]-30, graf. prikazi. ISSN 1532-4435.
- ULAGA, Maja, KAJTNA, Tanja. Citiranje in navajanje virov na Fakulteti za šport. 2., popravljena in dopolnjena izd. Ljubljana: Fakulteta za šport, 2023. 102 str., ilustr. ISBN 978-961-7095-21-0.
- ULAGA, Maja, KAJTNA, Tanja. Od začetka do konca : navodila za pisanje gradiv na Fakulteti za šport. Ljubljana: Fakulteta za šport, 2019. IV, 83 str., ilustr. ISBN 978-961-6843-98-0.

- HABE, Katarina, BIASUTTI, Michele, KAJTNA, Tanja. Wellbeing and flow in sports and music students during the COVID-19 pandemic. Thinking skills and creativity. 2021, vol. 39, [article no.] 100798, str. 1-9, tabele. ISSN 1871-1871.
- KAJTNA, Tanja. Good practices in distance education for student athletes in Slovenia. V: UBACHS, George (ur.). Diversity and inclusion in digital education for European Universities. Maastricht: European Association of Distance Teaching Universities, cop. 2022. Str. 118-122.
- VUČKOVIĆ, Vojko, KAJTNA, Tanja. Uncovering the motivational structure of exercise : a study of the impact of demographic variables = Odkrivanje motivacijske strukture vadbe : študija vpliva demografskih spremenljivk. Kinesiologia Slovenica : scientific journal on sport. [Print ed.]. 2023, letn. 29, št. 1, str. 203-224, ilustr. ISSN 1318-2269.

# JADRANJE NA DESKI

## UČNI NAČRT PREDMETA/COURSE SYLLABUS

|                                   |                   |
|-----------------------------------|-------------------|
| <b>Predmet:</b>                   | Jadranje na deski |
| <b>Course title:</b>              | Windsurfing       |
| <b>Članica nosilka/UL Member:</b> | UL FŠ             |

| Študijski programi in stopnja                   | Študijska smer                  | Letnik | Semestri    | Izbirnost |
|-------------------------------------------------|---------------------------------|--------|-------------|-----------|
| Kineziologija, prva stopnja, univerzitetni      | Ni členitve (študijski program) |        | 2. semester | izbirni   |
| Športna vzgoja, prva stopnja, univerzitetni     | Ni členitve (študijski program) |        | 2. semester | izbirni   |
| Športno treniranje, prva stopnja, univerzitetni | Ni členitve (študijski program) |        | 2. semester | izbirni   |

|                                                            |         |
|------------------------------------------------------------|---------|
| <b>Univerzitetna koda predmeta/University course code:</b> | 0045117 |
| <b>Koda učne enote na članici/UL Member course code:</b>   | 685     |

| Predavanja<br>/Lectures | Seminar<br>/Seminar | Vaje<br>/Tutorials | Klinične vaje<br>/Clinical<br>tutorials | Druge oblike<br>študija<br>/Other forms<br>of study | Samostojno<br>delo<br>/Individual<br>student work | ECTS |
|-------------------------|---------------------|--------------------|-----------------------------------------|-----------------------------------------------------|---------------------------------------------------|------|
| 15                      |                     | 45                 | 0                                       | 0                                                   | 60                                                | 4    |

|                                   |               |
|-----------------------------------|---------------|
| <b>Nosilec predmeta/Lecturer:</b> | Matej Majerič |
|-----------------------------------|---------------|

|                                    |                 |
|------------------------------------|-----------------|
| <b>Vrsta predmeta/Course type:</b> | splošni izbirni |
|------------------------------------|-----------------|

|                          |                      |             |
|--------------------------|----------------------|-------------|
| <b>Jeziki/Languages:</b> | Predavanja/Lectures: | Slovenščina |
|                          | Vaje/Tutorial:       | Slovenščina |

|                                                                              |                          |
|------------------------------------------------------------------------------|--------------------------|
| <b>Pogoji za vključitev v delo oz. za opravljanje študijskih obveznosti:</b> | <b>Prerequisites:</b>    |
| Ni posebnih pogojev.                                                         | No special requirements. |

### Vsebina:

Jadranje na deski ima v Sloveniji dolgoletno tradicijo. Možnosti za izvajanje tega športa in njegovih izpeljank so praktično na vseh vodnih površinah. Ena izmed izpeljank imenovano veslanje stoje na deski postaja eden najhitreje razvijajočih se športov širom sveta. Za ta šport so v Sloveniji odlične naravne danosti. Enako velja za jadranje na deski.

Osnovni cilj programa je usposobiti študente za vodenje osnovnih tečajev jadrnanja na deski in vodnih tur na deski veslaja stoje. Študentje bodo osvojili znanja, ki jim bodo omogočila samostojno načrtovanje, izvedbo in analizo tečajev obeh športov.

### Teoretični del:

### Content (Syllabus outline):

Surfing has a long tradition in Slovenia. Options for doing this sport is almost on all water zones. One is especially popular – SUP (Stand up paddle) and is becoming one of the fastest growing sports around the world. For this sport, we have in Slovenia excellent natural conditions. The same is for windsurfing.

The basic objective of the program is to train students how to windsurf and SUP and also how to teach windsurfing and SUP.

### Theoretical part:

- Organization of windsurfing and Information Resources

|                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <ul style="list-style-type: none"> <li>• Organiziranost jadrnanja na deski in informacijski viri</li> <li>• Zakonske osnove, moralna in pravna odgovornost</li> <li>• Specifičnosti teorije in metodike jadrnanja na deski</li> <li>• Prehrana pri jadrnanju na deski</li> <li>• Psihologija vodenja tečaja jadrnanja na deski</li> <li>• Ohranjanje in varstvo narave</li> <li>• Kraji in območja za jadrnanje na deski</li> <li>• Izbira območij in načrtovanje za jadrnanje na deski</li> <li>• Vodenje in varnost skupine</li> <li>• Oprema za jadrnanje na deski</li> <li>• Tehnika in taktika jadrnanja na deski individualno in v skupini</li> <li>• Temeljni didaktični koraki za učenje jadrnanja na deski</li> </ul> <p><b>Praktični del:</b></p> <ul style="list-style-type: none"> <li>• Izdelava seminarske naloge na izbrano tematiko s področja, jadrnanja na deski, ki bo vsebovala ustrezen metodološki pristop in bo vsebinsko ustrezna.</li> <li>• Predstavitev seminarske naloge na kabinetnih in/ali terenskih vajah.</li> <li>• Terenske vaje: <ul style="list-style-type: none"> <li>a) tehnika jadrnanja na deski</li> <li>b) osnovno vzdrževanje in sestavljanje opreme</li> <li>c) ravnanje v različnih okoliščinah, povezanih z jadrnanjem na deski</li> <li>d) priprava za jadrnanje na deski</li> </ul> </li> </ul> | <ul style="list-style-type: none"> <li>• Legal basis, moral and legal responsibility</li> <li>• Specifics of theory and of windsurfing</li> <li>• Nutritions and windsurfing</li> <li>• Psychology and windsurfing</li> <li>• Conservation and nature protection</li> <li>• Areas for windsurfing</li> <li>• How and where to windsurf</li> <li>• Security</li> <li>• Equipment for windsurfing</li> <li>• Technique and tactics of windsurfing</li> <li>• The basic teaching steps to learn windsurfing</li> </ul> <p><b>Practice:</b></p> <ul style="list-style-type: none"> <li>• Seminars of selected topics, which will include an appropriate methodological approach.</li> <li>• Presentation of the seminars.</li> <li>• Field work: <ul style="list-style-type: none"> <li>a) technique of windsurfing</li> <li>b) equipment</li> <li>c) how and where do windsurf</li> <li>d) how to prepare for windsurfing</li> </ul> </li> </ul> |
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#### Temeljna literatura in viri/Readings:

|                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |
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| <ul style="list-style-type: none"> <li>• MAJERIČ, Matej. Strast za drsenje: Uvodnik. <i>Šport : revija za teoretična in praktična vprašanja športa</i>, ISSN 0353-7455, 2018, letn. 66, št. 3/4, str. 3-4. [COBISS.SI-ID <a href="#">5452209</a>]</li> <li>• POLAJNAR, Janez, JERMAN, Jure, MAJERIČ, Matej. Osnove značilnosti vetrov za jadralce in kajtarje v Sloveniji in bližnji okolici. <i>Šport : revija za teoretična in praktična vprašanja športa</i>, ISSN 0353-7455, 2018, letn. 66, št. 3/4, str. 174-183. [COBISS.SI-ID <a href="#">5452209</a>]</li> <li>• MAJERIČ, Matej. Uporaba spletnih modelskih napovedi za napovedovanje vetra pri jadrnanju na deski in kajtanju. <i>Šport : revija za teoretična in praktična vprašanja športa</i>, ISSN 0353-7455, 2018, letn. 66, št. 3/4, str. 184-191. [COBISS.SI-ID <a href="#">5452209</a>]</li> <li>• MAJERIČ, Matej. Opis in vetrovna statistika najbolj priljubljenih točk za jadrnanje na deski, kajtanje in foilanje v severnem Jadranu. <i>Šport : revija za teoretična in praktična vprašanja športa</i>, ISSN 0353-7455, 2018, letn. 66, št. 3/4, str. 192-216. [COBISS.SI-ID <a href="#">5452209</a>]</li> <li>• MAJERIČ, Matej. Osnove veslanja na deski stoje. <i>Šport : revija za teoretična in praktična vprašanja športa</i>, ISSN 0353-7455, 2018, letn. 66, št. 3/4, str. 217-223. [COBISS.SI-ID <a href="#">5452209</a>]</li> <li>• MAJERIČ, Matej. Osnove jadrnanja na deski. <i>Šport : revija za teoretična in praktična vprašanja športa</i>, ISSN 0353-7455, 2018, letn. 66, št. 3/4, str. 224-240. [COBISS.SI-ID <a href="#">5452209</a>]</li> <li>• MAJERIČ, Matej. Osnove kajtanja. <i>Šport : revija za teoretična in praktična vprašanja športa</i>, ISSN 0353-7455, 2018, letn. 66, št. 3/4, str. 241-272. [COBISS.SI-ID <a href="#">5452209</a>]</li> <li>• PODLOGAR, Tim, PETERNELJ, Eva. Kondicijska priprava jadralcev, ki visijo. <i>Šport : revija za teoretična in praktična vprašanja športa</i>, ISSN 0353-7455, 2018, letn. 66, št. 3/4, str. 273-279. [COBISS.SI-ID <a href="#">5452209</a>]</li> <li>• MAJERIČ, Matej. Analiza intenzivnosti napora pri jadrnanju na deski na valovih – študija primera. <i>Šport : revija za teoretična in praktična vprašanja športa</i>, ISSN 0353-7455, 2018, letn. 66, št. 3/4, str. 280-292. [COBISS.SI-ID <a href="#">5452209</a>]</li> <li>• MAJERIČ, Matej, ŽAVBI, Andraž. Analiza metodike poučevanja kajtanja v nekaterih slovenskih šolah. <i>Šport : revija za teoretična in praktična vprašanja športa</i>, ISSN 0353-7455, 2018, letn. 66, št. 3/4, str. 293-298. [COBISS.SI-ID <a href="#">5452209</a>]</li> </ul> |
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- ŽAVBI, Andraž, MAJERIČ, Matej. Kako varni so pogoji za učenje kajtanja v nekaterih slovenskih šolah? *Šport : revija za teoretična in praktična vprašanja športa*, ISSN 0353-7455, 2018, letn. 66, št. 3/4, str. 299-303. [COBISS.SI-ID [5452209](#)]
- PODLOGAR, Tim. Prehrana jadralcev. *Šport : revija za teoretična in praktična vprašanja športa*, ISSN 0353-7455, 2018, letn. 66, št. 3/4, str. 305-307. [COBISS.SI-ID [5452209](#)]
- KOLBEZEN, Anže, KAMBIČ, Tim, DOLENC, Maja, MAJERIČ, Matej. Vpliv razvoja opreme na učenje in varnost pri kajtanju. *Šport : revija za teoretična in praktična vprašanja športa*, ISSN 0353-7455, 2018, letn. 66, št. 3/4, str. 308-313. [COBISS.SI-ID [5452209](#)]
- VALIČ, Matej, KOLAR, Jure. Jadranje in poškodbe. *Šport : revija za teoretična in praktična vprašanja športa*, ISSN 0353-7455, 2018, letn. 66, št. 3/4, str. 314-317. [COBISS.SI-ID [5452209](#)]

| Cilji in kompetence:                                                                                                                                                                                                                                     | Objectives and competences:                                                                                                |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------|
| Osnovni cilj programa je usposobiti študente za vodenje osnovnih tečajev jadrnanja na deski in vodnih tur na deski veslaje stoje. Študentje bodo osvojili znanja, ki jim bodo omogočila samostojno načrtovanje, izvedbo in analizo tečajev obeh športov. | The basic objective of the program is to train students how to windsurf and SUP and also how to teach windsurfing and SUP. |

| Predvideni študijski rezultati:                                                                                                                                                                                                                                                                                                                                                                           | Intended learning outcomes:                                                                                                                                                                                                                                                                                                                                                            |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Znanje in razumevanje: <ul style="list-style-type: none"> <li>• Študenti so sposobni podajati temeljna znanja o jadrnanju na deski</li> <li>• Sposobni so pripraviti in voditi jadrnalne ture, tečaje in rekreativne dejavnosti</li> <li>• Sposobni so oceniti tehnične in telesne sposobnosti in zmogljivosti udeležencev jadrnalne ture in ustrezno prilagoditi zahtevnost podajanja vsebin.</li> </ul> | Knowledge and understanding: <ul style="list-style-type: none"> <li>• Students are able to convey basic knowledge about windsurfing</li> <li>• They can prepare and lead windsurfing courses as recreational activity</li> <li>• They are able to assess the technical and physical abilities and capacities of participants and adjust the complexity of the feed content.</li> </ul> |

| Metode poučevanja in učenja:                             | Learning and teaching methods:              |
|----------------------------------------------------------|---------------------------------------------|
| Predavanja, seminarji, seminarska naloga, terenske vaje. | Lectures, seminars, coursework, field work. |

| Načini ocenjevanja: | Delež/Weight | Assessment:             |
|---------------------|--------------|-------------------------|
| Ustno izpraševanje  | 50,00 %      | Oral examination        |
| Praktični prikaz    | 50,00 %      | Practical demonstration |

| Ocenjevalna lestvica: | Grading system: |
|-----------------------|-----------------|
|                       |                 |

| Reference nosilca/Lecturer's references:                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |
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| <ul style="list-style-type: none"> <li>• MAJERIČ, Matej. Strast za drsenje: Uvodnik. <i>Šport : revija za teoretična in praktična vprašanja športa</i>, ISSN 0353-7455, 2018, letn. 66, št. 3/4, str. 3-4. [COBISS.SI-ID <a href="#">5452209</a>]</li> <li>• POLAJNAR, Janez, JERMAN, Jure, MAJERIČ, Matej. Osnove značilnosti vetrov za jadralce in kajtarje v Sloveniji in bližnji okolici. <i>Šport : revija za teoretična in praktična vprašanja športa</i>, ISSN 0353-7455, 2018, letn. 66, št. 3/4, str. 174-183. [COBISS.SI-ID <a href="#">5452209</a>]</li> <li>• MAJERIČ, Matej. Uporaba spletnih modelskih napovedi za napovedovanje vetra pri jadrnanju na deski in kajtanju. <i>Šport : revija za teoretična in praktična vprašanja športa</i>, ISSN 0353-7455, 2018, letn. 66, št. 3/4, str. 184-191. [COBISS.SI-ID <a href="#">5452209</a>]</li> <li>• MAJERIČ, Matej. Opis in vetrovna statistika najbolj priljubljenih točk za jadrnanje na deski, kajtanje in foilanje v severnem Jadranu. <i>Šport : revija za teoretična in praktična vprašanja športa</i>, ISSN 0353-7455, 2018, letn. 66, št. 3/4, str. 192-216. [COBISS.SI-ID <a href="#">5452209</a>]</li> <li>• MAJERIČ, Matej. Osnove veslanja na deski stoje. <i>Šport : revija za teoretična in praktična vprašanja športa</i>, ISSN 0353-7455, 2018, letn. 66, št. 3/4, str. 217-223. [COBISS.SI-ID <a href="#">5452209</a>]</li> </ul> |

- MAJERIČ, Matej. Osnove jadranja na deski. *Šport : revija za teoretična in praktična vprašanja športa*, ISSN 0353-7455, 2018, letn. 66, št. 3/4, str. 224-240. [COBISS.SI-ID [5452209](#)]
- MAJERIČ, Matej. Osnove kajtanja. *Šport : revija za teoretična in praktična vprašanja športa*, ISSN 0353-7455, 2018, letn. 66, št. 3/4, str. 241-272. [COBISS.SI-ID [5452209](#)]
- MAJERIČ, Matej. Analiza intenzivnosti napora pri jadranu na deski na valovih – študija primera. *Šport : revija za teoretična in praktična vprašanja športa*, ISSN 0353-7455, 2018, letn. 66, št. 3/4, str. 280-292. [COBISS.SI-ID [5452209](#)]
- MAJERIČ, Matej, ŽAVBI, Andraž. Analiza metodike poučevanja kajtanja v nekaterih slovenskih šolah. *Šport : revija za teoretična in praktična vprašanja športa*, ISSN 0353-7455, 2018, letn. 66, št. 3/4, str. 293-298. [COBISS.SI-ID [5452209](#)]
- ŽAVBI, Andraž, MAJERIČ, Matej. Kako varni so pogoji za učenje kajtanja v nekaterih slovenskih šolah? *Šport : revija za teoretična in praktična vprašanja športa*, ISSN 0353-7455, 2018, letn. 66, št. 3/4, str. 299-303. [COBISS.SI-ID [5452209](#)]
- KOLBEZEN, Anže, KAMBIČ, Tim, DOLENC, Maja, MAJERIČ, Matej. Vpliv razvoja opreme na učenje in varnost pri kajtanju. *Šport : revija za teoretična in praktična vprašanja športa*, ISSN 0353-7455, 2018, letn. 66, št. 3/4, str. 308-313. [COBISS.SI-ID [5452209](#)]

# JOGA V ŠPORTU

## UČNI NAČRT PREDMETA/COURSE SYLLABUS

|                                   |               |
|-----------------------------------|---------------|
| <b>Predmet:</b>                   | Joga v športu |
| <b>Course title:</b>              | Yoga in sport |
| <b>Članica nosilka/UL Member:</b> | UL FŠ         |

| Študijski programi in stopnja                   | Študijska smer                  | Letnik | Semestri    | Izbirnost |
|-------------------------------------------------|---------------------------------|--------|-------------|-----------|
| Kineziologija, prva stopnja, univerzitetni      | Ni členitve (študijski program) |        | 2. semester | izbirni   |
| Športna vzgoja, prva stopnja, univerzitetni     | Ni členitve (študijski program) |        | 2. semester | izbirni   |
| Športno treniranje, prva stopnja, univerzitetni | Ni členitve (študijski program) |        | 2. semester | izbirni   |

|                                                            |         |
|------------------------------------------------------------|---------|
| <b>Univerzitetna koda predmeta/University course code:</b> | 0104831 |
| <b>Koda učne enote na članici/UL Member course code:</b>   | 1234    |

| Predavanja<br>/Lectures | Seminar<br>/Seminar | Vaje<br>/Tutorials | Klinične vaje<br>/Clinical<br>tutorials | Druge oblike<br>študija<br>/Other forms<br>of study | Samostojno<br>delo<br>/Individual<br>student work | ECTS |
|-------------------------|---------------------|--------------------|-----------------------------------------|-----------------------------------------------------|---------------------------------------------------|------|
| 15                      |                     | 45                 |                                         |                                                     | 60                                                | 4    |

|                                   |               |
|-----------------------------------|---------------|
| <b>Nosilec predmeta/Lecturer:</b> | Petra Zaletel |
|-----------------------------------|---------------|

|                                    |                 |
|------------------------------------|-----------------|
| <b>Vrsta predmeta/Course type:</b> | splošni izbirni |
|------------------------------------|-----------------|

|                          |                      |             |
|--------------------------|----------------------|-------------|
| <b>Jeziki/Languages:</b> | Predavanja/Lectures: | Slovenščina |
|                          | Vaje/Tutorial:       | Slovenščina |

|                                                                              |                       |
|------------------------------------------------------------------------------|-----------------------|
| <b>Pogoji za vključitev v delo oz. za opravljanje študijskih obveznosti:</b> | <b>Prerequisites:</b> |
|------------------------------------------------------------------------------|-----------------------|

|  |  |
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### Vsebina:

Teoretične vsebine se nanašajo na: spoznavanje z doktrino joge in drugih oblik sproščanja (pojave oblike; zgodovinski pogled in razvoj; filozofija joge in drugih sodobnih oblik sproščanja); fiziološka dogajanja v telesu; motorične informacije v jogi. Študenti se seznajajo z ugotovitvami znanstvenih študij, ki se preučevale učinkovitost joge pri obravnavi posebnih skupin kot so onkološki bolniki, menopavzalne ženske, starostniki, nosečnice... Vsebina vaj se nanaša na pravilno izvajanje osnovnih in specialnih vaj s tega področja, povezanih z doživljajsko in duhovno komponento širjenja zavesti (sistem joga v vsakdanjem življenju, meditacija

### Content (Syllabus outline):

Theoretical content relating to: the doctrine of yoga and other forms of release (forms, historical perspective and the development; philosophy of yoga and other modern forms of release); physiological process in the body; motor information in yoga. Students become familiar with the findings of scientific studies that examined the effectiveness of yoga in the treatment of specific groups such as cancer patients, menopausal women, the elderly, pregnant women... Contents of exercises relating to the proper execution of basic and special exercises in this area related to the experiential and spiritual component of spreading awareness (the system of

|                                                                                            |                                                                                                  |
|--------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------|
| samoanalize, terapevtski učinki, zavest o telesu, povezava duševne in telesne sprostitve). | yoga in daily life, meditation, self-analysis, therapeutic effects, awareness of body and mind). |
|--------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------|

### Temeljna literatura in viri/Readings:

1. ZALETEL, Petra, FURJAN-MANDIĆ, Gordana. *Aerobika: skupinska vadba ob glasbi : vadba naše preteklosti in prihodnosti : univerzitetni učbenik z recenzijo in delovne naloge*. 1. popravljena in dopolnjena izd. Ljubljana: Fakulteta za šport, 2024. 304 str., ilustr. ISBN 978-961-7095-27-2. [COBISS.SIID 186103811]
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10. Reed, S. D., Guthrie, K. A., Newton, K. M., Anderson, G. L., Booth-LaForce, C., Caan, B., . . . LaCroix, A. Z. (2014). Menopausal quality of life: RCT of yoga, exercise, and omega-3 supplements. *Am J Obstet Gynecol*, 210(3), 244.e241-21 doi:10.1016/j.ajog.2013.11.016
11. Tekur, P., Nagarathna, R., Chametcha, S., Hankey, A., Nagendra, H.R. (2012). A comprehensive yoga programs improves pain, anxiety and depression in chronic low back pain patients more than exercise. *Complementary Therapies in Medicine*, 20(3): 107-118.
12. Tiedemann, A., O'Rourke, S., Sesto, R., in Sherrington, C. (2013). A 12-week Iyengar yoga program improved balance and mobility in older community-dwelling people: a pilot randomized controlled trial. *J Gerontol A Biol Sci Med Sci*, 68(9), 1068-1075. doi:10.1093/gerona/glt087
13. Tilbrook, H. E., Cox, H., Hewitt, C. E., Kang'ombe, A. R., Chuang, L. H., Jayakody, S., . . . Torgerson, D. J. (2011). Yoga for chronic low back pain: a randomized trial. *Ann Intern Med*, 155(9), 569-578. doi:10.7326/0003-4819-155-9-201111010-00003
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16. Zagorc, M., Šifrar, T., Petrović, S. (2007). Joga v sodobni pripravi plesalcev. [1. natis]. Ljubljana: Plesna zveza Slovenije. 85 str.

17. Zaletel, P. (2012). Joga za zdravje - dejavni v sozvočju telesa in duha. *Za srce*, 21(2), 28-31.

#### Cilji in kompetence:

Cilji:

- Posredovati študentom osnovni program s področja vadbe joge in sproščanja, da bodo lahko s poznavanjem vzhodnjaških veščin obvladovanja telesa in duha obogatili vsakdanje življenje.
- Predmetno specifične kompetence:
- Obvladovanje osnovnih prvin joge ter umeščanje védenj in znanj v sodobni način življenja.

#### Objectives and competences:

- To provide students with basic program in the field of yoga exercising and relaxing that they could use the knowledge of body and soul to enrich every day life.
- Subject specific competencies:
- Mastery of the basic elements of yoga and placement of knowledge and skills in a modern way of life.

#### Predvideni študijski rezultati:

Znanje in razumevanje:

- Filozofije in vadbe vzhodnjaških veščin prenesenih v zahodni način življenja.
- Uporaba pridobljenih znanj v vsakdanjem življenju in za kompenzacijo negativnih stresnih učinkov v času študija.
- Navezovanje novih prijateljstev, socializacija, zagotavljanje kakovosti življenja, pridobivanje trajnih življenjskih navad.
- Kritična analiza gibanja, refleksija na prebrano literaturo in delo v skupini.

#### Intended learning outcomes:

Knowledge and understanding:

- Eastern philosophy and exercise skills transferred to the western way of life.
- Using the acquired knowledge in everyday life and to compensate for the negative effects of stress during the study.
- Finding new friends, quality of life, getting a permanent lifestyle habits.
- Critical analysis of movement, reflection on the literature and teamwork

#### Metode poučevanja in učenja:

Predavanja, vaje, delo v skupini, demonstracije, individualne naloge, sodelovalno učenje / poučevanje, aktivno (refleksivno) poučevanje, lastno kreativno ustvarjanje v primerno velikih skupinah, delavnice.

#### Learning and teaching methods:

Lectures, exercises, group work, demonstrations, individual work, cooperative learning / teaching, active (reflective) teaching, their own creative creation in the appropriate large groups and workshops.

#### Načini ocenjevanja:

#### Delež/Weight

#### Assessment:

Teoretični izpit

40,00 %

Theoretical exam

Praktični izpit

60,00 %

Practical exam

#### Ocenjevalna lestvica:

5 - 10, pri čemer velja, da je pozitivna ocena od 6 - 10

#### Grading system:

5 - 10, a student passes the exam if he is graded from 6 to 10

#### Reference nosilca/Lecturer's references:

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2. ZALETEL, Petra, FURJAN-MANDIĆ, Gordana. *Aerobika : skupinska vadba ob glasbi : vadba naše preteklosti in prihodnosti : univerzitetni učbenik z recenzijo in delovne naloge*. 1. popravljena in dopolnjena izd. Ljubljana: Fakulteta za šport, 2024. 304 str., ilustr. ISBN 978-961-7095-27-2. [COBISS.SIID 186103811]
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6. ZALETEL, Petra, PRUŠ, Daša. Poškodbe v slovenskem plesu - analiza in primerjava različnih plesnih zvrsti. *Šport : revija za teoretična in praktična vprašanja športa*. 2021, letn. 69, št. 1/2, str. 69-75, ilustr. ISSN 0353-7455. [COBISS.SI-ID 67427331]

7. ZALETEL, Petra, DROLE, Kristina, KUKOVICA, Karla Marija, ORTIZ, Lucija, PRUŠ, Daša, TUŠAK, Matej.

Vpliv programa vadbe po metodi "Feldenkrais for Business" na psihično stanje zaposlenih v delovni organizaciji. *Šport : revija za teoretična in praktična vprašanja športa*. 2021, letn. 69, št. 1/2, str. 187-192, ilustr. ISSN 0353-7455. [COBISS.SI-ID 67593987]

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and the future", Dubrovnik, Croatia, 25th-28th September 1999 Zagreb: Sveučilište, Fakultet za fizičku kulturu, 1997, str. 217-219.

# JUDO

## UČNI NAČRT PREDMETA/COURSE SYLLABUS

|                                   |       |
|-----------------------------------|-------|
| <b>Predmet:</b>                   | Judo  |
| <b>Course title:</b>              | Judo  |
| <b>Članica nosilka/UL Member:</b> | UL FŠ |

| Študijski programi in stopnja                   | Študijska smer                  | Letnik | Semestri    | Izbirnost |
|-------------------------------------------------|---------------------------------|--------|-------------|-----------|
| Kineziologija, prva stopnja, univerzitetni      | Ni členitve (študijski program) |        | 1. semester | izbirni   |
| Športna vzgoja, prva stopnja, univerzitetni     | Ni členitve (študijski program) |        | 1. semester | izbirni   |
| Športno treniranje, prva stopnja, univerzitetni | Ni členitve (študijski program) |        | 1. semester | izbirni   |

|                                                            |         |
|------------------------------------------------------------|---------|
| <b>Univerzitetna koda predmeta/University course code:</b> | 0045120 |
| <b>Koda učne enote na članici/UL Member course code:</b>   | 697     |

| Predavanja<br>/Lectures | Seminar<br>/Seminar | Vaje<br>/Tutorials | Klinične vaje<br>/Clinical<br>tutorials | Druge oblike<br>študija<br>/Other forms<br>of study | Samostojno<br>delo<br>/Individual<br>student work | ECTS |
|-------------------------|---------------------|--------------------|-----------------------------------------|-----------------------------------------------------|---------------------------------------------------|------|
| 15                      |                     | 45                 |                                         |                                                     | 60                                                | 4    |

|                                   |                               |
|-----------------------------------|-------------------------------|
| <b>Nosilec predmeta/Lecturer:</b> | Damir Karpljuk, Jožef Šimenko |
|-----------------------------------|-------------------------------|

|                                    |                                   |
|------------------------------------|-----------------------------------|
| <b>Vrsta predmeta/Course type:</b> | splošni izbirni/general selective |
|------------------------------------|-----------------------------------|

|                          |                      |             |
|--------------------------|----------------------|-------------|
| <b>Jeziki/Languages:</b> | Predavanja/Lectures: | Slovenščina |
|                          | Vaje/Tutorial:       | Slovenščina |

|                                                                              |                        |
|------------------------------------------------------------------------------|------------------------|
| <b>Pogoji za vključitev v delo oz. za opravljanje študijskih obveznosti:</b> | <b>Prerequisites:</b>  |
| Ni posebnih pogojev.                                                         | No special conditions. |

### Vsebina:

- Predavanja – 15 ur**
  - Zgodovinski razvoj juda.
  - Organiziranost juda pri nas in v svetu
  - Osnovna in etična načela juda.
  - Osnovna sodniška pravila
  - Načrtovanje programa vadbe
  - Metodika učenja judo tehnik pri otrocih v starosti od 4 do 9 let.
  - Preventiva pred poškodbami pri borilnih športih.
- Vaje – 45 ur**
  - Učenje osnovnih judo tehnik.
  - Metodika učenja osnovnih judo tehnik
  - Preventiva pred poškodbami

### Content (Syllabus outline):

- Lectures - 15 hours**
  - Historical development of judo.
  - Organisation of judo in the country and the world
  - Basic and ethical principles of Judo.
  - Basic Contest Rules
  - Planning training program
  - They are based learning judo techniques in children aged 4 to 9 years.
  - Prevention of injuries in martial arts.
- Exercise - 45 hours**
  - Learn basic judo techniques.
  - They are based on learning basic judo techniques
  - Prevention of injuries

|                                                                                                                                              |                                                                                                                                                           |
|----------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------|
| <ul style="list-style-type: none"> <li>• Priprava in vodenje vadbene ure v programu judo vrtca ali male šole juda in šole padanja</li> </ul> | <ul style="list-style-type: none"> <li>• Preparing and conducting training session in the judo nursery school or small school judo and falling</li> </ul> |
|----------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------|

### Temeljna literatura in viri/Readings:

|                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <ul style="list-style-type: none"> <li>• Kano J. (1986): KODOKAN JUDO. Tokyo: Kodansha International</li> <li>• Brousse M., Matsumoto D. (1999): JUDO: ŠPORT IN NAČIN ŽIVLJENJA. International Judo Federation (Slovenski prevod: Gorazd Meško)</li> <li>• Različni avtorji. (2000): L'EVEIL JUDO DES 4 ET 5 ANS. Paris: F.F.J.D.A.</li> <li>• Škraba J.: (1980): PRVI KORAKI. Ljubljana</li> <li>• Kudo K. (1969): JUDO – TEHNIKA METOV. Zagreb</li> <li>• Kudo K. (1969): JUDO – PARTERNA TEHNIKA. Zagreb</li> <li>• Mark Law (2007): THE PYJAMA GAME, A journey into judo. London</li> </ul> |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|

### Cilji in kompetence:

|                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <ul style="list-style-type: none"> <li>• Seznaniti študenta s teoretičnih in praktičnimi osnovami juda in jih usposobiti za vodenje programa judo vrtca in male šole juda, teh program šole padanja v prvi triadi OŠ</li> <li>• Podati osnovne teoretične informacije o judu; zgodovini, opremljenosti, osnovnih in etičnih načelih, sodniških pravilih, načrtovanju in izvajanju programa vadbe.</li> <li>• Naučiti študente zanesljivega in varnega izvajanja osnovnih judo tehnik po programu, metodike učenja osnovnih judo tehnik in preventive pred poškodbami pri borilnih športih.</li> <li>• Preveriti praktična in teoretična znanja študentov in po uspešno zaključenem programu podeliti naziv inštruktor juda (1. stopnja usposobljenosti) in šolski pas 7 kyu po izpitnem programu JZS</li> </ul> | <b>Objectives and competences:</b> <ul style="list-style-type: none"> <li>• To acquaint the student with the theoretical and practical fundamentals of judo and train them to run the program judo kindergarten and lower school judo program of these schools fall in the first three years of primary school</li> <li>• To provide the basic theoretical information about judo, history, equipment, and basic ethical principles, judicial rules, planning and implementation of training program.</li> <li>• To introduce students to a reliable and safe performance of basic judo techniques program, methodology of learning basic judo techniques and injury prevention in martial arts.</li> <li>• Check the practical and theoretical knowledge of students and the successful completion of the program conferred the title of Judo Instructor (Level 1 qualification) and the school band 7 Mon kyu exam program JZS</li> </ul> |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|

### Predvideni študijski rezultati:

|                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Znanje in razumevanje:</b> <ul style="list-style-type: none"> <li>• Osvojiti praktična in teoretična znanja potrebna za varno in uspešno vodenje programa judo vrtca in male šole juda. Pridobitev naziva inštruktor juda (1. stopnja usposobljenosti) in šolski pas 7 kyu (rumeni pas).</li> <li>• Študenti poznajo osnovna in etična načela juda</li> <li>• Poznajo osnovne judo tehnike v programu:</li> <li>• Tehnike padanja (Ukemi waza)</li> <li>• Tehnike metov (nage waza)</li> <li>• Parterne tehnike (katame waza)</li> <li>• Gibanje po blazini in prijemi za kimono (shintai in kumi kata)</li> <li>• Poznajo osnovna sodniška pravila</li> </ul> | <b>Intended learning outcomes:</b> <p>Knowledge and understanding:</p> <ul style="list-style-type: none"> <li>• Acquire practical and theoretical knowledge required for the safe and effective management of the program and kindergarten male judo judo school. Obtain the title Judo Instructor (Level 1 qualification) and the school band 7 kyu (yellow belt).</li> <li>• Students are familiar with basic ethical principles and judo</li> <li>• Knowledge of basic judo techniques in the program:</li> <li>• Techniques fall (Ukemi Waza)</li> <li>• Throwing techniques (nage waza)</li> <li>• Techniques with a partner (katame waza)</li> <li>• Move under the pillow and approaches for kimono (shintai and kumi kata)</li> <li>• They know the basic rules judge</li> </ul> |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|

### Metode poučevanja in učenja:

|                                                                                               |                                                                                                                                     |
|-----------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------|
| Predavanje, razlaga, metoda razgovora, metoda dela s tekstom, metoda demonstracije (priprava, | <b>Learning and teaching methods:</b><br>Lecture, explanation, conversation, work with texts, method of demonstration (preparation, |
|-----------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------|

|                                                              |                                                                       |
|--------------------------------------------------------------|-----------------------------------------------------------------------|
| demonstracija, ponavljanje in ocenjevanje) in metoda urjenja | demonstration, repetition and evaluation) and the method of exercises |
|--------------------------------------------------------------|-----------------------------------------------------------------------|

| Načini ocenjevanja: | Delež/Weight | Assessment:         |
|---------------------|--------------|---------------------|
| pisni izpit         | 50,00 %      | written examination |
| ustno izpraševanje  | 50,00 %      | oral examination    |

| Ocenjevalna lestvica: | Grading system: |
|-----------------------|-----------------|
|                       |                 |

#### Reference nosilca/Lecturer's references:

Reference nosilcev:

- MASLEŠA, Samo, VIDEMŠEK, Mateja, **KARPLJUK**, Damir. Analiza izbranih morfoloških značilnosti, gibalnih sposobnosti in praktičnih znanj borilnih športov po osem tedenskem procesu vadbe pri osebah z motnjo v duševnem razvoju = Analysis of mentally challenged people's selected morphological characteristics, motor abilities and practical knowledge of martial arts following an eight-week training programme. Šport (Ljublj.), 2009, let. 57, št. 1/2, str. 93-96, tabele. [COBISS.SI-ID 3622833]
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- JAKHEL, Rudolf, **KARPLJUK**, Damir. Some extrinsic variables of measured karate techniques (a case study). V: STROJNIK, Vojko (ur.), UŠAJ, Anton (ur.), JOŠT, Bojan (ur.). [Theories of human motor performance and their reflections in practice]. Ljubljana: Faculty of Sport, 1999-2001, str. 164-167. [COBISS.SI-ID 337329]
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- KARPLJUK**, Damir, JAKHEL, R. Intensity of workload in karate sport fights: guidelines for basic training : a single case study. V: PAVLOVIČ, Mik (ur.). Šport mladih : zbornik : III. mednarodni simpozij : proceedings : III.[.] international symposium, Bled, Slovenia, October 7 - 10, 1997. Ljubljana: Fakulteta za šport = Faculty of Sport, 1998, str. 435-440, tabele. [COBISS.SI-ID 667313]
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- ŠIMENKO**, Jožef, **KARPLJUK**, Damir, HADŽIĆ, Vedran. Monitoring of eccentric hamstring strength and eccentric derived strength ratios in judokas from a single weight category. International journal of environmental research and public health, 19(1), članek 604, str. 1-11, ISSN 1660-4601., DOI: 10.3390/ijerph19010604. [COBISS.SI-ID 92195587],
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- BLACH, Wieslaw, SMOLDERS, Peter, **ŠIMENKO**, Jožef, MAĆKAŁA, Krzysztof. Diagnostics of tissue involved injury occurrence of top-level judokas during the competition: suggestion for prevention. PeerJ, članek e13074, str. 1-20, ISSN 2167-8359. DOI: 10.7717/peerj.13074. [COBISS.SI-ID 104152067],
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camp. International journal of sports science & coaching, (online), str. 1-9. ISSN 2048-397X. DOI: 0.1177/17479541221122433. [COBISS.SI-ID 120109315],

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- PEČNIKAR OBLAK, Viktorija, **KARPLJUK, Damir**, VODIČAR, Janez, **ŠIMENKO, Jožef**. Inclusion of people with intellectual disabilities in judo : a systematic review of literature. Archives of Budo. 2020, vol. 16, iss. 1, str. 245-260, ISSN 1643-8698. [COBISS.SI-ID 39834627]
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- **ŠIMENKO, Jožef**. Razvijanje gibalnih sposobnosti v predpubertetnem obdobju mladih judoistov. V: ERČULJ, Frane (ur.), **ŠIMENKO, Jožef** (ur.). Borilni športi. Ljubljana: Fakulteta za šport, 2014. Letn. 62, št. 1/2, str. 121-129, ilustr. Šport, Letn. 62, št. 1-2, 2014. ISSN 0353-7455. [COBISS.SI-ID 4531889],
- **ŠIMENKO, Jožef**, BRAČIČ, Mitja, ČOH, Milan. Povezanost specialne motorike s tekmovalno uspešnostjo mladih judoistov. V: ERČULJ, Frane (ur.), **ŠIMENKO, Jožef** (ur.). Borilni športi. Ljubljana: Fakulteta za šport, 2014. Letn. 62, št. 1/2, str. 142-147, Šport, Letn. 62, št. 1-2, 2014. ISSN 0353-7455. [COBISS.SI-ID 4532657],
- **ŠIMENKO, Jožef**. Borilni športi in borilne veščine v Sloveniji. V: ERČULJ, Frane (ur.), **ŠIMENKO, Jožef** (ur.). Borilni športi. Ljubljana: Fakulteta za šport, 2014. Letn. 62, št. 1/2, str. 98-103, ilustr. Šport, Letn. 62, št. 1-2, 2014. ISSN 0353-7455. [COBISS.SI-ID 4530865],
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- **ŠIMENKO, Jožef**. Nekateri vidiki in prednosti treniranja juda za otroke in mladostnike. Šport : revija za teoretična in praktična vprašanja športa. 2013, letn. 61, št. 1/2, str. 25-28, ilustr. ISSN 0353-7455. [COBISS.SI-ID 4360881],
- JERMAN, Patricia, DOLENC, Maja, **ŠIMENKO, Jožef**. Gibalna učinkovitost rekreativnih judoistov. Šport : revija za teoretična in praktična vprašanja športa. 2017, letn. 65, št. 1/2, str. 120-123, ISSN 0353-7455. [COBISS.SI-ID 5136817],
- PEČNIKAR OBLAK, Viktorija, **KARPLJUK, Damir**, **ŠIMENKO, Jožef**. Merjenje moči stiska pesti G-judoistov. Šport : revija za teoretična in praktična vprašanja športa. 2016, letn. 64, št. 1/2, str. 99-103, ISSN 0353-7455. [COBISS.SI-ID 4893617]

# KONDIICIJSKA VADBA OTROK IN MLADINE

## UČNI NAČRT PREDMETA/COURSE SYLLABUS

|                                   |                                    |
|-----------------------------------|------------------------------------|
| <b>Predmet:</b>                   | Kondicijska vadba otrok in mladine |
| <b>Course title:</b>              | Training of children and youth     |
| <b>Članica nosilka/UL Member:</b> | UL FŠ                              |

| Študijski programi in stopnja                                                        | Študijska smer                  | Letnik | Semestri    | Izbirnost |
|--------------------------------------------------------------------------------------|---------------------------------|--------|-------------|-----------|
| Športna vzgoja, prva stopnja, univerzitetni<br>(od študijskega leta 2025/2026 dalje) | Ni členitve (študijski program) |        | 1. semester | izbirni   |

|                                                            |         |
|------------------------------------------------------------|---------|
| <b>Univerzitetna koda predmeta/University course code:</b> | 0045159 |
| <b>Koda učne enote na članici/UL Member course code:</b>   | 678     |

| Predavanja<br>/Lectures | Seminar<br>/Seminar | Vaje<br>/Tutorials | Klinične vaje<br>/Clinical<br>tutorials | Druge oblike<br>študija<br>/Other forms<br>of study | Samostojno<br>delo<br>/Individual<br>student work | ECTS |
|-------------------------|---------------------|--------------------|-----------------------------------------|-----------------------------------------------------|---------------------------------------------------|------|
| 15                      | 0                   | 30                 | 0                                       | 0                                                   | 45                                                | 3    |

|                                   |             |
|-----------------------------------|-------------|
| <b>Nosilec predmeta/Lecturer:</b> | Branko Škof |
|-----------------------------------|-------------|

|                                    |                   |
|------------------------------------|-------------------|
| <b>Vrsta predmeta/Course type:</b> | izbirni/selective |
|------------------------------------|-------------------|

|                          |                      |             |
|--------------------------|----------------------|-------------|
| <b>Jeziki/Languages:</b> | Predavanja/Lectures: | Slovenščina |
|                          | Vaje/Tutorial:       | Slovenščina |

|                                                                              |                       |
|------------------------------------------------------------------------------|-----------------------|
| <b>Pogoji za vključitev v delo oz. za opravljanje študijskih obveznosti:</b> | <b>Prerequisites:</b> |
| Ni                                                                           | None                  |

### Vsebina:

1. del: SPLOŠNI DEL  
**Vloga in pomen vsebin telesne priprave (TP) v življenju otrok in mladostnikov**  
2. del: ŠPORTNA VADBA Z VIDIKA  
REGULACIJE TELESNE TEŽE IN  
OHRANJANJA USTREZNE TELESNE DRŽE  
**Oblike in metode vadbe za razvoj vzdržljivosti otrok in mladine**

- Neprekinjene metode
- Intervalne metode in fartlek

**Merjenje vzdržljivosti in funkcionalnih sposobnosti**

- Conconijev test
- Cooprijev test

**Metode za razvoj mišične sile in moči**

3. del: PREKOMERNA TELESNA TEŽA

### Content (Syllabus outline):

Part 1: THE GENERAL PART  
**The role and importance of physical training (PT) content in the lives of children and adolescents**  
2nd Part: SPORTS EXERCISE FROM THE POINT OF VIEW OF WEIGHT REGULATION AND PROPER POSTURE MAINTENANCE  
**Forms and methods of exercise for the development of endurance of children and adolescents**

- Continuous methods
- Interval methods and fartlek

**Measuring endurance and functional abilities**

- The Conconi test
- Cooper's test

**Methods for the development of muscle strength and power**

|                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p><b>Prekomerna telesna teža in vadba</b></p> <ul style="list-style-type: none"> <li>• Debelost/Sestava telesa</li> <li>• Vplivi aerobne vadbe in vadbe za moč na regulacijo telesne teže</li> </ul> <p><b>Izračuni energijske porabe in športna vadba</b></p> <ul style="list-style-type: none"> <li>• Izračuni energijske porabe pri športni vadbi</li> </ul> <p>4. del: TELESNA DRŽA IN VADBA</p> <p><b>Nepravilnosti telesne drža</b></p> <ul style="list-style-type: none"> <li>• Kako opazovati držo?</li> <li>• Najpogostejše oblike nefiziološke drža</li> </ul> <p><b>Korekcijske vsebine nepravilne telesne drža</b></p> <ul style="list-style-type: none"> <li>• Vadba stabilizacije trupa</li> <li>• Vadba za ravnotežje in sklepno stabilizacijo</li> <li>• Statična stabilizacija</li> <li>• Dinamična stabilizacija</li> <li>• Stabilizacija rok</li> <li>• Vadba za krepitev stopalnega loka in stabilnost gležnjev razdelitev nalog</li> </ul> <p><b>Mišične skrajšave in orientacijski testi skrajšav</b></p> <ul style="list-style-type: none"> <li>• Vadba gibljivosti</li> </ul> <p>5. del: NAČRTOVANJE PROGRAMOV KONDICIJSKE VADBE V OKVIRU ŠPORTNE VZGOJE</p> | <p>3rd part: EXCESS WEIGHT</p> <p><b>Excess weight and exercise</b></p> <ul style="list-style-type: none"> <li>• Body weight/composition</li> <li>• Effects of aerobic exercise and strength training on weight regulation</li> </ul> <p><b>Calculations of energy consumption and sports training</b></p> <ul style="list-style-type: none"> <li>• Calculations of energy consumption during sports training</li> </ul> <p>4th Part: POSTURE AND EXERCISE</p> <p><b>Posture irregularities</b></p> <ul style="list-style-type: none"> <li>• How to observe posture?</li> <li>• The most common forms of non-physiological posture</li> </ul> <p><b>Corrective contents of incorrect posture</b></p> <ul style="list-style-type: none"> <li>• Body stabilisation exercise</li> <li>• Exercise for balance and joint stabilisation</li> <li>• Static stability</li> <li>• Dynamic stability</li> <li>• Stability of hands</li> <li>• Exercise to strengthen the arch of the foot and stability of the ankles</li> </ul> <p><b>Muscle contractions and orientation tests of contractions</b></p> <ul style="list-style-type: none"> <li>• Exercise in mobility</li> </ul> <p>5th Part: PLANNING OF FITNESS PROGRAMS IN THE FRAMEWORK OF PHYSICAL EDUCATION</p> |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|

#### Temeljna literatura in viri/Readings:

- Škof, B. (2010). *Spravimo se v gibanje – za srečo in zdranje gre. Kako do boljše telesne zmogljivosti slovenske mladine?* Ljubljana: Univerza v Ljubljani; Fakulteta za šport.
- Branko Škof in sod. (2007). *Šport po meri otrok in mladine*. Ljubljana: Univerza v Ljubljani; Fakulteta za šport (IV. Del; str 244 – 365) in 21. poglavje.
- Škof, B.; Tratnik, A.; Laurenčak, K. (2014): *Kondicija v šoli – delovni zvezek*. Ljubljana: Fakulteta za šport
- Bompa, T. (2005). *Kondicijsko vežbanje za mlade*. Zagreb: Galop.
- Janssen, P. (2001). *Lactate Threshold Training*. Champaign, IL: Human Kinetics
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- Baechle, T. R. (1994). *Essentials of Strength Training and Conditioning*. Champaign: Human Kinetics.
- Delavier, F. (2006). *Strength Training Anatomy*. Champaign: Human Kinetics.
- Šarabon, N., Fajon, M., Zupanc, O., & Drakslar, J. (2005). Stegenske strune. *Šport*, 53(3), 45-52

#### Cilji in kompetence:

Namen programa je predstaviti vsebine in organizacijske oblike kondicijskih vsebin v programih redne športne vzgoje, programa Šport za zdravje in drugih interesnih programih za mlade - zlasti z vidika pomoči otrokom s prekomerno telesno težo in slabo telesno držo.

Naučiti študente uporabe diagnostičnih postopkov ugotavljanja nepravilnosti telesne drža (mišičnih skrajšav in deficite posameznih mišičnih skupin) in jih naučiti metodiko vadbe za stabilizacijo trupa in

#### Objectives and competences:

The purpose of the program is to present the contents and organizational forms of fitness content in regular sports education programs, the Sport for Health program and other interest programs for young people - especially from the perspective of helping children with overweight and poor physical posture.

To teach students the use of diagnostic procedures to determine irregularities in posture (muscle contractions and deficits of individual muscle groups) and to teach them the methodology of training for

|                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p>sklepno stabilizacijo, gibljivosti in ravnotežja s sodobno opremo in rekviziti.</p> <p>Naučiti študente uporabe diagnostičnih postopkov ugotavljanja sestave telesa, vzdržljivosti in funkcionalnih sposobnosti in jih naučiti metodiko razvoja srčno-žilne (aerobne) vzdržljivosti kot vsebine za zmanjševanje prekomerne telesne teže.</p> <p>Usposobiti študente za identificiranje problema pomanjkljivosti otroka v telesni drži, njegovi telesni zmogljivosti, sestavi telesa in jih usposobiti za načrtovanje in izpeljavo programov kondicijske vadbe v okviru športne vzgoje v šoli in programih interesne športne dejavnosti otrok in mladine.</p> <p>Razvijanje odnosa študentov do narave in naravovarstvenega obnašanja.</p> <p><b>Predmetno specifične kompetence</b></p> <p>Na osnovi teh znanj bo študent pridobil kompetence za učinkovito načrtovanje, izvajanje in preverjanje učinke vadbe za zmanjšanje telesne teže in spreminjanje sestave telesa.</p> <p>Pridobljena znanja omogočajo študentu načrtovanje, izpeljavo in evalvacijo vadbenega programa za ohranjanje pravilne telesne drže ali korekcijskega programa za nepravilnosti v telesni drži.</p> | <p>trunk stabilization and joint stabilization, mobility and balance with modern equipment and props.</p> <p>To teach students the use of diagnostic procedures to determine body composition, endurance and functional abilities and to teach them the methodology of developing cardiovascular (aerobic) endurance as a content for reducing excess body weight.</p> <p>To train students to identify the problem of deficiencies of the child in physical posture, his physical capacity, body composition and to train them to plan and conduct fitness programs within the framework of sports education in school and programs of interested sports activity of children and youth.</p> <p>Developing students' attitude towards nature and conservation behaviour.</p> <p>Subject-specific competencies</p> <p>On the basis of this knowledge, the student will acquire competencies to effectively plan, implement and verify the effects of exercise to reduce body weight and change body composition.</p> <p>The acquired knowledge enables the student to plan, carry out and evaluate an exercise program for maintaining proper posture or a correction program for irregularities in posture.</p> |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|

#### **Predvideni študijski rezultati:**

|                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p><b>Znanje in razumevanje:</b></p> <p>Pozna in razume vlogo telesne dejavnosti za zdravje mladih ljudi. Študent tudi pozna in razume posledice in zdravstvena tveganja pri mladih zaradi slabe telesne pripravljenosti, povečane telesne teže ali slabe telesne drže.</p> <p>Študent pozna in razume fiziološka in biokemijska ozadja kot izhodišče izbire ustreznih metod in sredstev vadbe v metodiki razvoja srčno-žilne (aerobne) vzdržljivosti.</p> <p>Študent pozna diagnostične postopke ugotavljanja sestave telesa, vzdržljivosti in funkcionalnih sposobnosti.</p> <p>Zna načrtovati, izvajati in preveriti učinke vadbe za zmanjšanje telesne teže in spreminjanje sestave telesa.</p> <p>Študent zna prepoznati in nepravilne telesne drže in razume vzroke zanje.</p> <p>Zna načrtovati, izvajati vadbo s sodobno opremo in rekviziti ter preveriti učinke vadbe za stabilizacijo trupa in sklepno stabilizacijo, gibljivosti in ravnotežja.</p> | <p><b>Intended learning outcomes:</b></p> <p><b>Knowledge and understanding:</b></p> <p>Knows and understands the role of physical activity for the health of young people. The student also knows and understands the consequences and health risks in young people due to poor physical fitness, increased body weight or poor posture.</p> <p>The student knows and understands physiological and biochemical backgrounds as a starting point for choosing appropriate methods and means of exercise in the methodology of developing cardiovascular (aerobic) endurance.</p> <p>The student knows the diagnostic procedures for determining body composition, endurance and functional abilities.</p> <p>Can plan, implement and verify the effects of exercise to reduce body weight and change body composition.</p> <p>The student is able to recognize and irregular body postures and understand the causes of them.</p> <p>Can plan, carry out training with modern equipment and props and check the effects of training for core stabilization and joint stabilization, mobility and balance.</p> |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|

#### **Metode poučevanja in učenja:**

|                                   |                                       |
|-----------------------------------|---------------------------------------|
| Predavanja, vaje in domače naloge | <b>Learning and teaching methods:</b> |
|-----------------------------------|---------------------------------------|

#### **Learning and teaching methods:**

Lectures, exercises and homeworks

#### **Načini ocenjevanja:**

|                       |                     |                    |
|-----------------------|---------------------|--------------------|
| Pisni ali ustni izpit | <b>Delež/Weight</b> | <b>Assessment:</b> |
|-----------------------|---------------------|--------------------|

#### **Delež/Weight**

75,00 %

#### **Assessment:**

Written or oral exam

|                           |         |           |
|---------------------------|---------|-----------|
| Izdelava delovnih zvezkov | 25,00 % | Workbooks |
|---------------------------|---------|-----------|

#### Ocenjevalna lestvica:

5 - 10, pri čemer velja, da je pozitivna ocena od 6 - 10

#### Grading system:

5 - 10, a student passes the exam if he is graded from 6 to 10

#### Reference nosilca/Lecturer's references:

Najpomembnejša dela:

##### Znanstveni monografiji:

1. Škof, B. (2010). *Spravimo se v gibanje – za srečo in zdravje gre. Kako do boljše telesne zmogljivosti slovenske mladine?* Ljubljana: Univerza v Ljubljani; Fakulteta za šport.
1. Branko Škof in sod. (2007). *Šport po meri otrok in mladine*. Ljubljana: Univerza v Ljubljani; Fakulteta za šport (IV. Del; str 244 – 365) in 2 poglavje.

##### Znanstveni članki:

1. ŠKOF, Branko, STROJNIK, Vojko. Neuromuscular fatigue and recovery dynamics following prolonged continuous run at anaerobic threshold. *British journal of sports medicine*, ISSN 0306-3674, 2006, vol. 40, no. 3, str. 219-222.: točke: 662, št. avtorjev: 2
2. ŠKOF, Branko, STROJNIK, Vojko. Neuro-muscular fatigue and recovery dynamics following anaerobics interval workload. *International journal of sports medicine*, ISSN 0172-4622, 2006, vol. 27, 220-225, točke: 43.01, št. avtorjev: 2
3. ŠKOF, Branko, STROJNIK, Vojko. The effect of two warm-up protocols on some biomechanical parameters of the neuromuscular system of middle distance runners. *Journal of strength and conditioning research*, ISSN 1064-8011, 2007, vol. 21, no. 2, 394-399, točke: 48, št. avtorjev: 2
4. AUERSPERGER, Irena, ŠKOF, Branko, LESKOŠEK, Bojan, KNAP, Bojan, JERIN, Aleš, LAINŠČAK, Mitja. Exercise-induced changes in iron status and hepcidin response in female runners. *PloS one*, ISSN 1932-6203, 2013, vol. 8, issue 3, točke: 29.35, št. avtorjev: 6
5. AUERSPERGER, Irena, KNAP, Bojan, JERIN, Aleš, BLAGUS, Rok, LAINŠČAK, Mitja, SKITEK, Milan, ŠKOF, Branko. The effects of 8 weeks of endurance running on hepcidin concentrations, inflammatory parameters and iron status in female runners. *International journal of sport nutrition and exercise metabolism*, ISSN 1526-484X, 2012, vol. 22, issue 1. 55-63, točke: 13.4, št. avtorjev: 7
6. TOMAŽIN, Katja, ŠKOF, Branko, DOLENEC, Aleš, ČOH, Milan. Gender-related differences in maximum mechanical power output in short-term activities in children and adolescents = Spolne razlike u maksimalnoj mehaničkoj snazi tijekom kratkotrajnih aktivnosti kod djece i adolescenata. *Collegium antropologicum*, ISSN 0350-6134, 2008, vol. 32, no. 3, str. 821-828, točke: 20.83, št. avtorjev: 4
7. PUSTIVŠEK, Suzana, AUERSPERGER, Irena, ŠKOF, Branko. Vpliv 8-tedenske vzdržljivostne vadbe na kvalitativne in kvantitativne parametre utripnega volumna = Impact of 8-week endurance training on qualitative and quantitative parameters of stroke volume. *Zdravniški vestnik*, ISSN 1318-034 [Tiskana izd.], 2014, letn. 83, št. 7/8, str. 513-520.
8. PLANINŠEK, Sandra, ŠKOF, Branko, LESKOŠEK, Bojan, TOMORI, Martina, PORI, Maja. Povezanost športne dejavnosti s stresom in z zadovoljstvom z življenjem pri odraslih Slovencih = Correlation of sports activity with stress and satisfaction with life among adult Slovenians. *Zdravstveno varstvo*, ISSN 0351-0026. [Tiskana izd.], 2014, letn. 53, št. 1, str. 1-10,
9. ŠKOF, Branko, STROJNIK, Vojko. Differences in neuromuscular fatigue after aerobic and anaerobic running loads. *Biology of Sport*, ISSN 0860-021X, 2008, vol. 25, no. 4, str. 307-320, točke: 22, št. avtorjev: 2

##### Znanstveni članki:

# KOŠARKA 1

## UČNI NAČRT PREDMETA/COURSE SYLLABUS

|                                   |              |
|-----------------------------------|--------------|
| <b>Predmet:</b>                   | Košarka 1    |
| <b>Course title:</b>              | Basketball 1 |
| <b>Članica nosilka/UL Member:</b> | UL FŠ        |

| Študijski programi in stopnja                                                            | Študijska smer                  | Letnik    | Semestri    | Izbirnost |
|------------------------------------------------------------------------------------------|---------------------------------|-----------|-------------|-----------|
| Kineziologija, prva stopnja, univerzitetni<br>(od študijskega leta 2025/2026 dalje)      | Ni členitve (študijski program) |           | 2. semester | izbirni   |
| Športna vzgoja, prva stopnja, univerzitetni<br>(od študijskega leta 2025/2026 dalje)     | Ni členitve (študijski program) | 2. letnik | 2. semester | obvezni   |
| Športno treniranje, prva stopnja, univerzitetni<br>(od študijskega leta 2025/2026 dalje) | Ni členitve (študijski program) |           | 2. semester | obvezni   |

|                                                            |         |
|------------------------------------------------------------|---------|
| <b>Univerzitetna koda predmeta/University course code:</b> | 0042630 |
| <b>Koda učne enote na članici/UL Member course code:</b>   | 593     |

| Predavanja<br>/Lectures | Seminar<br>/Seminar | Vaje<br>/Tutorials | Klinične vaje<br>/Clinical<br>tutorials | Druge oblike<br>študija<br>/Other forms<br>of study | Samostojno<br>delo<br>/Individual<br>student work | ECTS |
|-------------------------|---------------------|--------------------|-----------------------------------------|-----------------------------------------------------|---------------------------------------------------|------|
| 15                      | 0                   | 45                 | 0                                       | 0                                                   | 60                                                | 4    |

|                                   |              |
|-----------------------------------|--------------|
| <b>Nosilec predmeta/Lecturer:</b> | Frane Erčulj |
|-----------------------------------|--------------|

|                                    |                    |
|------------------------------------|--------------------|
| <b>Vrsta predmeta/Course type:</b> | obvezni/compulsory |
|------------------------------------|--------------------|

|                          |                      |             |
|--------------------------|----------------------|-------------|
| <b>Jeziki/Languages:</b> | Predavanja/Lectures: | Slovenščina |
|                          | Vaje/Tutorial:       | Slovenščina |

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

**Prerequisites:**

|  |  |
|--|--|
|  |  |
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### Vsebina:

Temeljni vsebinski sklopi:

- 1) Zgodovinski razvoj košarke in košarkarskih pravil v svetu in pri nas
- 2) Osnovna pravila male in velike košarke, osnove sojenja, pisanje zapisnika
- 3) Temeljna tehnika in taktika košarke

Klasifikacija temeljne tehnike, temeljne tehnične prvin z in brez žoge, klasifikacija temeljne taktike, temeljne taktične prvine v napadu in obrambi, osnove protinapada, osnove postavljenega napada brez centra (1., 2. in 3. težavnostna stopnja) proti postavljeni

### Content (Syllabus outline):

Basic content units:

- 1) Historical development of basketball and basketball rules in the world and in Slovenia
- 2) Basic rules of mini basketball and big basketball, basics of refereeing, writing of minutes
- 3) Basic basketball technique and tactics

Classification of the basic technique, basic technical elements with and without a ball, classification of the basic technique, basic tactical elements in offence and defence, basics of fast break, basics of set offence without the centre (difficulty levels 1, 2 and 3) against

|                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p>osebni obrambi (4:4 in 5:5), osnove postavljene osebne obrambe (1. težavnostna stopnja).</p> <p>4) Izvajanje vadbenega procesa</p> <p>Metodika poučevanja/vadbe košarke po posredni analitično-sintetični metodi; didaktična tehnologija, ki jo uporabljamo pri poučevanju/vadbi košarke (oblike in metode poučevanja, organizacijske oblike, vadbeni oprema, vadbeni sredstva).</p> <p>5) Temeljni tekmovalni sistemi in načini organiziranja košarkarskih tekem in tekmovanj</p> <p>6) Značilnosti, pravila in propozicije košarke 3X3</p> <p>7) Značilnosti igrive košarke za otroke do devetega leta starosti</p> <p>8) IKT v procesu učenja in poučevanja košarke</p> <p>9) Trajnost v poučevanju košarke; izbira igralnih površin, uporaba pripomočkov, košarka kot sredstvo razvoja zdravega posameznika</p> | <p>the set personal defence (4:4 and 5:5), basics of the set personal defence (difficulty level 1).</p> <p>4) Implementation of the training process</p> <p>Methodology of basketball teaching/training according to the indirect analytical-synthetic method; didactic technology applied in basketball teaching/training (teaching types and methods, organisational forms, training equipment, training means).</p> <p>5) Basic competitive systems and types of organisation of basketball matches and competitions</p> <p>6) Characteristics, rules and propositions of street basketball (3X3).</p> <p>7) Characteristics of playful basketball for children aged up to 9 years</p> <p>8) Information and communications technology in the process of learning and teaching basketball.</p> <p>9) Sustainability in basketball teaching; choice of playing surfaces, use of accessories, basketball as a tool of developing a healthy individual.</p> |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|

### Temeljna literatura in viri/Readings:

- 1) Buceta, J.M., Mandoni, M., Avakumović, A., Killik, L. (2000). Basketball for young players – guidelines for coaches. Madrid: FIBA.
- 2) Dežman, B. (2004). Košarka za mlade igralce in igralke. Ljubljana: Inštitut za šport.
- 3) Erčulj, F. (2013). Osnovne značilnosti in metodika učenja vodenja žoge in metov na koš. Košarkarski praktikum za športno vzgojo (DVD). Ljubljana: Fakulteta za šport, Inštitut za šport.
- 4) Erčulj, F., Bergant, B., Gašparin, D., Sila, B. (2018). Košarka v obdobju osnovne šole. Ljubljana: Fakulteta za šport, Inštitut za šport.
- 5) Erčulj, F. (2012). Košarka, igra za različne generacije. Za srce, 21 (6), 28-29.
- 6) Erčulj, F. (2013). Metodika učenja košarkarskih iger na en koš. Šport, 61 (3/4), 13-20. Stran 3 od 5
- 7) Erčulj, F. (2024). Košarka 3x3. Srce in šport. Za srce, 33 (4), 28-29.
- 8) Sirnik, M., Erčulj, F. (2024). Košarka, igra za različne generacije. Šport, 72 83-4), 39-42.
- 9) KZS (2022). Uradna košarkarska pravila 2022. Pridobljeno 31.10.2024 iz: [https://stara.kzs.si/UserFiles/File/Pravilniki/Pravila/FIBAOOfficialBasketballRules2022\\_v1\\_1\\_SLO.pdf](https://stara.kzs.si/UserFiles/File/Pravilniki/Pravila/FIBAOOfficialBasketballRules2022_v1_1_SLO.pdf)
- 10) Kovač M., Markun Puhar, N., Lorenci, B., Novak, L., Planinšek, J., Hrastar, I., Pleteršek, K., Muha, V. (2011). ŠPORTNA VZGOJA, Učni načrt. Ljubljana: Ministrstvo RS za šolstvo in šport, Zavod RS za šolstvo.
- 11) Strokovna gradiva v spletni učilnici Moodle.

### Cilji in kompetence:

#### Cilji:

- 1) Študenti spoznajo temeljne značilnosti igrive košarke, male košarke, košarke 3x3 in velike košarke.
- 2) Študenti spoznajo temeljne: cilje in vsebine vadbenega procesa košarke mladih v okviru športne vzgoje in vadbe v športnih (košarkarskih) šolah in društvih; temeljna pravila košarke in male košarke ter osnove sojenja; temeljno tehniko in taktiko košarke ter vadbeni sredstva; teorijo in metodiko poučevanja košarke; izsledke pedagoških eksperimentov.
- 3) Študenti usvojijo večino potrebnih znanj za vodenje (izvajanje) in spremljanje vadbenega in učno-vzgojnega procesa poučevanja košarke ter znajo uporabljati izbrano informacijsko-komunikacijsko tehnologijo.
- 4) Študenti spoznajo in razumejo kako z izbiro

### Objectives and competences:

#### Objectives:

- 1) Students are acquainted with the basics of playful basketball, mini basketball, 3x3 basketball and 5:5 basketball.
- 2) Students learn about: the basic objectives and content of the training process in youth basketball in the framework of physical education and training in sports (basketball) schools and societies; the basic basketball and mini basketball rules and the basics of refereeing; the basic basketball technique and tactics and training means; the teaching theory and methodology of basketball; the results of the teaching experiments.
- 3) They mostly know how to manage the training and educational process of teaching basketball as well as use the selected information and communications

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| <p>vadbenih površin in rekvizitov ter primerne načrtovanja in vodenja košarkarskih vsebin prispevati k trajnostnemu razvoju.</p> <p><b>Kompetence:</b></p> <p>1) Študenti bodo delno usposobljeni za strokovno pravilno in učinkovito poučevanje/vadbo košarke v okviru rednega pouka športa (športne vzgoje) v osnovni in srednji šoli.</p> <p>2) Študenti bodo delno usposobljeni za izvajanje in spremljanje vadbe v košarkarskih šolah in društvih.</p> | <p>technology.</p> <p>4) Students learn and understand how to contribute to sustainable development through the selection of training surfaces and accessories, as well as appropriate planning and management of basketball content.</p> <p><b>Competences:</b></p> <p>1) Students will be partially qualified for correct and effective teaching/training of youth basketball in the framework of physical education in primary schools as well as secondary schools.</p> <p>2) Students will be partially qualified for correct and effective teaching/training of youth basketball in the framework of sport (basketball) schools and clubs.</p> |
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| <b>Predvideni študijski rezultati:</b>                                                                                                                                                                                                                                                                                                                                                                                                                            | <b>Intended learning outcomes:</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                       |
| <p>Znanje in razumevanje:</p> <p>1. Študenti bodo usvojili osnove košarkarske igre ter spoznali njen vpliv na gibalni, umski, čustveni in socialni razvoj otrok.</p> <p>2. Študenti bodo usvojili in razumeli naj bi temeljne zakonitosti upravljanja učnovzgojnega/vadbenega procesa košarke ter strategije prilagajanja ciljev, vsebin, oblik, metod in sredstev učnovzgojnega/vadbenega procesa različnim starostnim skupinam učencev in vadbenim pogojem.</p> | <p>Knowledge and understanding:</p> <p>1. Students will learn the basics of basketball game and become familiar with its effects on the motor, mental, emotional and social development of children.</p> <p>2. They will understand the basic laws of managing the basketball educational/training process and the strategies for adjusting objectives, content, forms, methods and means of educational/training process to different age groups of pupils and training conditions.</p> |

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| <b>Metode poučevanja in učenja:</b>                                                                                                                                                                                                                                                                                                                 | <b>Learning and teaching methods:</b>                                                                                                                                                                                                                                                                                                                                                          |
| <p>Teoretična znanja bodo posredovana v obliki predavanj.</p> <p>Praktična znanja in spretnosti bodo posredovana v obliki praktične vadbe (demonstracija, razlaga). Uporabljene bodo sintetična, analitična kakor tudi kombinirana metoda. Praktične vsebine bodo posredovane v obliki spretnostnih vaj z žogo, tehnično-taktičnih vaj in igre.</p> | <p>The theoretical knowledge will be imparted in the form of lectures.</p> <p>Practical knowledge and skills will be imparted in the framework of practical sessions (demonstration, explanation). The synthetic, analytic and combined methods will be applied. The practical content will be imparted in the form of agility exercises with ball, technical-tactical exercises and play.</p> |

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| <b>Načini ocenjevanja:</b>                                                                                                                                                                                                                                                                                                                                                      | <b>Delež/Weight</b> | <b>Assessment:</b>                                                                                                                                                                                                                                                                                                                     |
| <p>Sprotno preverjanje teoretičnega znanja s pomočjo teoretičnih kolokvijev v obliki kvizov (večinoma zaprtega tipa). Preverjanje teoretičnega znanja na zaključnem izpitu (pisno ali ustno izpraševanje). Raven teoretičnega znanja bomo večinoma ocenjevali s pomočjo vprašalnika polodprtega ali odprtega tipa na desetstopenjski lestvici (pozitivna ocena od 6 do 10).</p> | 50,00 %             | <p>Regular assesment of theoretical knowledge with preliminary exams. Final examination of theoretical knowledge (written exam or oral exam). The level of theoretical knowledge will be assessed mainly using a questionnaire with half open-ended and closed-ended questions on a ten-point scale (positive grade from 6 to 10).</p> |
| <p>Kolokvij iz košarkarskih spretnosti in praktičnih znanj. Študenti bodo demonstrirali prepisane košarkarske gibalne naloge in igro, ki bodo ocenjene s pomočjo desetstopenjske lestvice oz. po posebnih</p>                                                                                                                                                                   | 50,00 %             | <p>Preliminary exam of basketball skills and practical knowledge. Students will demonstrate the prescribed basketball motor tasks and play that will be assessed using a ten-point scale and/or special and</p>                                                                                                                        |

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| kriterijih in opisnikih (pozitivna ocena od 6 do 10). Kolokvija iz zapisnika in sojenja (ocena je pozitivna ali negativna) ne vplivata na skupno končno oceno. |  | descriptive criteria (positive grade from 6 to 10). Preliminary exam of basketball rules, minutes and refereeing (the grade is either positive or negative and does not affect the final grade). |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------|--|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|

**Ocenjevalna lestvica:**

5 - 10, pri čemer velja, da je pozitivna ocena od 6 - 10

**Grading system:**

5 - 10, a student passes the exam if he is graded from 6 to 10

**Reference nosilca/Lecturer's references:**

1. Erčulj, F., Bergant, B., Gašparin, D., Sila, B. (2018). Košarka v obdobju osnovne šole. Ljubljana: Univerza v Ljubljani, Fakulteta za šport.
2. Erčulj, F., Zovko, V. (2020). Znanost o metu na koš. Ljubljana: Univerza v Ljubljani, Fakulteta za šport.
3. Vujin, S., Erčulj, F., Remic, P. (2016). Sodobni koncepti v kondicijski pripravi košarkarjev. Ljubljana: Univerza v Ljubljani, Fakulteta za šport.
4. Erčulj, F., Dežman, B., Sirnik, M. (2021). Košarka 1 - vaje : zbornik učnih priprav za študente. Ljubljana: Fakulteta za šport, Katedra za kolektivne športe.
5. Sirnik, M., Erčulj, F. (2021). Košarka 1 : delovni zvezek za študente. Ljubljana: Fakulteta za šport, Katedra za kolektivne športe.

# MEDICINA ŠPORTA 1

## UČNI NAČRT PREDMETA/COURSE SYLLABUS

|                                   |                   |
|-----------------------------------|-------------------|
| <b>Predmet:</b>                   | Medicina športa 1 |
| <b>Course title:</b>              | Sports medicine 1 |
| <b>Članica nosilka/UL Member:</b> | UL FŠ             |

| Študijski programi in stopnja                   | Študijska smer                  | Letnik    | Semestri    | Izbirnost |
|-------------------------------------------------|---------------------------------|-----------|-------------|-----------|
| Kineziologija, prva stopnja, univerzitetni      | Ni členitve (študijski program) | 1. letnik | 2. semester | obvezni   |
| Športna vzgoja, prva stopnja, univerzitetni     | Ni členitve (študijski program) | 1. letnik | 2. semester | obvezni   |
| Športno treniranje, prva stopnja, univerzitetni | Ni členitve (študijski program) | 1. letnik | 2. semester | obvezni   |

|                                                            |         |
|------------------------------------------------------------|---------|
| <b>Univerzitetna koda predmeta/University course code:</b> | 0042623 |
| <b>Koda učne enote na članici/UL Member course code:</b>   | 1033    |

| Predavanja<br>/Lectures | Seminar<br>/Seminar | Vaje<br>/Tutorials | Klinične vaje<br>/Clinical<br>tutorials | Druge oblike<br>študija<br>/Other forms<br>of study | Samostojno<br>delo<br>/Individual<br>student work | ECTS |
|-------------------------|---------------------|--------------------|-----------------------------------------|-----------------------------------------------------|---------------------------------------------------|------|
| 30                      | 0                   | 15                 | 0                                       | 0                                                   | 45                                                | 3    |

|                                   |                                 |
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| <b>Nosilec predmeta/Lecturer:</b> | Edvin Dervišević, Vedran Hadžić |
|-----------------------------------|---------------------------------|

|                                    |                    |
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| <b>Vrsta predmeta/Course type:</b> | obvezni/compulsory |
|------------------------------------|--------------------|

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| <b>Jeziki/Languages:</b> | Predavanja/Lectures: Slovenščina |
|                          | Vaje/Tutorial: Slovenščina       |

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

Opravljeni pogoji za vpis v letnik študija v katerem se bo predmet izvajal.  
Poslušana predavanja in vaje iz Anatomije.

### Prerequisites:

Passed the conditions for entry into the year of study in which the subject will be implemented.  
Completed courses in anatomy.

### Vsebina:

#### SPLOŠNI DEL

- Epidemiologija športnih poškodb – vzroki in posledice
- Preprečevanje športnih poškodb – osnovna načela
- Posebnosti poškodb posameznih športnih panog
- Mehanizmi poškodovanja v športu
- Poškodbe kosti
- Poškodbe mišic
- Poškodbe kit - tendinopatije
- Poškodbe sklepov in ligamentov
- Urgentna stanja v športni travmatologiji

### Content (Syllabus outline):

#### GENERAL PART

- Epidemiology of sports injuries - causes and consequences
  - Prevention of sports injuries - basic principles
  - Epidemiology of injuries in different sports
  - Mechanisms of injury in sport
  - Bone injuries
  - Muscle injuries
  - Tendon injuries - tendinopathy
  - Injuries to the joints and ligaments
  - Emergency in sports traumatology
- #### SPECIAL PART

|                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |
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| <p><b>SPECIALNI DEL</b></p> <ul style="list-style-type: none"> <li>• Športne poškodbe glave in obraza</li> <li>• Pretres možganov v športu</li> <li>• Športne poškodbe vratne hrbtenice</li> <li>• Bolečine v križu pri športnikih</li> <li>• Športne poškodbe rame</li> <li>• Športne poškodbe komolca</li> <li>• Športne poškodbe kolka in dimelj</li> <li>• Poškodbe zadnje lože stegna</li> <li>• Akutne poškodbe kolena</li> <li>• Preobremenitveni sindromi spodnjega uda v športu</li> <li>• Poškodbe gležnja</li> </ul> <p><b>PRVA POMOČ (VAJE)</b></p> <ul style="list-style-type: none"> <li>• Vloga športnega pedagoga/trenerja pri prvi pomoči</li> <li>• Načrtovanje prve pomoči</li> <li>• Življenje ogrožajoča stanja in veriga preživetja</li> <li>• Temeljni postopki oživljanja odraslih</li> <li>• Temeljni postopki oživljanje otrok, dojenčkov in novorojenčkov</li> <li>• Krvavitev in ustavljanje krvavitve</li> <li>• Prva pomoč pri poškodbah gibal</li> <li>• Obveze</li> <li>• Premikanje poškodovanega športnika/učenca/dijaka</li> <li>• Ukrepanje ob astmatičnem napadu, epileptičnem napadu, hipoglikemiji, kardio-vaskularnem incidentu</li> <li>• Prva pomoč pri stanjih povezanih s klimatskimi pogoji: podhladitev, vročinska kap</li> <li>• Prva pomoč pri vodnih aktivnostih</li> </ul> | <ul style="list-style-type: none"> <li>• Sports injuries to the head and face</li> <li>• Concussion in sport</li> <li>• Sports injuries of cervical spine</li> <li>• Low back pain in athletes</li> <li>• Sports injuries of the shoulder</li> <li>• Sports injuries of the elbow</li> <li>• Sports injuries of the hip and groin</li> <li>• Hamstring injuries</li> <li>• Acute knee injury</li> <li>• Overload syndromes of the lower limb in sport</li> <li>• Ankle injuries</li> </ul> <p><b>FIRST AID (TUTORIALS)</b></p> <ul style="list-style-type: none"> <li>• Role of the teacher / trainer in First Aid</li> <li>• Planning First Aid</li> <li>• Life-threatening condition and the chain of survival</li> <li>• Basic life support in adults</li> <li>• Basic life support in children, infants and newborns</li> <li>• Bleeding and stopping bleeding</li> <li>• First aid for locomotor injuries – PRICE principle</li> <li>• Wound dressing</li> <li>• How to move an injured athlete / student</li> <li>• First aid for asthmatic attack, epileptic attack, hypoglycemia, cardio-vascular incident</li> <li>• First aid for conditions related to climatic conditions: hypothermia, heat stroke</li> <li>• First aid for water activities</li> </ul> |
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### Temeljna literatura in viri/Readings:

- Meter Brukner, Karim Khan. Clinical Sports Medicine. McGraw Hill, 2012.
- Melinda J. Flegel. Sports First Aid. 3rd Edition. HumanKinetics, 2004.
- Uroš Ahčan. Prva pomoč. Rdeči križ Slovenije, 2006.
- Walter Frontera. Clinical sports medicine : medical management and rehabilitation, Saunders, 2007.

### Cilji in kompetence:

- Poznati vzroke in posledice športnih poškodb
- Spoznati poglobitve znake akutnih športnih poškodb in preobremenitvenih sindromov v športu
- Poznati posebnosti poškodb posameznih športnih disciplin
- Podrobno obvladati osnovna načela in postopke prve pomoči v športu s poudarkom na temeljnih postopkih oživljanja
- Podrobno obvladovati veščine prve pomoči

### Objectives and competences:

- Know the causes and consequences of sports injuries
- To recognize the major signs of acute sports injuries and overuse syndromes in sport
- Know the specifics of injuries in sports disciplines
- Detailed knowledge of the basic principles and procedures for first aid in sports with an emphasis on basic life support
- Advanced skills to handle first aid

### Predvideni študijski rezultati:

Znanje in razumevanje:  
Razumevanje dejavnikov tveganja za športne poškodbe in upoštevanje teh dejavnikov v praksi

### Intended learning outcomes:

Knowledge and understanding:  
Understanding the risk factors for sports injuries and consideration of these factors in practice of sports pedagogy with the aim of preventing sports injuries.

|                                                                                                                                                                                                                           |                                                                                                                                                                                                |
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| športnega pedagoga s ciljem preprečevanja športnih poškodb.<br>Obvladovanje najpogostejših akutnih poškodb v športu kot so zvini, izpahi, nategi mišice v smislu ustrezne oskrbe na in ob igrišču oz. uri športne vzgoje. | Dealing with the most common acute injuries in sports such as sprains, dislocations, the muscle strains in terms of appropriate first aid in and around the pitch/hours of physical education. |
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| <b>Metode poučevanja in učenja:</b>                                             | <b>Learning and teaching methods:</b>                               |
| Predavanja v obliki na problemih temelječega učenja, praktične vaje prve pomoči | Problem based learning, lectures, practical exercises for first aid |

|                                                                                                                                                                                                                                                                                                                                                                          |                     |                                                                                                                                                                                                                                                                                                                                                                                            |
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| <b>Načini ocenjevanja:</b>                                                                                                                                                                                                                                                                                                                                               | <b>Delež/Weight</b> | <b>Assessment:</b>                                                                                                                                                                                                                                                                                                                                                                         |
| Način (pisni izpit, ustno izpraševanje, naloge, projekt) • Izpit je izključno pisni v obliki »single choice« testa. Meja za pozitivno oceno je 60%. Ocene so od 6-10 (pozitivno) oz. 5 (negativno) glede na doseženi odstotek točk. • Pogoj za opravljanje izpita v je opravljen praktični kolokvij iz prve pomoči. Ocena vaj lahko vpliva na končno oceno pri predmetu. | 100,00 %            | Type (examination, oral, coursework, project): • The exam is written in the form of "single choice" test. The limit for the pass mark is 60%. Ratings are from 6-10 (positive) and 5 (negative) relative to the achieved percentage points. • Requirement for the written exam is the positive grade from tutorials in first aid. The grade from the tutorials can affect the final grade. |

|                              |                        |
|------------------------------|------------------------|
| <b>Ocenjevalna lestvica:</b> | <b>Grading system:</b> |
|                              |                        |

**Reference nosilca/Lecturer's references:**

1. DERVIŠEVIĆ, Edvin, HADŽIĆ, Vedran. Športne poškodbe v Sloveniji. *Šport*, 2005, letn. 53, št. 2, str. 2-9, priloga, tabele, graf. prikazi.
2. DERVIŠEVIĆ, Edvin, HADŽIĆ, Vedran, JOŠT, Silva. Prva pomoč v športu. *Šport*, 2005, letn. 53, št. 2, str. 10-15, priloga, ilustr., tabela.
3. HADŽIĆ, Vedran, DERVIŠEVIĆ, Edvin. Biomehanika kolena po poškodbi in rekonstrukciji sprednje križne vezi. *Šport*,
4. DERVIŠEVIĆ, Edvin, HADŽIĆ, Vedran, KARPLJUK, Damir, JARNOVIČ, Zoran, BORKO, Marko. Ahilarna tendinopatija. *Šport*, letn. 53, št. 2, str. 25-28, priloga, ilustr.
5. HADŽIĆ, Vedran, SATTler, Tine, TOPOLE, Eva, JARNOVIČ, Zoran, BURGER, Helena, DERVIŠEVIĆ, Edvin. Risk factors for ankle sprain in volleyball players: a preliminary analysis. *Isokinetics and exercise science*, 2009, vol. 17, no. 3, 155-160.
6. HADŽIĆ, Vedran, SATTler, Tine, VESELKO, Matjaž, MARKOVIĆ, Goran, DERVIŠEVIĆ, Edvin. Strength asymmetry of the shoulders in elite volleyball players. *Journal of athletic training*, 2014
7. DERVIŠEVIĆ, Edvin, HADŽIĆ, Vedran. Influence of sex on the sports injuries rate among slovenian top athletes. *British journal of sports medicine*, June 2005, vol. 39, no. 6,

# NOGOMET 1

## UČNI NAČRT PREDMETA/COURSE SYLLABUS

|                                   |            |
|-----------------------------------|------------|
| <b>Predmet:</b>                   | Nogomet 1  |
| <b>Course title:</b>              | Football 1 |
| <b>Članica nosilka/UL Member:</b> | UL FŠ      |

| Študijski programi in stopnja                   | Študijska smer                  | Letnik    | Semestri    | Izbirnost |
|-------------------------------------------------|---------------------------------|-----------|-------------|-----------|
| Kineziologija, prva stopnja, univerzitetni      | Ni členitve (študijski program) |           | 2. semester | izbirni   |
| Športna vzgoja, prva stopnja, univerzitetni     | Ni členitve (študijski program) | 2. letnik | 2. semester | obvezni   |
| Športno treniranje, prva stopnja, univerzitetni | Ni členitve (študijski program) |           | 2. semester | obvezni   |

|                                                            |         |
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| <b>Univerzitetna koda predmeta/University course code:</b> | 0075844 |
| <b>Koda učne enote na članici/UL Member course code:</b>   | 712     |

| Predavanja<br>/Lectures | Seminar<br>/Seminar | Vaje<br>/Tutorials | Klinične vaje<br>/Clinical<br>tutorials | Druge oblike<br>študija<br>/Other forms<br>of study | Samostojno<br>delo<br>/Individual<br>student work | ECTS |
|-------------------------|---------------------|--------------------|-----------------------------------------|-----------------------------------------------------|---------------------------------------------------|------|
| 15                      | 0                   | 45                 | 0                                       | 0                                                   | 60                                                | 4    |

|                                   |                |
|-----------------------------------|----------------|
| <b>Nosilec predmeta/Lecturer:</b> | Goran Vučković |
|-----------------------------------|----------------|

|                                    |                             |
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| <b>Vrsta predmeta/Course type:</b> | strokovni izbirni/selective |
|------------------------------------|-----------------------------|

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| <b>Jeziki/Languages:</b> | Predavanja/Lectures: | Slovenščina |
|                          | Vaje/Tutorial:       | Slovenščina |

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|------------------------------------------------------------------------------|----------------------------------|
| <b>Pogoji za vključitev v delo oz. za opravljanje študijskih obveznosti:</b> | <b>Prerequisites:</b>            |
| Ni predpisanih pogojev.                                                      | There are no special conditions. |

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| <b>Vsebina:</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                 | <b>Content (Syllabus outline):</b>                                                                                                                                                                                                                                                                                                                                                                                                            |
| <b>1. TEORIJA NOGOMETNE IGRE</b><br>1.0 ODNOSI- Osnova kakovostnega poučevanja<br>2.0 GIBALNA VSESTRANOST Z NAVAJANJEM NA ŽOGO Z NOGO (pomen in sredstva)<br>3.0 SISTEMI NOGOMETNE IGRE v povezavi s starostjo otrok in mladine<br>4.0 TEHNIKA-Kaj učimo in vadimo v nogometu<br>5.0 ORGANIZIRANOST NOGOMETA V SVETU IN PRI NAS<br>1.1 Pojavne oblike nogometa<br>6.0 NOGOMET V ŠOLI<br>7.0 ZNAČILNOSTI SODOBNEGA MODELA NOGOMETNE IGRE<br>8.0 ANALIZA (zgradba) NOGOMETNE IGRE | <b>I. THEORY OF FOOTBALL GAMES</b><br>1.0 RELATIONS- basis of quality teaching<br>2.0 MOTOR VERSATILITY with adaption on the ball with your foot (the importance and means)<br>3.0 SYSTEMS FOOTBALL GAME in conjunction with the age of children and youth<br>4.0 TECHNIQUE - what we learn and practice in football<br>5.0 ORGANISATION OF FOOTBALL IN THE WORLD AND IN SLOVENIA<br>1.1 Manifestations of football<br>6.0 FOOTBALL IN SCHOOL |

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| <p>9.0 PRAVILA IGRE (mali in veliki nogomet) S TEHNIKO SOJENJA</p> <p>10.0 OBJEKTI, NAPRAVE IN REKVIZITI</p> <p><b>II. METODIKA NOGOMETNE IGRE</b></p> <p>1.0 OGREVANJA Z NOGOMETNIMI VSEBINAMI</p> <p>1.1 Pokazatelji kakovosti priprave, izvedbe in vodenje ogrevanja</p> <p>1.2 Metodična vaja iz poznavanja kriterijev kakovosti ogrevanja</p> <p>2.0 KORAKI VPELJEVANJA V ORGANIZIRANO IGRO NOGOMETA 2:2, 3:3, 4:4, 4:4+1, 5:5+1, 6:6+1</p> <p>4.0 DIDAKTIČNA NAČELA</p> <p>5.0 METODE DELA</p> <p>6.0 ORGANIZACIJSKE OBLIKE</p> <p>7.0 METODIČNA LESTVICA PRI POUČEVANJU TEHNIKE</p> <p><b>III. PRAKTIČNO – METODIČNO DELO</b></p> <p>1.0 OGREVANJE (različne vsebinske in organizacijske oblike, pokazatelji kakovosti priprave, izvedbe in vodenja)</p> <p>2.0 VPELJEVANJE V IGRO 6:6, 5:5 (moštvena taktika), 4:4, 3:3, 2:2 (skupinska taktika)</p> <p>3.0 NAVAJANJE NA ŽOGO Z NOGO</p> <p>4.0 TEHNIKA BREZ ŽOGE (počasen tek, hiter tek, tek s spremembami smeri, branilski tek, skok in doskok)</p> <p>5.0 TEHNIKA Z ŽOGO: Udarci (nart, ZDS, SNDS, NDS, glava); zaustavljanja žoge-princip ovire (NDS, podplat, stegno, prsa, NDS-visoka žoga); Odvzemanje žoge (osnovno, "remplanje", prestrezanje); Varanje z žogo (s košenjem, z zunanjim delom stopala).</p> | <p>7.0 CHARACTERISTICS OF CONTEMPORARY MODEL of Football Games (types of activities and loads the football game)</p> <p>8.0 ANALYSIS (structure) of Football Games</p> <p>9.0 RULES OF THE GAME (small and big soccer) with the technique of referees</p> <p>10.0 BUILDINGS, EQUIPMENT AND REQUISITES</p> <p><b>II. METHODOLOGY OF FOOTBALL GAMES</b></p> <p>1.0 WARM-UP FROM FOOTBALL CONTENT</p> <p>1.1 Indicators of the quality of the preparation, implementation and management of warm-up</p> <p>1.2 Methodical exercise in knowing the criteria of quality warm-up</p> <p>2.0 STEPS INTRODUCING INTO AN ORGANIZED FOOTBALL GAME 2: 2, 3: 3, 4: 4, 4: 4 + 1 5: 5 + 1, 6: 6 + 1</p> <p>4.0 DIDACTIC PRINCIPLES</p> <p>5.0 METHODS OF TEACHING</p> <p>6.0 ORGANIZATIONAL FORMS</p> <p>7.0 METHODICAL STEPS IN TEACHING TECHNIQUES</p> <p><b>III. PRACTICAL - WORK METHODICALLY</b></p> <p>1.0 WARM-UP (a variety of substantive and organizational forms of the quality of the preparation, implementation and management)</p> <p>2.0 THE INTRODUCTION TO THE GAME 6:6, 5: 5 (team tactics), 4: 4, 3: 3, 2: 2 (group tactics)</p> <p>3.0 BALL CONTROL WITH FOOT</p> <p>4.0 TECHNIQUE WITHOUT THE BALL (slow running, fast running, running with changes direction, defending run, jump and landing)</p> <p>5.0 TECHNIQUE WITH THE BALL: Shock (instep, OPF, FIPF, IPF, head); stopping the ball-principle obstacles (OPF, sole, thigh, chest, OPF-high ball); Stripping the ball (basic, "remplanje", interception) Dribbling with the ball (with tug the ball, with the outside of the foot).</p> |
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### Temeljna literatura in viri/Readings:

GLASSER, W. (1994): Dobra šola, Didakta, Radovljica.

GLASSER, W. (1994): Učitelj v dobri šoli, RIC, Radovljica.

ELSNER, B. (2002). Nogomet – trening mladih, program dolgoročnega načrtovanega procesa treninga mladih. Ljubljana: Univerza v Ljubljani, Fakulteta za šport, Inštitut za šport.

ELSNER, B. (1997): Nogomet-teorija igre, Univerza v Ljubljani, Fakulteta za šport.

ELSNER, B., ELSNER, B.ml., VERDENIK, Z. in POČRNJIČ, M. (1996). Trener C. Ljubljana: Nogometna zveza Slovenije.

POČRNJIČ, M. (2012): Učenje, treniranje in vodenje v nogometu z znanjem Teorije izbire, neobjavljeno gradivo.

POČRNJIČ, Marko: Kondicijska priprava nogometašev, neobjavljeno gradivo, Ljubljana 2017).

TEHNIKA (DELOVNI LISTI), Praktični del, zapis praktičnih vaj za študente Fakultete za šport, Ljubljana 1992, pripravil Marko POČRNJIČ.

ŽELEZNIK, M. (2012): Kakovostno delo z najmlajšimi nogometaši od 6 do 8 let, diplomsko delo, Fakulteta za šport, Ljubljana.

Zaključna dela študentov Fakultete za šport (nekatera v E-učilnici).

### Cilji in kompetence:

### Objectives and competences:

|                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |
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| <p>1. Dobiti védenja o pomenu ustvarjanja dobrih odnosov pri delu z učenci, športniki ali ljudmi nasploh, kot pomembnim pogojem za kakovostno in učinkovito vodenje.</p> <p>2. Usposobiti se za temeljno načrtovanje, in izvajanje (učenje, treniranje) kondicijskih, tehničnih in osnovnih taktičnih (organizirana igra) vsebin nogometa glede na postavljene smotre: v učnih načrtih športne vzgoje v <b>osnovni šoli</b>; v učnih načrtih športne vzgoje v <b>srednjih šolah</b>; v programih prostovoljnih vsebin v osnovnih in srednjih šolah (krožkih); v programih dela z mladimi v <b>nogometnih klubih</b> za starostne kategorije od 6 do 14 let.</p> | <p>1. Obtain knowledge about the importance of creating good relationships with their students, athletes or people in general, as an important condition for quality and efficient management.</p> <p>2. To qualify for advanced planning and implementation (learning and training) fitness, technical and tactical basic (organized play) soccer content in terms of the aims: in the curricula of physical education in elementary school; in the curricula of physical education in secondary schools; programs of voluntary content in primary and secondary schools (circles); programs work with young people in football clubs for age categories from 6 to 14 years.</p> |
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### Predvideni študijski rezultati:

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| <p>Znanje in razumevanje:</p> <ol style="list-style-type: none"> <li>1. Seznaniti se z znanji o ustvarjanju dobrih odnosov in o kakovosti osebnega in poklicnega življenja, saj to je pogoj za kakovostno in učinkovito vodenje.</li> <li>2. Seznaniti se s teorijo in metodiko poučevanja nogometa.</li> <li>3. Usposobiti se za kakovostno in učinkovito ustvarjanje dobrih odnosov, organizacijo šolskega pouka in treninga. Preko ustvarjanja dobrih medsebojnih odnosov, z odgovornimi kakovostnimi izbirami sredstev osnovne nogometne dejavnosti in z uporabo ustreznih metod dela razvijamo človekove biopsihosocialne značilnosti in sposobnosti.</li> <li>4. Usposobiti se za kakovostno in učinkovito razvijanje funkcionalnih sposobnosti (aerobna vzdržljivost, anaerobna vzdržljivost, srce in krvni sistem, dihalni sistem, energijske in obnovitvene procese v telesu)</li> <li>5. Usposobiti se za kakovostno in učinkovito razvijanje nekaterih pomembnih osnovnih in nogometnih motoričnih sposobnosti (koordinacija, moč, hitrost) in znanj (tehnika, igra z osnovami taktike).</li> <li>6. Tekom študija študenti razvijajo nekatere psihične sposobnosti, lastnosti in znanja, ki jih bodo lahko uporabljali v svojem bodočem poklicnem delovanju in prostem času.</li> <li>7. Priprava, izvedba, vodenje in samopresoja ogrevanja.</li> <li>8. Praktično izvajane sojenja preko katerega se seznani s temeljnimi pravili igre.</li> <li>9. Preko igre izvaja samopresojno poznavanja osnov organizirane nogometne igre.</li> <li>10. Praktični prikazi elementov nogometne kondicije, tehnike in taktike s samopresojno ravni kakovosti izvedbe (lestvica od 5 do 10): vodenje žoge cik-cak (kjer uporablja vse dele stopala); udarci: z nartom, "effe" udarec z zunanjim delom stopala, udarec s sprednjim notranjim delom stopala poševno naprej, udarec z glavo (brez odriva);</li> </ol> | <p>Intended learning outcomes:</p> <p>Knowledge and understanding:</p> <ol style="list-style-type: none"> <li>1. Acquaint yourself with the knowledge on how to create good relations and quality of personal and professional life, as this is a prerequisite for high-quality and effective leadership.</li> <li>2. Become familiar with the theory and methodology of teaching and physical preparation footballers.</li> <li>3. To qualify for the high quality and effective creation of good relations, organization of training. Through the creation of good relations with responsible choices asset quality basic football activities and using appropriate methods of work developing human biopsychosocial characteristics and abilities.</li> <li>4. To qualify for a quality and efficient development of functional abilities (aerobic endurance, anaerobic endurance, heart and circulatory system, respiratory system, and energy recovery processes in the body)</li> <li>5. To qualify for a quality and efficient development of some important basic football and motor skills (coordination, strength, speed) and knowledge (technology, plays with the basics of tactics).</li> <li>6. During the study students develop some psychic abilities, attributes and skills that they can use in their future careers work and leisure.</li> <li>7. The preparation, implementation, management and self-assessment heating.</li> <li>8. Practical implemented a referee through which familiar with the basic rules of the game.</li> <li>9. Through games carried samopresojno knowledge of the basics of organized football games.</li> <li>10. Practical demonstrations elements of football fitness, technique and tactics with self-assessment level of quality performance (on a scale from 5 to 10): keeping the ball zig-zag (where applicable all parts of the foot); kicks: with instep, "effe" kick to the outside of the foot, kick with the front inside of the foot diagonally forward, kick with the head (no thrust); stopping the ball (the principle obstacle): low and high balls with the inside of the foot, thigh high balls and breasts; dribbling with the ball: by tug the ball, with the outside of the foot.</li> </ol> |
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| <p>zaustavljanja (princip ovire): nizke in visoke žoge z notranjim delom stopala, visoke žoge s stegnom in prsmi; varanja z žogo: s košenjem, z zunanjim delom stopala.</p> <p>11. Samopresoja ravni kakovosti uporabe motoričnih in funkcionalnih sposobnosti v igri.</p> <p>12. Samopresoja ravni kakovosti uporabe tehničnega znanja v igri.</p> <p>13. Samopresoja poznavanja in izvajanja osnovnih taktičnih nalog v napadu in obrambi v igri.</p> | <p>11. The self-assessment level of quality use of motor and functional abilities in the game.</p> <p>12. The self-assessment level of quality using the technical expertise of the game.</p> <p>13. The self-assessment and knowledge to perform basic tactical tasks in attack and defense in the game.</p> |
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| <b>Metode poučevanja in učenja:</b>                                                                                              | <b>Learning and teaching methods:</b>                                                                                                                |
| <ul style="list-style-type: none"> <li>• Predavanja</li> <li>• Vaje</li> <li>• Individualne naloge</li> <li>• Nastopi</li> </ul> | <ul style="list-style-type: none"> <li>• Lectures</li> <li>• Practical work - Tutorial</li> <li>• Individual tasks</li> <li>• Appearances</li> </ul> |

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| <b>Načini ocenjevanja:</b>         | <b>Delež/Weight</b> | <b>Assessment:</b>                             |
| Praktični prikaz nogometne tehnike | 50,00 %             | Practical demonstration of football techniques |
| Pisni izpit                        | 50,00 %             | Written exam                                   |

|                              |                        |
|------------------------------|------------------------|
| <b>Ocenjevalna lestvica:</b> | <b>Grading system:</b> |
|                              |                        |

#### Reference nosilca/Lecturer's references:

##### Prof. dr. Goran Vučković:

- KIM, Jongwon, JAMES, Nic, PARMAR, Nimai, ALI, Besim, VUČKOVIĆ, Goran. The attacking process in football : a taxonomy for classifying how teams create goal scoring opportunities using a case study of Crystal Palace FC. *Frontiers in psychology*, ISSN 1664-1078, Sept. 2019, vol. 10, art. 2202, 8 str., ilustr. <https://www.frontiersin.org/articles/10.3389/fpsyg.2019.02202/abstract>, doi: 10.3389/fpsyg.2019.02202.
- KIM, Jongwon, JAMES, Nic, PARMAR, Nimai, ALI, Besim, VUČKOVIĆ, Goran. Determining unstable game states to aid the identification of perturbations in football. *International journal of performance analysis in sport*, ISSN 1474-8185, 11 str., tabele, ilustr. <https://www.tandfonline.com/doi/full/10.1080/24748668.2019.1602439>, doi: 10.1080/24748668.2019.1602439.
- MILANOVIĆ, Zoran, SPORIŠ, Goran, TRAJKOVIĆ, Nebojša, SEKULIĆ, Damir, JAMES, Nic, VUČKOVIĆ, Goran. Does SAQ training improve the speed and flexibility of young soccer players? : a randomized controlled trial. *Human movement science*, ISSN 0167-9457, Dec. 2014, vol. 38, str. 197-208, ilustr. <http://www.sciencedirect.com/science/article/pii/S0167945714001626>, doi: 10.1016/j.humov.2014.09.005.
- JONES, Rhys M., COOK, Christian C., KILDUFF, Liam P., MILANOVIĆ, Zoran, JAMES, Nic, SPORIŠ, Goran, FIORENTINI, Bruno, FIORENTINI, Fredi, TURNER, Anthony, VUČKOVIĆ, Goran. Relationship between repeated sprint ability and aerobic capacity in professional soccer players. *The scientific world journal*, ISSN 1537-744X, July 2013, vol. 2013, str. 1-5, tabeli, graf, prikaza. <http://www.hindawi.com/journals/tswj/2013/952350/>, doi: 10.1155/2013/952350.
- HUGHES, Michael David, FULLER, Ozzie, MURRAY, Stafford, JAMES, Nic, VUČKOVIĆ, Goran. The efficiency and ergonomics of selected different data entry systems in real-time and lapsed-time computer notation systems. *International journal of computer science in sport*, ISSN 1684-4769, 2012, vol. 11, no. 3, str. 23-36.
- JAMES, Nic, REES, Gethin, GRIFFIN, Elliot, BARTER, Phil, TAYLOR, Joe, HEATH, Luke, VUČKOVIĆ, Goran. Analysing soccer using perturbation attempts. *Journal of human sport and exercise*, ISSN 1988-5202, 2012, vol. 7, no. 2 (special issue), str. 413-420, ilustr., tabele. <http://www.jhse.ua.es/jhse/issue/archive>, doi: 10.4100/jhse.2012.72.07.
- REES, Gethin, JAMES, Nic, HUGHES, Michael David, TAYLOR, Joe, VUČKOVIĆ, Goran. The effect of match status on attacking strategies in the English Championship. V: HUGHES, Michael David (ur.),

et al. ["Qualitative and quantitative research in sport science"]. [Szombately]: University of West Hungary, Institute of sport science. 2011, str. 172-177.

- REES, Gethin, JAMES, Nic, HUGHES, Michael David, TAYLOR, Joe, VUČKOVIĆ, Goran. The use of zone 14 as a strategic attacking area in the English Championship. V: HUGHES, Michael David (ur.), et al. ["Qualitative and quantitative research in sport science"]. [Szombately]: University of West Hungary, Institute of sport science. 2011, str. 205-212.
- KIM, Jongwon, JAMES, Nic, PARMAR, Nimai, ALI, Besim, VUČKOVIĆ, Goran. The influence of situational variables on attacking process in football. V: Programme abstracts : technology meets practice and science : 8th International workshop and conference of the international society of performance analysis of sport, 11th-13th of September 2019 (Budapest, Hungary). Budapest: ISPAS. 2019, str. 15. <https://ispasbp.com/>.
- JAMES, Nic, REES, Gethin, VUČKOVIĆ, Goran. Performance analysis of football in the blogosphere : measuring the high press. Journal of human sport and exercise, ISSN 1988-5202, 2017, vol. 12, no. 2 (special issue), str. 532-533. <https://www.jhse.ua.es/issue/view/2017-v12-n2-proc>, doi: 10.14198/jhse.2017.12.Proc2.06.
- REES, Gethin, JAMES, Nic, VUČKOVIĆ, Goran. Performance analysis of football in the blogosphere : goal scoring. Journal of human sport and exercise, ISSN 1988-5202, 2017, vol. 12, no. 2 (special issue), str. 534-535. <https://www.jhse.ua.es/issue/view/2017-v12-n2-proc>, doi: 10.14198/jhse.2017.12.Proc2.06.
- KIM, Jongwon, JAMES, Nic, REES, Gethin, ALI, Besim, VUČKOVIĆ, Goran. Assessing the instability of passing and shooting situations in football. V: MILANOVIĆ, Dragan (ur.), ŠARABON, Nejc (ur.). Proceedings : 20th anniversary, 8th International Scientific Conference on Kinesiology, May 10-14, Opatija, Cro. Zagreb: Faculty of Kinesiology, University of Zagreb. 2017, str. 708.

# NORDIJSKA HOJA IN TEK 1

## UČNI NAČRT PREDMETA/COURSE SYLLABUS

|                                   |                              |
|-----------------------------------|------------------------------|
| <b>Predmet:</b>                   | Nordijska hoja in tek 1      |
| <b>Course title:</b>              | Nordic walking and running 1 |
| <b>Članica nosilka/UL Member:</b> | UL FŠ                        |

| Študijski programi in stopnja                   | Študijska smer                  | Letnik | Semestri    | Izbirnost |
|-------------------------------------------------|---------------------------------|--------|-------------|-----------|
| Kineziologija, prva stopnja, univerzitetni      | Ni členitve (študijski program) |        | 2. semester | izbirni   |
| Športna vzgoja, prva stopnja, univerzitetni     | Ni členitve (študijski program) |        | 2. semester | izbirni   |
| Športno treniranje, prva stopnja, univerzitetni | Ni členitve (študijski program) |        | 2. semester | izbirni   |

|                                                            |         |
|------------------------------------------------------------|---------|
| <b>Univerzitetna koda predmeta/University course code:</b> | 0045148 |
| <b>Koda učne enote na članici/UL Member course code:</b>   | 1125    |

| Predavanja<br>/Lectures | Seminar<br>/Seminar | Vaje<br>/Tutorials | Klinične vaje<br>/Clinical<br>tutorials | Druge oblike<br>študija<br>/Other forms<br>of study | Samostojno<br>delo<br>/Individual<br>student work | ECTS |
|-------------------------|---------------------|--------------------|-----------------------------------------|-----------------------------------------------------|---------------------------------------------------|------|
| 15                      |                     | 45                 |                                         |                                                     | 60                                                | 4    |

|                                   |                |
|-----------------------------------|----------------|
| <b>Nosilec predmeta/Lecturer:</b> | Janez Pustovrh |
|-----------------------------------|----------------|

|                                    |                                   |
|------------------------------------|-----------------------------------|
| <b>Vrsta predmeta/Course type:</b> | splošni izbirni/general selective |
|------------------------------------|-----------------------------------|

|                          |                      |             |
|--------------------------|----------------------|-------------|
| <b>Jeziki/Languages:</b> | Predavanja/Lectures: | Slovenščina |
|                          | Vaje/Tutorial:       | Slovenščina |

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

|                                                                                    |  |
|------------------------------------------------------------------------------------|--|
| Pogoj za vključitev v delo je vpis v letnik študija, kjer je ta predmet na izbiro. |  |
|------------------------------------------------------------------------------------|--|

### Vsebina:

### Content (Syllabus outline):

|                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |  |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--|
| <p><i>Vsebina predmeta - teorija:</i></p> <ul style="list-style-type: none"> <li>• zgodovina nordijske hoje in teka,</li> <li>• pomen nordijske hoje in teka v športni rekreaciji, šolskem športu, vrhunskem športu in pri rehabilitaciji po poškodbah,</li> <li>• oprema za nordijsko hojo in tek,</li> <li>• elementi tehnike nordijske hoje in teka: dvotaktni diagonalni korak, dvokorak s soročnim odzivom, trokorak s soročnim odzivom, nordijski tek s poudarjenim odzivom, nordijski tek brez poudarjenega odziva,</li> <li>• metodika elementov tehnike nordijske hoje in teka,</li> </ul> |  |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--|

|                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              |  |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--|
| <ul style="list-style-type: none"> <li>• video analiza tehnične izvedbe posameznih elementov hoje in teka,</li> <li>• osnove načrtovanja in programiranja vadbe (sredstva, obseg, intenzivnost) za različne starostne kategorije udeležencev.</li> </ul> <p><i>Vsebina predmeta - praktično:</i></p> <ul style="list-style-type: none"> <li>• osnovni napotki glede uporabe opreme,</li> <li>• metodika poučevanja posameznih elementov tehnike nordijske hoje in teka ter ugotavljanje in odpravljanje pomanjkljivosti pri izvedbi,</li> <li>• izvedba gimnastičnih vaj (raztezne, sprostilne in krepilne) z uporabo palic,</li> <li>• Izvedba skupinskih demonstracij v posameznih elementih nordijske hoje in teka,</li> <li>• izvedba iger s pomočjo uporabe palic,</li> <li>• izvedba pohoda v nordijski hoji,</li> <li>• nastop pred vrsto.</li> </ul> |  |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--|

#### Temeljna literatura in viri/Readings:

|                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |  |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--|
| <ul style="list-style-type: none"> <li>• Pustovrh, J. (2014). <i>Nordijska hoja in tek z osnovami športno rekreativne vadbe</i> (študijsko gradivo).</li> <li>• Lončar, M., &amp; Lebar, M. (2004): <i>Nordijska hoja – priročnik za začetnike</i>. Ljubljana: Agencija za šport Ljubljana.</li> <li>• Schmidt, M. R., Helmkamp, A., Mack, N., Winski, N. (2004). <i>Nordic walking</i>. München: Gräfe und Unzer Verlag GmbH.</li> <li>• Fichtner, H. (2003). <i>DVD - Secrets of Nordic walking</i>. Luhe-Wildenau: MusicBits Rainer.</li> <li>• Ostala literatura po predlogu predavateljev.</li> </ul> |  |
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#### Cilji in kompetence:

|                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |                                      |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------|
| <p>Cilji predmeta so:</p> <p>Predstaviti študentom nordijsko hojo in tek kot učinkovito športno dejavnost, primerno in dosegljivo za vse starostne kategorije ljudi. Študentje bodo usposobljeni za pedagoško delo na področju nordijske hoje in teka v vseh pojavnih oblikah športa. Usposobljeni bodo za delo s posamezniki in skupinami na začetni in izpopolnjevalni ravni.</p> <p>Predmetno specifične kompetence:</p> <ul style="list-style-type: none"> <li>• Poznavanje pomena te športno-rekreativne dejavnosti, ki se izvaja v naravi, za zdravje človeka.</li> <li>• Poznavanje osnov fizioloških vidikov te vzdržljivostne športne panoge.</li> <li>• Poznavanje osnovnih biomehaničnih vidikov športne panoge.</li> <li>• Poznavanje pedagoških in didaktičnih vidikov procesa športne vadbe v nordijski hoji in teku.</li> <li>• Obvladovanje kakovostnih demonstracij elementov tehnike gibanja nordijske hoje in teka.</li> <li>• Obvladovanje metodike poučevanja posameznih elementov tehnike gibanja nordijske hoje in teka.</li> <li>• Usposobljenost za kakovostno načrtovanje, izvedbo in analizo procesa športne vadbe v vseh pojavnih oblikah nordijske hoje in teka.</li> </ul> | <h4>Objectives and competences:</h4> |
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#### Predvideni študijski rezultati:

|                        |  |
|------------------------|--|
| Znanje in razumevanje: |  |
|------------------------|--|

#### Intended learning outcomes:

|                                                                                                                                                                                                             |  |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--|
| Usvojitev znanja za uspešno načrtovanje, izvedbo in analizo pedagoškega procesa v vseh pojavnih oblikah nordijske hoje in teka.<br>Razumevanje pojmov, zakonitosti in postopkov definiranih v učnem načrtu. |  |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--|

**Metode poučevanja in učenja:**
**Learning and teaching methods:**

|                                                                                                                                                                                        |  |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--|
| Z ozirom na uspešnost študijskega rezultata imajo študentje možnost pridobitve naziva strokovne usposobljenosti Učitelj nordijske hoje in teka 1 oz. Učitelj nordijske hoje in teka 2. |  |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--|

**Načini ocenjevanja:**
**Delež/Weight**
**Assessment:**

|                                                |         |  |
|------------------------------------------------|---------|--|
| Predavanja, terenske vaje, individualne naloge |         |  |
| pisni izpit                                    | 50,00 % |  |
| praktični izpit                                | 50,00 % |  |

**Ocenjevalna lestvica:**
**Grading system:**

|  |  |
|--|--|
|  |  |
|--|--|

**Reference nosilca/Lecturer's references:**

- Pustovrh, J. (2014). *Nordijska hoja in tek z osnovami športno rekreativne vadbe* (študijsko gradivo).
- Jošt, B. in Pustovrh, J. (1995). *Nordijsko smučanje - teorija in metodika športne vzgoje*. Ljubljana: Fakulteta za šport.
- Pustovrh J., Černožorski, B., & Jošt, B. (2006). Monitoring of cross-country skiers by means of an expert model of potential performance. *Coll. antropol.*, 30(4) 837-844.
- Pustovrh, J., & Jošt, B. (1999). Evaluation of potential competition performance of young cross-country skiers based on hierarchical regression analysis and expert modelling. *Kinesiology –International Scientific Journal of Kinesiology and Sport*, 31(2), 37-45.
- Černožorski, B., Pustovrh, J., & Tušak, M. (2006). Impact of psychological dimensions of psychosomatic status on potential competitive performance in cross-country skiing. *Kinesiology*, 38(2), 143-157.
- Pustovrh, J. & Jošt, B. (2010). Structural analysis of chosen social value indicators of coaches of different sports. *Studies in physical culture & tourism*. 17 (1), 85- 91.

# NORDIJSKO SMUČANJE 1A

## UČNI NAČRT PREDMETA/COURSE SYLLABUS

|                                   |                       |
|-----------------------------------|-----------------------|
| <b>Predmet:</b>                   | Nordijsko smučanje 1A |
| <b>Course title:</b>              | Nordic skiing 1A      |
| <b>Članica nosilka/UL Member:</b> | UL FŠ                 |

| Študijski programi in stopnja               | Študijska smer                  | Letnik    | Semestri    | Izbirnost |
|---------------------------------------------|---------------------------------|-----------|-------------|-----------|
| Športna vzgoja, prva stopnja, univerzitetni | Ni členitve (študijski program) | 2. letnik | 1. semester | obvezni   |

|                                                            |         |
|------------------------------------------------------------|---------|
| <b>Univerzitetna koda predmeta/University course code:</b> | 0045077 |
| <b>Koda učne enote na članici/UL Member course code:</b>   | 587     |

| Predavanja<br>/Lectures | Seminar<br>/Seminar | Vaje<br>/Tutorials | Klinične vaje<br>/Clinical tutorials | Druge oblike študija<br>/Other forms of study | Samostojno delo<br>/Individual student work | ECTS |
|-------------------------|---------------------|--------------------|--------------------------------------|-----------------------------------------------|---------------------------------------------|------|
| 7                       | 0                   | 23                 | 0                                    | 0                                             | 30                                          | 2    |

|                                   |                |
|-----------------------------------|----------------|
| <b>Nosilec predmeta/Lecturer:</b> | Janez Pustovrh |
|-----------------------------------|----------------|

|                                    |                    |
|------------------------------------|--------------------|
| <b>Vrsta predmeta/Course type:</b> | obvezni/compulsory |
|------------------------------------|--------------------|

|                          |                      |             |
|--------------------------|----------------------|-------------|
| <b>Jeziki/Languages:</b> | Predavanja/Lectures: | Slovenščina |
|                          | Vaje/Tutorial:       | Slovenščina |

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

Pogoj za vključitev v delo na študijskem programu Športne vzgoje je vpis v drugi letnik študija. V drugem letniku se izvaja predmet Nordijsko smučanje 1A in v tretjem letniku Nordijsko smučanje 1B. Pogoj za vključitev v delo na študijskih programih Športno treniranje in Kineziologija je vpis v letnik študija, kjer je ta predmet na izbiro. Oba dela predmeta (1A in 1B) se na teh programih izvedeta v istem študijskem letu.

### Prerequisites:

A prerequisite for inclusion in the work on study programme Sports Education is the enrolment in the second year of the study. In the second year the course Nordic Skiing 1A is carried out, and in the third year Nordic Skiing 1B. A prerequisite for inclusion in the work on study programmes Sports Training and Kinesiology is the enrollment in the year of the study, in which this course is elective. Both parts of the course (1A and 1B) are carried out in the same study year on these programmes.

### Vsebina:

*Vsebina predmeta - teorija:*

- Družbena vloga in pomen nordijskega smučanja s kratkim zgodovinskim pregledom.
- Panoge in discipline nordijskega smučanja in biatlona.
- Osnove organizacije in upravljanja nordijskega smučanja v svetu in Sloveniji.

### Content (Syllabus outline):

*Course content – theory*

- Social role and importance of nordic skiing with a brief historical overview.
- Sectors and disciplines of nordic skiing and biathlon.
- Basics of organization and management of nordic skiing in the world and in Slovenia.

|                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <ul style="list-style-type: none"> <li>Edukativna in rekreativna pojavna oblika nordijskega smučanja.</li> <li>Učitelj nordijskega smučanja.</li> <li>Tehnika in metodika športnih vsebin vezanih na vzgojno izobraževalni proces, ki je opredeljen v učnih načrtih.</li> <li>Vsebina in organizacija šolskih in zunajšolskih športnih programov s področja nordijskega smučanja, ki so opredeljene v učnih načrtih (redne ure športne vzgoje, športni dnevi, šole v naravi, interesne dejavnosti, nastopi, prireditve, športna tekmovanja).</li> </ul> <p><i>Vsebina predmeta - praktično:</i></p> <ul style="list-style-type: none"> <li>Osnove izbora ustrezne opreme, priprave in mazanja smuči.</li> <li>Privajanje na opremo in drsenje na tekaških smučeh.</li> <li>Tehnika in metodika elementov klasične in drsalne tehnike smučarskega teka.</li> <li>Prikaz specialnih imitacijskih sredstev učenja tehnike smučarskega teka (nordijska hoja in tek) in smučarskih skokov.</li> <li>Osnove metodike učenja smučarskih skokov na prilagojenih skakalnicah s tekaškimi smučmi.</li> <li>Organizacija in izvedba pohoda na tekaških smučeh.</li> <li>Organizacija in izvedba prirejenega tekmovanja v smučarskem teku.</li> <li>Prikaz iger na snegu uporabnih v šoli v naravi.</li> <li>Praktični preizkus streljanja v biatlonu.</li> </ul> | <ul style="list-style-type: none"> <li>Educational and recreational manifestation of nordic skiing.</li> <li>Nordic skiing teacher.</li> <li>Technique and methodology of sports content related to the educational process, which is defined in the curriculum.</li> <li>Content and organization of school sports programmes and extracurricular sports programmes in the field of nordic skiing, which are defined in the curriculum (regular classes of sports education, sports days, school excursions, extracurricular activities, performances, events, sports competitions).</li> </ul> <p><i>Course content – practical:</i></p> <ul style="list-style-type: none"> <li>Introduction to the selection of appropriate equipment, preparation and lubrication of skis.</li> <li>Getting used to the equipment and gliding on cross-country skis.</li> <li>Technique and methodology of the elements of classic and skating technique of cross-country skiing.</li> <li>Demonstration of special imitation methods of learning the cross-country skiing technique (nordic walking and running) and ski jumping technique.</li> <li>Basics of methodology of ski jumping learning on adjusted hills with cross-country skis.</li> <li>Organization and implementation of adapted competitions in cross-country skiing.</li> <li>Demonstration of games on snow useful for the school in nature.</li> <li>Practical test of shooting in biathlon.</li> </ul> |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|

### Temeljna literatura in viri/Readings:

Jošt, B., & Pustovrh, J. (1995). Nordijsko smučanje - osnove teorije in metodike športne vzgoje. Ljubljana: Fakulteta za šport.

Jošt, B., Pustovrh, J., & Močnik, R. (1996). Nordijsko smučanje v šoli v naravi. Ljubljana: Fakulteta za šport.

### Cilji in kompetence:

Cilji predmeta so:

Študentje bodo usposobljeni za uspešno strokovno delo na področju teka na smučeh v vseh pojavnih oblikah športa – osnovna raven. Kandidati bodo pridobili znanje iz vsebin, ki so opredeljene v učnih načrtih vseh stopenj izobraževanja (redne ure športne vzgoje, športni dnevi, šole v naravi, interesne dejavnosti, nastopi, prireditve, športna tekmovanja).

Predmetno specifične kompetence:

- Bodo usposobljeni za kakovostno načrtovanje, izvedbo in analizo športno-vzgojnega procesa na področju nordijskih športnih panog v vseh pojavnih oblikah športa.
- Bodo znali demonstrirati tehnične elemente teka na smučeh in poznali metodiko njihovega poučevanja.
- Bodo znali organizirati in izvesti šolske in zunaj šolske športne programe (redne ure športne

### Objectives and competences:

The objectives of the course are:

Students will be qualified for successful professional work in the field of cross-country skiing in all manifestation forms of sport - basic level. Candidates will gain knowledge of the contents, which are defined in the curriculum of all levels of education (regular classes of sports education, sports days, school excursions, extracurricular activities, performances, events, sports competitions).

Course specific competences:

- Students will be qualified for quality planning, execution and analysis of sports educational process in the field of nordic sports in all manifestation forms of sport.
- Students will be able to demonstrate the technical elements of the cross-country skiing and be familiar with the methodology of their teaching.

|                                                                                                                                                                                                                                                                                                                                                                    |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p>vzgoje, športni dnevi, šole v naravi, interesne dejavnosti, nastopi, prireditve, športna tekmovanja) s sredstvi s področja nordijskih športnih panog.</p> <ul style="list-style-type: none"> <li>Bodo znali prepoznavati športno nadarjene učence in učenke s področja nordijskih športnih disciplin in jih usmerjati v proces športnega treniranja.</li> </ul> | <ul style="list-style-type: none"> <li>Students will be able to organize and implement school sports programmes and extracurricular sports programs (regular classes of sports education, sports days, school excursions, extracurricular activities, performances, events, sports competitions) with funds from the scope of nordic sports.</li> </ul> <p>Students will be able to recognize the sports talented pupils in the field of nordic sports disciplines and guide them in the process of sports training.</p> |
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|                                                                                                                                                                                                                                                          |                                                                                                                                                                                                                                                                                |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Predvideni študijski rezultati:</b>                                                                                                                                                                                                                   | <b>Intended learning outcomes:</b>                                                                                                                                                                                                                                             |
| <p>Znanje in razumevanje:</p> <p>Znanja za uspešno načrtovanje, izvedbo in analizo vadbenega procesa s sredstvi nordijskega smučanja v vseh pojavnih oblikah športa.</p> <p>Razumevanje pojmov, zakonitosti in postopkov definiranih v učnem načrtu.</p> | <p>Knowledge and understanding:</p> <p>Knowledge for successful planning, execution and analysis of the training process by means of nordic skiing in all manifestation forms of sport.</p> <p>Understanding the concepts, rules and procedures defined in the curriculum.</p> |

|                                                                           |                                                                    |
|---------------------------------------------------------------------------|--------------------------------------------------------------------|
| <b>Metode poučevanja in učenja:</b>                                       | <b>Learning and teaching methods:</b>                              |
| Predavanja, terenske vaje, delo na terenu, individualne naloge, delavnice | Lectures, field tutorial, field work, individual work, work groups |

|                            |                     |                       |
|----------------------------|---------------------|-----------------------|
| <b>Načini ocenjevanja:</b> | <b>Delež/Weight</b> | <b>Assessment:</b>    |
| Pisni izpit                | 50,00 %             | Written examination   |
| Praktični izpit            | 50,00 %             | Practical examination |

|                              |                        |
|------------------------------|------------------------|
| <b>Ocenjevalna lestvica:</b> | <b>Grading system:</b> |
|                              |                        |

|                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Reference nosilca/Lecturer's references:</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |
| <ul style="list-style-type: none"> <li>Jošt, B., &amp; Pustovrh, J. (1995). Nordijsko smučanje - osnove teorije in metodike športne vzgoje. Ljubljana: Fakulteta za šport.</li> <li>Jošt, B., Pustovrh, J., &amp; Močnik, R. (1996). Nordijsko smučanje v šoli v naravi. Ljubljana: Fakulteta za šport.</li> <li>Pustovrh, J., &amp; Jošt, B. (1999). Evaluation of potential competition performance of young cross-country skiers based on hierarchical regression analysis and expert modelling. <i>Kinesiology –International Scientific Journal of Kinesiology and Sport</i>, 31(2), 37-45.</li> <li>Pustovrh, J., Černohorski, B., &amp; Jošt, B. (2006). Monitoring of cross-country skiers by means of an expert model of potential performance. <i>Coll. antropol.</i>, 30(4) 837-844.</li> <li>Černohorski, B., Pustovrh, J., &amp; Tušak, M. (2006). Impact of psychological dimensions of psychosomatic status on potential competitive performance in cross-country skiing. <i>Kinesiology</i>, 38(2), 143-157.</li> </ul> |

# NORDIJSKO SMUČANJE 1B

## UČNI NAČRT PREDMETA/COURSE SYLLABUS

|                                   |                       |
|-----------------------------------|-----------------------|
| <b>Predmet:</b>                   | Nordijsko smučanje 1B |
| <b>Course title:</b>              | Nordic skiing 1B      |
| <b>Članica nosilka/UL Member:</b> | UL FŠ                 |

| Študijski programi in stopnja               | Študijska smer                  | Letnik    | Semestri    | Izbirnost |
|---------------------------------------------|---------------------------------|-----------|-------------|-----------|
| Športna vzgoja, prva stopnja, univerzitetni | Ni členitve (študijski program) | 3. letnik | 2. semester | obvezni   |

|                                                            |         |
|------------------------------------------------------------|---------|
| <b>Univerzitetna koda predmeta/University course code:</b> | 0042645 |
| <b>Koda učne enote na članici/UL Member course code:</b>   | 588     |

| Predavanja<br>/Lectures | Seminar<br>/Seminar | Vaje<br>/Tutorials | Klinične vaje<br>/Clinical tutorials | Druge oblike študija<br>/Other forms of study | Samostojno delo<br>/Individual student work | ECTS |
|-------------------------|---------------------|--------------------|--------------------------------------|-----------------------------------------------|---------------------------------------------|------|
| 8                       | 0                   | 22                 | 0                                    | 0                                             | 30                                          | 2    |

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| <b>Nosilec predmeta/Lecturer:</b> | Janez Pustovrh |
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| <b>Vrsta predmeta/Course type:</b> | obvezni/compulsory |
|------------------------------------|--------------------|

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| <b>Jeziki/Languages:</b> | Predavanja/Lectures: | Slovenščina |
|                          | Vaje/Tutorial:       | Slovenščina |

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

Pogoj za vključitev v delo na študijskem programu Športne vzgoje je vpis v drugi letnik študija. V drugem letniku se izvaja predmet Nordijsko smučanje 1A in v tretjem letniku Nordijsko smučanje 1B. Pogoj za vključitev v delo na študijskih programih Športnega treniranja, Kineziologije in Športne rekreacije je vpis v letnik študija, kjer je ta predmet na izbiro. Oba dela predmeta (1A in 1B) se na teh programih izvedeta v istem študijskem letu.

### Prerequisites:

A prerequisite for inclusion in the work on study programme Sports Education is the enrollment in the second year of the study. In the second year the course Nordic Skiing 1A is carried out, and in the third year Nordic Skiing 1B. A prerequisite for inclusion in the work on study programmes Sports Training, Kinesiology and Sports Recreation is the enrollment in the year of the study, in which this course is elective. Both parts of the course (1A and 1B) are carried out in the same study year on these programmes.

### Vsebina:

#### Vsebina predmeta - teorija:

- Družbena vloga in pomen nordijskega smučanja s kratkim zgodovinskim pregledom.
- Panoge in discipline nordijskega smučanja in biatlona.
- Osnove organizacije in upravljanja nordijskega smučanja v svetu in Sloveniji.

### Content (Syllabus outline):

#### Course content – theory

- Social role and importance of nordic skiing with a brief historical overview.
- Sectors and disciplines of nordic skiing and biathlon.
- Basics of organization and management of nordic skiing in the world and in Slovenia.

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| <ul style="list-style-type: none"> <li>• Edukativna in rekreativna pojavna oblika nordijskega smučanja.</li> <li>• Učitelj nordijskega smučanja.</li> <li>• Tehnika in metodika športnih vsebin vezanih na vzgojno izobraževalni proces, ki je opredeljen v učnih načrtih.</li> <li>• Vsebina in organizacija šolskih in zunajšolskih športnih programov s področja nordijskega smučanja, ki so opredeljene v učnih načrtih (redne ure športne vzgoje, športni dnevi, šole v naravi, interesne dejavnosti, nastopi, prireditve, športna tekmovanja).</li> </ul> <p><i>Vsebina predmeta - praktično:</i></p> <ul style="list-style-type: none"> <li>• Osnove izbora ustrezne opreme, priprave in mazanja smuči.</li> <li>• Privajanje na opremo in drsenje na tekaških smučeh.</li> <li>• Tehnika in metodika elementov klasične in drsalne tehnike smučarskega teka.</li> <li>• Prikaz specialnih imitacijskih sredstev učenja tehnike smučarskega teka (nordijska hoja in tek) in smučarskih skokov.</li> <li>• Osnove metodike učenja smučarskih skokov na prilagojenih skakalnicah s tekaškimi smučmi.</li> <li>• Organizacija in izvedba pohoda na tekaških smučeh.</li> <li>• Organizacija in izvedba prirejenega tekmovanja v smučarskem teku.</li> <li>• Prikaz iger na snegu uporabnih v šoli v naravi.</li> <li>• Praktični preizkus streljanja v biatlonu.</li> </ul> | <ul style="list-style-type: none"> <li>• Educational and recreational manifestation of nordic skiing.</li> <li>• Nordic skiing teacher.</li> <li>• Technique and methodology of sports content related to the educational process, which is defined in the curriculum.</li> <li>• Content and organization of school sports programmes and extracurricular sports programmes in the field of nordic skiing, which are defined in the curriculum (regular classes of sports education, sports days, school excursions, extracurricular activities, performances, events, sports competitions).</li> </ul> <p><i>Course content – practical:</i></p> <ul style="list-style-type: none"> <li>• Introduction to the selection of appropriate equipment, preparation and lubrication of skis.</li> <li>• Getting used to the equipment and gliding on cross-country skis.</li> <li>• Technique and methodology of the elements of classic and skating technique of cross-country skiing.</li> <li>• Demonstration of special imitation methods of learning the cross-country skiing technique (nordic walking and running) and ski jumping technique.</li> <li>• Basics of methodology of ski jumping learning on adjusted hills with cross-country skis.</li> <li>• Organization and implementation of adapted competitions in cross-country skiing.</li> <li>• Demonstration of games on snow useful for the school in nature.</li> <li>• Practical test of shooting in biathlon.</li> </ul> |
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### Temeljna literatura in viri/Readings:

Jošt, B., & Pustovrh, J. (1995). Nordijsko smučanje - osnove teorije in metodike športne vzgoje. Ljubljana: Fakulteta za šport.

Jošt, B., Pustovrh, J., & Močnik, R. (1996). Nordijsko smučanje v šoli v naravi. Ljubljana: Fakulteta za šport.

### Cilji in kompetence:

Cilji predmeta so:

Študentje bodo usposobljeni za uspešno strokovno delo na področju teka na smučeh v vseh pojavnih oblikah športa – osnovna raven. Kandidati bodo pridobili znanje iz vsebin, ki so opredeljene v učnih načrtih vseh stopenj izobraževanja (redne ure športne vzgoje, športni dnevi, šole v naravi, interesne dejavnosti, nastopi, prireditve, športna tekmovanja).

Predmetno specifične kompetence:

- Bodo usposobljeni za kakovostno načrtovanje, izvedbo in analizo športno-vzgojnega procesa na področju nordijskih športnih panog v vseh pojavnih oblikah športa.
- Bodo znali demonstrirati tehnične elemente teka na smučeh in poznali metodiko njihovega poučevanja.
- Bodo znali organizirati in izvesti šolske in zunaj šolske športne programe (redne ure športne

### Objectives and competences:

The objectives of the course are:

Students will be qualified for successful professional work in the field of cross-country skiing in all manifestation forms of sport - basic level.

Candidates will gain knowledge of the contents, which are defined in the curriculum of all levels of education (regular classes of sports education, sports days, school excursions, extracurricular activities, performances, events, sports competitions).

Course specific competences:

Students will be qualified for quality planning, execution and analysis of sports educational process in the field of nordic sports in all manifestation forms of sport.

Students will be able to demonstrate the technical elements of the cross-country skiing and be familiar with the methodology of their teaching.

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| <p>vzgoje, športni dnevi, šole v naravi, interesne dejavnosti, nastopi, prireditve, športna tekmovanja) s sredstvi s področja nordijskih športnih panog.</p> <ul style="list-style-type: none"> <li>Bodo znali prepoznavati športno nadarjene učence in učenke s področja nordijskih športnih disciplin in jih usmerjati v proces športnega treniranja.</li> </ul> | <p>Students will be able to organize and implement school sports programmes and extracurricular sports programs (regular classes of sports education, sports days, school excursions, extracurricular activities, performances, events, sports competitions) with funds from the scope of nordic sports.</p> <p>Students will be able to recognize the sports talented pupils in the field of nordic sports disciplines and guide them in the process of sports training.</p> |
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| <b>Predvideni študijski rezultati:</b>                                                                                                                                                                                                                   | <b>Intended learning outcomes:</b>                                                                                                                                                                                                                                             |
| <p>Znanje in razumevanje:</p> <p>Znanja za uspešno načrtovanje, izvedbo in analizo vadbenega procesa s sredstvi nordijskega smučanja v vseh pojavnih oblikah športa.</p> <p>Razumevanje pojmov, zakonitosti in postopkov definiranih v učnem načrtu.</p> | <p>Knowledge and understanding:</p> <p>Knowledge for successful planning, execution and analysis of the training process by means of nordic skiing in all manifestation forms of sport.</p> <p>Understanding the concepts, rules and procedures defined in the curriculum.</p> |

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| <b>Metode poučevanja in učenja:</b>                                       | <b>Learning and teaching methods:</b>                              |
| Predavanja, terenske vaje, delo na terenu, individualne naloge, delavnice | Lectures, field tutorial, field work, individual work, work groups |

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| <b>Načini ocenjevanja:</b> | <b>Delež/Weight</b> | <b>Assessment:</b>    |
| Pisni izpit                | 50,00 %             | Written examination   |
| Praktični izpit            | 50,00 %             | practical examination |

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| <b>Ocenjevalna lestvica:</b> | <b>Grading system:</b> |
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| <b>Reference nosilca/Lecturer's references:</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |
| <ul style="list-style-type: none"> <li>Jošt, B., &amp; Pustovrh, J. (1995). Nordijsko smučanje - osnove teorije in metodike športne vzgoje. Ljubljana: Fakulteta za šport.</li> <li>Jošt, B., Pustovrh, J., &amp; Močnik, R. (1996). Nordijsko smučanje v šoli v naravi. Ljubljana: Fakulteta za šport.</li> <li>Pustovrh, J., &amp; Jošt, B. (1999). Evaluation of potential competition performance of young cross-country skiers based on hierarchical regression analysis and expert modelling. <i>Kinesiology –International Scientific Journal of Kinesiology and Sport</i>, 31(2), 37-45.</li> <li>Pustovrh, J., Černohorski, B., &amp; Jošt, B. (2006). Monitoring of cross-country skiers by means of an expert model of potential performance. <i>Coll. antropol.</i>, 30(4) 837-844.</li> <li>Černohorski, B., Pustovrh, J., &amp; Tušak, M. (2006). Impact of psychological dimensions of psychosomatic status on potential competitive performance in cross-country skiing. <i>Kinesiology</i>, 38(2), 143-157.</li> </ul> |

# ODBOJKA 1

## UČNI NAČRT PREDMETA/COURSE SYLLABUS

|                                   |              |
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| <b>Predmet:</b>                   | Odbojka 1    |
| <b>Course title:</b>              | Volleyball 1 |
| <b>Članica nosilka/UL Member:</b> | UL FŠ        |

| Študijski programi in stopnja                   | Študijska smer                  | Letnik    | Semestri    | Izbirnost |
|-------------------------------------------------|---------------------------------|-----------|-------------|-----------|
| Kineziologija, prva stopnja, univerzitetni      | Ni členitve (študijski program) |           | 1. semester | izbirni   |
| Športna vzgoja, prva stopnja, univerzitetni     | Ni členitve (študijski program) | 2. letnik | 1. semester | obvezni   |
| Športno treniranje, prva stopnja, univerzitetni | Ni členitve (študijski program) |           | 1. semester | obvezni   |

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| <b>Univerzitetna koda predmeta/University course code:</b> | 0042635 |
| <b>Koda učne enote na članici/UL Member course code:</b>   | 710     |

| Predavanja<br>/Lectures | Seminar<br>/Seminar | Vaje<br>/Tutorials | Klinične vaje<br>/Clinical<br>tutorials | Druge oblike<br>študija<br>/Other forms<br>of study | Samostojno<br>delo<br>/Individual<br>student work | ECTS |
|-------------------------|---------------------|--------------------|-----------------------------------------|-----------------------------------------------------|---------------------------------------------------|------|
| 15                      | 0                   | 45                 | 0                                       | 0                                                   | 60                                                | 4    |

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| <b>Nosilec predmeta/Lecturer:</b> | Marko Zadražnik, Tine Sattler |
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| <b>Vrsta predmeta/Course type:</b> | obvezni/compulsory |
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| <b>Jeziki/Languages:</b> | Predavanja/Lectures: | Slovenščina |
|                          | Vaje/Tutorial:       | Slovenščina |

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

Pogoj za pristop k teoretičnemu izpitu so opravljeni kolokviji.

### Prerequisites:

Completed colloquiums are necessary to access to the theoretical examination

### Vsebina:

- 1) Kratka zgodovina razvoja igre v svetu in v Sloveniji
- 2) Predstavitev osnovnih pojmov in značilnosti igre
- 3) Osnovna pravila igranja odbojke z razlago specifičnosti v igri mini in male odbojke
- 4) Osnove sojenja in vodenaj zapisnika
- 5) Modelne značilnosti igre v mini in mali odbojki, specifična poučevanja v osnovni in srednji šoli
- 6) Tehnične prvine (različne tehnike) v odbojki (servis: spodnji in zgornji servis; podaja: zgornji odboj; sprejem servisa: spodnji odboj; napad: udarec po korekcijski podaji; blok: enojni in dvojni blok; sprejem udarca: spodnji odboj in sun)
- 7) Taktika v mini in mali odbojki

### Content (Syllabus outline):

1. The basic rules of playing volleyball with the interpretation of the specificity for players under 10 (Mini volleyball) and under 12 (Small volleyball).
2. The basic rules for volleyball and the fulfillment of the form for the record of the volleyball game
3. Model characteristics of the game and the players in elite volleyball and model characteristics of the pupils in primary and secondary schools.
4. Technical skills (different technique) in volleyball (Serve: underhand and float serve; Set: handset; Serve reception: underhand; Attack: spike after

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| 8) Taktika v odbojki v igri 6 : 6 (sistem 6 : 0) v K1 in K2 (osnove taktike serviranja, osnove taktike sprejema servisa v »W formaciji«, korekcijske podaje iz C3 v C4 in C2, osnove taktike v napadu iz C4 in C2, osnove taktike dvojnega bloka, obramba »center naprej«, zaščita napadalca »center naprej«).<br>9) Metodika in didaktika vodenja procesa vadbe<br>10) Načrtovanje procesa vadbe<br>11) Preverjanje in ocenjevanje pridobljenih znanj<br>12) Organizacija odbojgarskih tekem in tekmovanj<br>13) Vodenje odbojgarske tekme | high set; block: single and double blocking; dig: underhand and dive.<br>5. Tactic in volleyball U10 and U12.<br>6. Tactic in volleyball game 6:6 (system 6:0) in K1 and K2 (basic tactic for serve, reception in »W form«, high set from zone 3 to zone 4 and zone 2, basic tactic for attack in zone 4 and zone 2, basic tactic for double block, defense system (center forward), cover system (center forward)<br>7. Methodical approach, teaching methods and correction in technical skills<br>8. Methodical approach, teaching methods and correction in learning tactic of K1 and K2 (for volleyball U10 and U12 and for volleyball in 6:0 system)<br>9. Planning in training process<br>10. Verification and assessment of acquired knowledge<br>11. Models of organizing volleyball match and tournaments<br>12. Coaching of volleyball game |
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### Temeljna literatura in viri/Readings:

- Čopi, J. (1999). Pripravljamo se na pouk športne vzgoje – ODBOJKA. Ljubljana: Zavod republike Slovenije za šolstvo.
- Čopi, J. (2005). Od začetnika do odbojkarja. Ljubljana: Odbojgarska zveza Slovenije.
- Janković, V., Sabljak, M. (2004). Elementi tehnike odbojke i metodika. Zagreb.
- Krevsl, V. (2001). Vzgoja mladih odbojkarjev. Ljubljana: Forma 7.
- Zadražnik, M. (1991). Odbojka v ŠSD - Seminarско gradivo za učitelje in profesorje športne vzgoje (36 str.). Ljubljana: Fakulteta za šport - Oddelek za permanentno izobraževanje.
- Zadražnik, M. (1995). Mini odbojka - Seminarско gradivo za učitelje in profesorje športne vzgoje (44 str.). Ljubljana: Fakulteta za šport - Oddelek za permanentno izobraževanje.
- Zadražnik, M. (2000). Športni program Zlati sonček II – Motorika z žogo - Seminarско gradivo za učitelje in profesorje športne vzgoje (18 str.). Ljubljana: Fakulteta za šport – Center za stalno strokovno spopolnjevanje.
- Kolenc, E. (2/2017). Pravila odbojgarske igre 2017 – 2020. Pridobljeno s [www.odbojka.si/source/DOKUMENTI/2018/Pravila%20odbojka/Pravila%20odbojgarske%20igre%202017-2020\\_2.pdf](http://www.odbojka.si/source/DOKUMENTI/2018/Pravila%20odbojka/Pravila%20odbojgarske%20igre%202017-2020_2.pdf), 66 str.
- Zadražnik, M., Curk, P. (2013). Mini odbojka (druga izdaja). Ljubljana: Fakultete za šport, Inštitut za šport.
- Zadražnik, M. (2018). 50 odbojgarskih treningov. Interesne dejavnosti v šoli. 2. izdaja. Ljubljana: Univerza v Ljubljani, Fakulteta za šport.
- Zadražnik, M. (2019). Spodnji servis. Pridobljeno s <https://efepusmm.fe.uni-lj.si/asset/PHWJv585rTayWjFf3> [film]
- Zadražnik, M. (2019). Zgornji ravni servis. Pridobljeno s <https://efepusmm.fe.uni-lj.si/asset/ux6rreW5GZyqSiQwB> [film]
- Zadražnik, M. (2019). Zgornji odboj. Pridobljeno s <https://efepusmm.fe.uni-lj.si/asset/ocHjjamrWgBDwvoBX> [film]
- Zadražnik, M. (2019). Spodnji odboj. Pridobljeno s <https://efepusmm.fe.uni-lj.si/asset/ocHjjamrWgBDwvoBX> [film]
- Zadražnik, M. (2019). udarec. Pridobljeno s <https://efepusmm.fe.uni-lj.si/asset/TcLukWjN9gZuxi7gy> [film]
- Zadražnik, M. (2019). Blok. Pridobljeno s <https://efepusmm.fe.uni-lj.si/asset/oLSoAeWfNzotCSycX> [film]
- Zadražnik, M. (2019). Sun. Pridobljeno s <https://efepusmm.fe.uni-lj.si/asset/W4DI.db5m8Wvdm33kN> [film]

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| <p><b>Cilji in kompetence:</b></p> <ul style="list-style-type: none"> <li>Seznanimi študenta s cilji in vsebinami odbojke (učni načrt za osnovne in srednje šole).</li> <li>Seznanimi študenta z osnovnimi pravili odbojke in posebnostmi v pravilih igranja male in mini odbojke.</li> <li>Seznanimi študenta z osnovami sojenja.</li> <li>Seznanimi študenta s temeljno tehniko in taktiko odbojke.</li> <li>Usposobiti študenta za korekten prikaz posameznih tehnik.</li> <li>Seznanimi študenta z didaktiko in metodiko poučevanja odbojke pri rednem pouku športne vzgoje v osnovni in srednji šoli.</li> <li>Usposobiti študenta za učinkovito načrtovanje, vodenje procesa vadbe odbojke pri rednem pouku športne vzgoje v osnovnih in srednjih šolah.</li> <li>Usposobiti študenta za uspešno ocenjevanje odbojarskih spretnosti in znanj.</li> </ul> <p><b>Odbojka 1 - predmetnospecifične kompetence:</b><br/>V skladu s kompetencami, ki jih daje program, omogoča študentu, da načrtuje, izvaja in spremlja proces športne vadbe pri redni športni vzgoji v osnovni in srednji šoli.</p> | <p><b>Objectives and competences:</b></p> <ul style="list-style-type: none"> <li>To acquaint students with objectives and content of volleyball (curriculum for primary and secondary schools)</li> <li>To acquaint students with the basic rules of volleyball and peculiarities in the rules of volleyball U10 (Mini volleyball) and U12 (Small volleyball).</li> <li>To acquaint students with basics of becoming the referee.</li> <li>To acquaint students with the basics of technic and tactic in volleyball.</li> <li>To teach students for proper presentation of individual techniques.</li> <li>To acquaint students with the Theory and Methodology of teaching volleyball in regular physical education lessons in primary and secondary schools.</li> <li>To teach students for effective planning, managing the training process of volleyball in regular physical education lessons in primary and secondary schools.</li> <li>To teach students for successful evaluation of volleyball skills.</li> </ul> |
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| <p><b>Predvideni študijski rezultati:</b></p> <p>Znanje in razumevanje:<br/>Študenti bodo usvojili osnove odbojarske igre (na malem in običajnem odbojarskem igrišču) in potrebno tehnično in taktično znanje. Razumeli naj bi specifičnosti v poučevanju odbojke različnih starostnih kategorij in znali razlikovati proces vodenja vadbe v šolah ali klubskih selekcijah v mlajših kategorijah. Znali naj bi proces vadbe prilagoditi lastnosti, sposobnostim in motivacijski ravni vadečih.</p> | <p><b>Intended learning outcomes:</b></p> <p>Knowledge and understanding:<br/>Students will learn the basics of the volleyball game (on smaller and regular volleyball court) and the necessary technical and tactical knowledge. They should understand the specificity of teaching volleyball in different age categories and be able to distinguish the teaching process between schools or club selections in the youngest age groups. They should be able to adapt the training process to the characteristics, abilities and motivational level of participants.</p> |
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| <p><b>Metode poučevanja in učenja:</b></p> <p>Teoretična znanja bodo posredovana v obliki predavanj. Praktična znanja bodo posredovana v obliki praktične vadbe (demonstracija, razlaga). Uporabili bomo analitično, sintetično in kombinirano metodo. Vaje bodo sestavljene iz nalog z in brez žoge, namenjene bodo izpopolnjevanju odbojarske tehnike, taktike in razvoju nekaterih drugih spretnosti.</p> | <p><b>Learning and teaching methods:</b></p> <p>Theoretical knowledge will be provided through lectures. Practical knowledge will be provided through practical training (demonstration, explanation). We will use analytical method, synthetic method and combination of both. The exercises will be drawn with the ball and without the ball. The exercises are intended to fulfill the volleyball technique, tactic and to obtain the other skills.</p> |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|

| <b>Načini ocenjevanja:</b>                                                                                                                                                                                                                         | <b>Delež/Weight</b> | <b>Assessment:</b>                                                                                                                                                                                                                                              |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Način (pisni izpit, ustno izpraševanje, naloge, projekt) Delni izpit 1: Raven obvladanja tehničnih prvin bomo ocenjevali z desetstopenjsko ocenjevalno lestvico - možnost preverjanja v obliki kolokvijev. Delni izpit 2: Preverjanje teoretičnega |                     | Type (examination, oral, coursework, project): Partial exam 1: The level of controlling the technical elements will be assessed with ten grading scale – verification is possible also in the form of colloquiums. Partial exam 2: The theoretical knowledge of |

|                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p>poznavanja pravil odbojarske igre bo potekalo z računalniškim programom (50 vprašanj; 75 % uspešnost) – možnost preverjanja v obliki kolokvijev. Ocena: opravi – ni opravi. Delni izpit 3: Sposobnost vodenja tekme, sojenja in pisanja enostavnega zapisnika bo preverjeno med praktičnim delom in bo ocenjeno s pisno oceno: primerno in neprimerno. Vsi trije delni izpiti so pogoj za pristop k teoretičnemu delu izpita. Delež delnih izpitov: 30 % Raven teoretičnega znanja bo preverjena v pisni obliki. Slušatelji bodo imeli na voljo 45 minut za pripravo odgovorov na pet vprašanj. Vsako vprašanje je vrednoteno z do eno točko. Delež teoretičnega izpita: 70 %</p> | <p>volleyball games will be verified by computer program (50 questions; 75% success) - verification is possible also in the form of colloquiums. Partial exam 3: The ability of coaching the team, the knowledge of basic rules for volleyball and the fulfillment of the form for the record of the volleyball game will be assessed by a written assessment: appropriate and inappropriate. All partial exams must be completed in order to approach the theoretical part of the exam. The proportion of partial exams is 30%. The level of theoretical knowledge will be verified in written form. Students will have 45 min to prepare answers to 5 questions. Each question is valued by maximum 1 point. The proportion of theoretical exam is 70%.</p> |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|

#### Ocenjevalna lestvica:

#### Grading system:

|  |  |
|--|--|
|  |  |
|--|--|

#### Reference nosilca/Lecturer's references:

##### DR. MARKO ZADRAŽNIK:

- ZADRAŽNIK, Marko (1997). Evaluation of potential success of young volleyball players. V: PAVLOVIČ, Mik (ur.). Šport mladih : zbornik : III. mednarodni simpozij : proceedings : III.international symposium, Bled, Slovenia, October 7 - 10, 1997. Ljubljana: Fakulteta za šport: = Faculty of Sport, str. 725 (str. 626-632).
- ZADRAŽNIK, Marko (1999). *Assessing competitive and potential successfulness of advanced young volleyball players = Ocenjevanje tekmovalne in potencialne uspešnosti kakovostnih mladih odbojkašev*. Kinesiologia Slovenica, let. 5, št. 1/2, str. 45-50.
- ZADRAŽNIK, Marko (2001). *Preverjanje in ocenjevanje tehnično-taktičnega znanja in kakovosti igranja pri pouku športne vzgoje v tretjem triletju osnovne šole: odbojka*. V: ŠKOF, Branko (ur.), KOVAČ, Marjeta (ur.). Uvajanje novosti pri šolski športni vzgoji : zbornik referatov. Ljubljana: Zveza društev športnih pedagogov Slovenije, str. 614 (str. 241-252).
- ZADRAŽNIK, Marko, MARELIĆ, Nenad, REŠETAR, Tomica (2009). *Differences in rotations between the winning and losing teams at the youth European volleyball championships for girls*. Acta Universitatis Palackianae Olomucensis, Gymnica, vol. 39, no. 4, str. 33-40.
- ZADRAŽNIK, Marko, DERVIŠEVIĆ, Edvin (2011). Performance: *Level of play related anthropometric differences in volleyball players*. British journal of sports medicine. Online ed., vol. 45, issue 6, str. 542-543. <http://bjsm.bmj.com/content/45/6.toc#AbstractsfromtheFIVBVolleyballMedicineCongressBledSlovenia1315January2011>, doi: [10.1136/bjsm.2011.084558.27](https://doi.org/10.1136/bjsm.2011.084558.27).
- ZADRAŽNIK, Marko, DOUPONA - TOPIČ, Mojca (2013). *Some views of elite sportsmen on cooperation with the media and the media's influence on sports and private lives*. Acta Universitatis Palackianae Olomucensis, Gymnica. Vol. 43, no. 2, str. 47-54.

##### DR. TINE SATTTLER:

- SATTTLER, Tine, SEKULIĆ, Damir, SPASIĆ, Miodrag, OSMANKAČ, Nedžad, JOÃO, P. V., DERVIŠEVIĆ, Edvin, HADŽIĆ, Vedran. Isokinetic knee strength qualities as predictors of jumping performance in high-level volleyball athletes : multiple regression approach. *The Journal of sports medicine and physical fitness*, 2016, no. 1-2, str. 60-69.
- SATTTLER, Tine, SEKULIĆ, Damir, ESCO, Michael R., MAHMUTOVIĆ, Ifet, HADŽIĆ, Vedran. Analysis of the association between isokinetic knee strength with offensive and defensive jumping capacity in high-level female volleyball athletes. *Journal of science and medicine in sport*, 2015, iss. 5, str. 613-618.
- SATTTLER, Tine, HADŽIĆ, Vedran, DERVIŠEVIĆ, Edvin, MARKOVIĆ, Goran. Vertical jump performance of professional male and female volleyball players : effects of playing position and competition level. *Journal of strength and conditioning research*, 2015, iss. 6, str. 1486-1493.

- SATTLER, Tine. Ugotavljanje razlik v nekaterih prvinah igralne uspešnosti med zmagovalci in poraženci v vrhunski moški odbojki. *Šport*, 2015, letn. 63, št. 1/2, str. 110-114.
  - HADŽIĆ, Vedran, SATTLER, Tine, VESELKO, Matjaž, MARKOVIĆ, Goran, DERVIŠEVIĆ, Edvin. Strength asymmetry of the shoulders in elite volleyball players. *Journal of athletic training*, 2014, vol. 49, no. 2, 7 str.
  - SATTLER, Tine, SEKULIĆ, Damir, HADŽIĆ, Vedran, ULJEVIĆ, Ognjen, DERVIŠEVIĆ, Edvin. Vertical jumping tests in volleyball: reliability, validity and playing-position specifics. *Journal of strength and conditioning research*, 2012, vol. 26, no. 6, str. 1532-1538.
  - HADŽIĆ, Vedran, SATTLER, Tine, MARKOVIĆ, Goran, VESELKO, Matjaž, DERVIŠEVIĆ, Edvin. The isokinetic strength profile of quadriceps and hamstrings in elite volleyball players. *Isokinetics and exercise science*, 2010, vol. 18, no. 1, str. 31-37,
  - HADŽIĆ, Vedran, SATTLER, Tine, TOPOLE, Eva, JARNOVIČ, Zoran, BURGER, Helena, DERVIŠEVIĆ, Edvin. Risk factors for ankle sprain in volleyball players: a preliminary analysis. *Isokinetics and exercise science*, 2009, vol. 17, no. 3, 155-160.
- SATTLER, Tine, DERVIŠEVIĆ, Edvin, HADŽIĆ, Vedran. Značilnosti obremenitev gibal pri odbojki. *Šport*, 2016, letn. 64, št. 1/2, str. 151-156.

# ODBOJKA NA MIVKI

## UČNI NAČRT PREDMETA/COURSE SYLLABUS

|                           |                  |
|---------------------------|------------------|
| <b>Predmet:</b>           | Odbojka na mivki |
| <b>Course title:</b>      | Beachvolley      |
| <b>Članica nosilka/UL</b> | UL FŠ            |
| <b>Member:</b>            |                  |

| Študijski programi in stopnja                                                            | Študijska smer                  | Letnik | Semestri    | Izbirnost |
|------------------------------------------------------------------------------------------|---------------------------------|--------|-------------|-----------|
| Kineziologija, prva stopnja, univerzitetni                                               | Ni členitve (študijski program) |        | 2. semester | izbirni   |
| Športna vzgoja, prva stopnja, univerzitetni                                              | Ni členitve (študijski program) |        | 2. semester | izbirni   |
| Športno treniranje, prva stopnja, univerzitetni<br>(od študijskega leta 2025/2026 dalje) | Ni členitve (študijski program) |        | 2. semester | obvezni   |

|                                                            |         |
|------------------------------------------------------------|---------|
| <b>Univerzitetna koda predmeta/University course code:</b> | 0082393 |
| <b>Koda učne enote na članici/UL Member course code:</b>   | 1209    |

| Predavanja<br>/Lectures | Seminar<br>/Seminar | Vaje<br>/Tutorials | Klinične vaje<br>/Clinical<br>tutorials | Druge oblike<br>študija<br>/Other forms<br>of study | Samostojno<br>delo<br>/Individual<br>student work | ECTS |
|-------------------------|---------------------|--------------------|-----------------------------------------|-----------------------------------------------------|---------------------------------------------------|------|
| 15                      |                     | 45                 |                                         |                                                     | 60                                                | 4    |

|                                   |              |
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| <b>Nosilec predmeta/Lecturer:</b> | Tine Sattler |
|-----------------------------------|--------------|

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|------------------------------------|-----------------------------------|
| <b>Vrsta predmeta/Course type:</b> | splošni izbirni/general selective |
|------------------------------------|-----------------------------------|

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|--------------------------|----------------------|-------------|
| <b>Jeziki/Languages:</b> | Predavanja/Lectures: | Slovenščina |
|                          | Vaje/Tutorial:       | Slovenščina |

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

|                                        |                       |
|----------------------------------------|-----------------------|
| Vpis v 3. letnik. Ni posebnih pogojev. | <b>Prerequisites:</b> |
|----------------------------------------|-----------------------|

**Vsebina:**

**Content (Syllabus outline):**

|                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              |  |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--|
| <ul style="list-style-type: none"> <li>Osnovna predstavitev športne discipline kot olimpijske panoge,</li> <li>Zgodovina odbojke na mivki in pravila igre,</li> <li>Organiziranost panoge doma in v svetu,</li> <li>Elementarne in uvajalne igre odbojke na mivki,</li> <li>Metodični postopek učenja tehnike,</li> <li>Načrtovanje treninga (ciklizacija),</li> <li>Vaje primerne za vadbo v različnih kategorijah,</li> <li>Taktična uporaba tehničnih prvin v odbojki na mivki,</li> <li>Ugotavljanje uspešnosti in učinkovitosti igralcev in ekip,</li> <li>Različne pojavne oblike igranja odbojke na mivki,</li> </ul> |  |
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|                                                                                                          |  |
|----------------------------------------------------------------------------------------------------------|--|
| <ul style="list-style-type: none"> <li>Poškodbe in preprečevanje le teh pri odbojki na mivki.</li> </ul> |  |
|----------------------------------------------------------------------------------------------------------|--|

### Temeljna literatura in viri/Readings:

|                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                |  |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--|
| <ul style="list-style-type: none"> <li>SATTTLER, Tine, SEKULIĆ, Damir, SPASIĆ, Miodrag, OSMANKAČ, Nedžad, JOÃO, P. V., DERVIŠEVIĆ, Edvin, HADŽIĆ, Vedran. Isokinetic knee strength qualities as predictors of jumping performance in high-level volleyball athletes : multiple regression approach. <i>The Journal of sports medicine and physical fitness</i>, 2016, no. 1-2, str. 60-69.</li> <li>SATTTLER, Tine, SEKULIĆ, Damir, ESCO, Michael R., MAHMUTOVIĆ, Ifet, HADŽIĆ, Vedran. Analysis of the association between isokinetic knee strength with offensive and defensive jumping capacity in high-level female volleyball athletes. <i>Journal of science and medicine in sport</i>, 2015, iss. 5, str. 613-618.</li> <li>SATTTLER, Tine, HADŽIĆ, Vedran, DERVIŠEVIĆ, Edvin, MARKOVIĆ, Goran. Vertical jump performance of professional male and female volleyball players : effects of playing position and competition level. <i>Journal of strength and conditioning research</i>, 2015, iss. 6, str. 1486-1493.</li> <li>SATTTLER, Tine. Ugotavljanje razlik v nekaterih prvinah igralne uspešnosti med zmagovalci in poraženci v vrhunski moški odbojki. <i>Šport</i>, 2015, letn. 63, št. 1/2, str. 110-114.</li> <li>HADŽIĆ, Vedran, SATTTLER, Tine, VESELKO, Matjaž, MARKOVIĆ, Goran, DERVIŠEVIĆ, Edvin. Strength asymmetry of the shoulders in elite volleyball players. <i>Journal of athletic training</i>, 2014, vol. 49, no. 2, 7 str.</li> <li>SATTTLER, Tine, SEKULIĆ, Damir, HADŽIĆ, Vedran, ULJEVIĆ, Ognjen, DERVIŠEVIĆ, Edvin. Vertical jumping tests in volleyball: reliability, validity and playing-position specifics. <i>Journal of strength and conditioning research</i>, 2012, vol. 26, no. 6, str. 1532-1538.</li> <li>HADŽIĆ, Vedran, SATTTLER, Tine, MARKOVIĆ, Goran, VESELKO, Matjaž, DERVIŠEVIĆ, Edvin. The isokinetic strength profile of quadriceps and hamstrings in elite volleyball players. <i>Isokinetics and exercise science</i>, 2010, vol. 18, no. 1, str. 31-37,</li> <li>HADŽIĆ, Vedran, SATTTLER, Tine, TOPOLE, Eva, JARNOVIČ, Zoran, BURGER, Helena, DERVIŠEVIĆ, Edvin. Risk factors for ankle sprain in volleyball players: a preliminary analysis. <i>Isokinetics and exercise science</i>, 2009, vol. 17, no. 3, 155-160.</li> <li>SATTTLER, Tine, DERVIŠEVIĆ, Edvin, HADŽIĆ, Vedran. Značilnosti obremenitev gibal pri odbojki. <i>Šport</i>, 2016, letn. 64, št. 1/2, str. 151-156.</li> <li>PERHAJ, Gregor. <i>Kondicijska priprava v odbojki na mivki : diplomsko delo</i>. Ljubljana: 2016.</li> <li>Štekl, J., Hribar, G.: <i>Odbojka na mivki</i>. Odbojkarska zveza Slovenije, Ljubljana, (2006).</li> <li>Trioschi, D., Gatelli, D.: <i>Beach volley: evoluzione, tecnica, tattica, allenamento</i>. Calzetti – Mariucci, Ponte San Giovanni, (2003).</li> <li>Kiraly, K., Shewman, B.: <i>Beach volleyball</i>, Human Kinetics (1999)</li> <li>Federation Internationale de Volleyball: <i>Beach Volleyball Drill-book</i>. Technical and Development Department (2011).</li> <li>Burke, T.: <i>Order on the Court: Pro Beach Volleyball a Rally for Respect &amp; Recognition</i>. Olympic Proportions press (2008).</li> <li>Couvillon, A.: <i>Sands of Time: The History of Beach Volleyball</i>. Information guides (2002).</li> </ul> |  |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--|

### Cilji in kompetence:

| Cilji in kompetence:                                                                                                                                                                                                                                                                                                                                                                                                                                                                            | Objectives and competences: |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------|
| <ul style="list-style-type: none"> <li>Posredovati študentom temeljna teoretična in praktična znanja za razumevanje in izvedbo osnovnih tehničnih prvin (servis, zgornji odboj, spodnji odboj, udarec, blok, padci).</li> <li>Poznavanje metodskih postopkov učenja posameznih prvin.</li> <li>Prilagoditi vaje posameznim starostnim kategorijam in različnim kategorijam znanja.</li> <li>Prepoznati napake in jih znati preprečiti.</li> <li>Pravilna in varna demonstracija vaj.</li> </ul> |                             |

### Predvideni študijski rezultati:

| Predvideni študijski rezultati: | Intended learning outcomes: |
|---------------------------------|-----------------------------|
| Znanje in razumevanje:          |                             |

|                                                                                                                                                                                                                                                                                                                                                                                                                   |  |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--|
| <ul style="list-style-type: none"> <li>• Različnih oblik igre kot enega najbolj razširjenih rekreativnih športov.</li> <li>• Osnovnih razumevanj tehnike za začetno delo in usmeritev talentiranih igralcev.</li> <li>• Uporaba pridobljenih znanj kot sredstvo telesne priprave v drugih športih.</li> <li>• Uporaba pridobljenih znanj za preventivno vadbo in tudi kot postrehabilitacijski trening</li> </ul> |  |
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|                                            |                                       |
|--------------------------------------------|---------------------------------------|
| <b>Metode poučevanja in učenja:</b>        | <b>Learning and teaching methods:</b> |
| Predavanja, praktične vaje, demonstracije. |                                       |

|                                                                                 |                     |                    |
|---------------------------------------------------------------------------------|---------------------|--------------------|
| <b>Načini ocenjevanja:</b>                                                      | <b>Delež/Weight</b> | <b>Assessment:</b> |
| Pisni izpit                                                                     | 50,00 %             |                    |
| Praktični izpit – demonstracija tehničnih prvin, učinkovitost v igri in sojenje | 50,00 %             |                    |

|                              |                        |
|------------------------------|------------------------|
| <b>Ocenjevalna lestvica:</b> | <b>Grading system:</b> |
|                              |                        |

#### Reference nosilca/Lecturer's references:

Kompetence za izvajanje predmeta Tine Sattler izkazuje kot profesionalni trener (klubski in reprezentančni), kot večletni sodelavec pri predmetih na FŠ (Odbojka, Alpsko smučanje, Potapljanje).

Nekatera dela:

Sattler, T., Sekulic, D., Esco, M. R., Mahmutovic, I., & Hadzic, V. (2014). Analysis of the association between isokinetic knee strength with offensive and defensive jumping capacity in high-level female volleyball athletes. *Journal of Science and Medicine in Sport*. ISSN 1440-2440,

Sattler, T., Sekulic, D., Hadzic, V., Uljevic, O., & Dervisevic, E. (2012). Vertical jumping tests in volleyball: reliability, validity, and playing-position specifics. *Journal of Strength and Conditioning Research*, 26(6), 1532-1538. ISSN 1064-8011,

Sattler, T., Hadzic, V., Dervisevic, E., Markovic, G. (2014). Vertical jump performance of professional male and female volleyball players : effects of playing position and competition level. *Journal of Strength and Conditioning Research*, ISSN 1064-8011,

Sattler, T., Sekulic, D., Spasic, M., Osmankac, N., Joao, P.V., Dervisevic, E., & Hadzic, V. (2015). Isokinetic knee strength qualities as predictors of jumping performance in high-level volleyball athletes; multiple regression approach. *The Journal of Sports Medicine and Physichal Fitness*, ISSN 0022-4707,

Sattler, T. (2015). Ugotavljanje razlik v nekaterih prvinah igralne uspešnosti med zmagovalci in poraženci v vrhunski moški odbojki. *Šport*, ISSN 0353-7455, 2015, letnik 63, št.1/2, str.110-114,

Hadzic, V., Sattler, T., Veselko, M., Markovic, G., & Dervisevic, E. (2014). Strength Asymmetry of the Shoulders in Elite Volleyball Players. *Journal of Athletic Training*, 49(3), 338-344. ISSN 1062-6050,

Hadzic, V., Sattler, T., Topole, E., Jarnovic, Z., Burger, H., & Dervisevic, E. (2009). Risk factors for ankle sprain in volleyball players: A preliminary analysis. *Isokinetics and Exercise Science*, 17(3), 155-160. ISSN 0959-3020.

# ODNOSI Z JAVNOSTMI V ŠPORTU

## UČNI NAČRT PREDMETA/COURSE SYLLABUS

|                                   |                             |
|-----------------------------------|-----------------------------|
| <b>Predmet:</b>                   | Odnosi z javnostmi v športu |
| <b>Course title:</b>              | Public relations in sport   |
| <b>Članica nosilka/UL Member:</b> | UL FŠ                       |

| Študijski programi in stopnja                   | Študijska smer                  | Letnik | Semestri    | Izbirnost |
|-------------------------------------------------|---------------------------------|--------|-------------|-----------|
| Kineziologija, prva stopnja, univerzitetni      | Ni členitve (študijski program) |        | 2. semester | izbirni   |
| Športna vzgoja, prva stopnja, univerzitetni     | Ni členitve (študijski program) |        | 2. semester | izbirni   |
| Športno treniranje, prva stopnja, univerzitetni | Ni členitve (študijski program) |        | 2. semester | izbirni   |

|                                                            |         |
|------------------------------------------------------------|---------|
| <b>Univerzitetna koda predmeta/University course code:</b> | 0045112 |
| <b>Koda učne enote na članici/UL Member course code:</b>   | 566     |

| Predavanja<br>/Lectures | Seminar<br>/Seminar | Vaje<br>/Tutorials | Klinične vaje<br>/Clinical<br>tutorials | Druge oblike<br>študija<br>/Other forms<br>of study | Samostojno<br>delo<br>/Individual<br>student work | ECTS |
|-------------------------|---------------------|--------------------|-----------------------------------------|-----------------------------------------------------|---------------------------------------------------|------|
| 15                      |                     | 30                 |                                         |                                                     | 45                                                | 3    |

|                                   |               |
|-----------------------------------|---------------|
| <b>Nosilec predmeta/Lecturer:</b> | Mojca Doupona |
|-----------------------------------|---------------|

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| <b>Vrsta predmeta/Course type:</b> | splošni izbirni/general selective |
|------------------------------------|-----------------------------------|

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|--------------------------|----------------------|-------------|
| <b>Jeziki/Languages:</b> | Predavanja/Lectures: | Slovenščina |
|                          | Vaje/Tutorial:       | Slovenščina |

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

Pogoj za vključitev v delo je vpis v letnik študija.  
Za pristop k izpitu so potrebne opravljene obveznosti iz vaj.

**Prerequisites:**

**Vsebina:**

**Content (Syllabus outline):**

|                                                                                                                                                                                                                                                                                                                                                  |  |
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| <b>Temeljna vsebinska področja:</b><br>Odnosi z mediji<br>Odnosi z javnostmi<br>Komuniciranje v organizacijah<br>Strateško načrtovanje odnosov z javnostmi<br>Orodja odnosov z javnostmi<br>Odnosi z javnostmi v slovenskem športu<br>Medijski načrt<br>Komunikacijska orodja v medijskem načrtu<br>Prireditve in dogodki<br>Situacijska analiza |  |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--|

**Temeljna literatura in viri/Readings:**

|                                                                                                       |
|-------------------------------------------------------------------------------------------------------|
| Andrej Urška, Mojca Doupona Topič (2007). Odnosi z javnostmi v športu. Ljubljana: Fakulteta za šport. |
|-------------------------------------------------------------------------------------------------------|

**Cilji in kompetence:**

Šport je strast sodobnega sveta. V 20. stoletju je šport v povezavi z množičnimi mediji ustvaril eno največjih industrij zabave na svetu. Opazen je tudi močen trend naraščanja športnih vsebin na televiziji, radiu in tiskanih medijih. V zadnjih 20 letih postaja povezava med športom in odnosov z javnostmi tudi vedno pogostejši objekt akademskih oz. znanstvenih razprav.

Predmet je zasnovan tako, da omogoča študentom široko poznavanje in razumevanje teorije odnosov z javnostmi v športu.

**Objectives and competences:****Predvideni študijski rezultati:**

Študenti:

- razumejo družbeno vlogo odnosov z javnostmi v športu.
- kritično znajo ovrednotiti vlogo odnosov z javnostmi v športu. Razumejo pomen stikov z javnostmi.
- znajo identificirati probleme medijev v športu in poiskati možne rešitve.
- znajo, organizirati tiskovno konferenco, napisati sporočilo za javnost, pripraviti medijski načrt.

**Intended learning outcomes:****Metode poučevanja in učenja:**

predavanja, delavnice, vaje

**Learning and teaching methods:****Načini ocenjevanja:**

Pisni izpit

**Delež/Weight**

100,00 %

**Assessment:****Ocenjevalna lestvica:****Grading system:****Reference nosilca/Lecturer's references:**

DOUPONA TOPIČ, Mojca. *Objektivnost v športnem novinarstvu*. Ljubljana: Fakulteta za šport, 2010. 175 str., DOUPONA TOPIČ, Mojca, COAKLEY, Jay. Complicating the relationship between sport and national identity: the case of post-socialist Slovenia. *Sociology of sport journal*, ISSN 0741-1235, 2010, vol. 27, no. 4, str. 371-389.

RAUTER, Samo, DOUPONA TOPIČ, Mojca. Runners as sport tourists : the experience and travel behavior of Ljubljana marathon participants. *Collegium antropologicum*, ISSN 0350-6134, 2014, vol. 38, no. 3, str. 909-915

# ORIENTACIJSKI TEK

## UČNI NAČRT PREDMETA/COURSE SYLLABUS

|                                   |                   |
|-----------------------------------|-------------------|
| <b>Predmet:</b>                   | Orientacijski tek |
| <b>Course title:</b>              | Orienteering      |
| <b>Članica nosilka/UL Member:</b> | UL FŠ             |

| Študijski programi in stopnja                   | Študijska smer                  | Letnik | Semestri    | Izbirnost |
|-------------------------------------------------|---------------------------------|--------|-------------|-----------|
| Kineziologija, prva stopnja, univerzitetni      | Ni členitve (študijski program) |        | 2. semester | izbirni   |
| Športna vzgoja, prva stopnja, univerzitetni     | Ni členitve (študijski program) |        | 2. semester | izbirni   |
| Športno treniranje, prva stopnja, univerzitetni | Ni členitve (študijski program) |        | 2. semester | izbirni   |

|                                                            |         |
|------------------------------------------------------------|---------|
| <b>Univerzitetna koda predmeta/University course code:</b> | 0077341 |
| <b>Koda učne enote na članici/UL Member course code:</b>   | 1126    |

| Predavanja<br>/Lectures | Seminar<br>/Seminar | Vaje<br>/Tutorials | Klinične vaje<br>/Clinical<br>tutorials | Druge oblike<br>študija<br>/Other forms<br>of study | Samostojno<br>delo<br>/Individual<br>student work | ECTS |
|-------------------------|---------------------|--------------------|-----------------------------------------|-----------------------------------------------------|---------------------------------------------------|------|
| 15                      |                     | 45                 |                                         |                                                     | 60                                                | 4    |

|                                   |                                         |
|-----------------------------------|-----------------------------------------|
| <b>Nosilec predmeta/Lecturer:</b> | Blaž Jereb, Branko Škof, Dušan Petrovič |
|-----------------------------------|-----------------------------------------|

|                                    |                                   |
|------------------------------------|-----------------------------------|
| <b>Vrsta predmeta/Course type:</b> | splošni izbirni/general selective |
|------------------------------------|-----------------------------------|

|                          |                      |             |
|--------------------------|----------------------|-------------|
| <b>Jeziki/Languages:</b> | Predavanja/Lectures: | Slovenščina |
|                          | Vaje/Tutorial:       | Slovenščina |

|                                                                              |                       |
|------------------------------------------------------------------------------|-----------------------|
| <b>Pogoji za vključitev v delo oz. za opravljanje študijskih obveznosti:</b> | <b>Prerequisites:</b> |
|------------------------------------------------------------------------------|-----------------------|

|                           |  |
|---------------------------|--|
| Vpis v 3. letnik študija. |  |
|---------------------------|--|

### Vsebina:

### Content (Syllabus outline):

|                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |  |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--|
| Zgodovina in organizacija OT: <ul style="list-style-type: none"><li>• predstavitev, pomen in zgodovina orientacijskega teka,</li><li>• panoge, discipline in kategorije v orientacijskem teku, osnova tekmovalnih pravil,</li><li>• oprema in pripomočki za orientacijski tek, kompas, karte, športna oprema, tereni,</li><li>• stanje orientacijskega teka v Sloveniji, Evropi in svetu s pregledom prireditev;</li><li>• pomen in prednosti orientacijskega teka kot vseživljenjske rekreacije, oblike aktivnosti za invalide</li></ul> |  |
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|                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |  |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--|
| <ul style="list-style-type: none"> <li>izpeljanke orientacijskega teka, ekipna tekmovanja, orientacijski maratoni, lov na lisico, GPS orientacija, ARG, idr.</li> </ul> <p>Karte za OT:</p> <ul style="list-style-type: none"> <li>pomen karte pri orientacijskem teku,</li> <li>osnovne lastnosti kart, vsebina in oblika prikaza na kartah za orientacijski tek,</li> <li>karte za orientacijski tek v Sloveniji, šolske karte, vrste kart, druge karte v Sloveniji,</li> <li>izdelava preprostih kart za orientacijski tek.</li> </ul> <p>Osnovne tehnike OT</p> <ul style="list-style-type: none"> <li>osnovni koncepti orientacijskih tehnik,</li> <li>groba in fina orientacija, izbira poti, napadne točke, lovilne linije in objekti,</li> <li>treniranje OT - tehnična priprava, uporaba različnih kart, načinov postavitve prog.</li> </ul> <p>Postavitev prog za začetnike in mlajše kategorije:</p> <ul style="list-style-type: none"> <li>pravila načrtovanja in postavitve prog,</li> <li>izbira primerne terena in karte,</li> <li>pomen izbire točk in postavitve,</li> <li>trasiranje za posamezne kategorije.</li> </ul> <p>Priprava in izvedba vadbe in tekmovanja za začetnike in mlajše kategorije:</p> <ul style="list-style-type: none"> <li>osnovna oprema za izvedbo treninga oz. tekmovanja,</li> <li>zbiranje prijav, priprava štartne liste, kontrolnih kartonov in liste za rezultate,</li> <li>časovna razporeditev posameznih korakov pri organizaciji treninga oz. tekmovanja.</li> </ul> <p>Osnovne zakonitosti športnega treniranja in osnovne pedagoška-didaktična načela pri delu z mladimi v OT</p> <ul style="list-style-type: none"> <li>osnovne značilnosti vadbe vzdržljivosti</li> <li>osnovne značilnosti načrtovanja športne vadbe v OT</li> <li>psihološko-pedagoške naloge športnega trenerja</li> </ul> |  |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--|

#### Temeljna literatura in viri/Readings:

|                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <ul style="list-style-type: none"> <li>N.Vahčič, M.Mlakar. Orientacijski tek, priročnik za poučevanje začetnikov, Fakulteta za šport, 2001</li> <li>Dušan Petrovič, Orientacijski tek, v ABC dejavnosti v športu, Fakulteta za šport, 2012</li> <li>Učenje začetnikov, Tehnika orientacijskega teka, Orientacijska zveza Slovenije, 1996</li> <li>Šport po meri otrok in mladostnikov, uredil Branko Škof, Fakulteta za šport, 2007</li> <li>Steve Boga, Orienteering, Stackpole books, USA, 1997</li> <li>Ian Bratt, Orienteering, New Holland Publishers, UK, 2002,</li> <li>Carol McNeill, Tom Renfrew, Jean Cory-Wright, Teaching Orienteering, British Orienteering Federation, 1998,</li> <li>Scientific Journal of Orienteering, Official Scientific Publication of the International Orienteering Federation IOF,</li> <li>literatura po izboru predavateljev.</li> <li><a href="http://www.orientacijska-zveza.si/">http://www.orientacijska-zveza.si/</a></li> <li><a href="http://www.orienteering.org">http://www.orienteering.org</a></li> </ul> |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|

#### Cilji in kompetence:

|                                                                                                                                                                                                                            |                                    |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------|
| <p>Cilji:</p> <ul style="list-style-type: none"> <li>spoznati zgodovino, pravila, discipline in oblike, potrebne pripomočke, opremo ter osnovne tehnike orientacije in orientacijskega teka kot športne panoge,</li> </ul> | <p>Objectives and competences:</p> |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------|

|                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |  |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--|
| <ul style="list-style-type: none"> <li>• prepoznati vlogo orientacijske kot športa ali rekreacije v psihofizičnem razvoju posameznikov,</li> <li>• seznanitev z osnovami kartografije in kart kot neobhodnega pripomočka pri orientacijskem teku,</li> <li>• spoznavanje zakonitosti priprave začetnikov in otrok za vključevanje v orientacijski tek;</li> </ul> <p>Pridobljene kompetence:</p> <ul style="list-style-type: none"> <li>• vodenje in selekcioniranje začetnikov in otrok v orientacijski tek,</li> <li>• izdelava preprostih kart za orientacijski tek,</li> <li>• postavitve prog za treninge in preprostejša tekmovanja,</li> <li>• izvajanje vadbe in učenje osnovnih tehnik orientacijskega teka.</li> </ul> |  |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--|

|                                                                                                                                                                                                                            |                                    |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------|
| <b>Predvideni študijski rezultati:</b>                                                                                                                                                                                     | <b>Intended learning outcomes:</b> |
| Znanje in razumevanje:<br>Razumevanje pomena in smisla orientacijskega teka kot športa ali oblike rekreacije, poznavanje osnovnih pravil in tehnik, poznavanje potrebnih pripomočkov in opreme, znanje osnov kartografije. |                                    |

|                                     |                                       |
|-------------------------------------|---------------------------------------|
| <b>Metode poučevanja in učenja:</b> | <b>Learning and teaching methods:</b> |
| predavanja, seminar, vaje           |                                       |

|                                              |                     |                    |
|----------------------------------------------|---------------------|--------------------|
| <b>Načini ocenjevanja:</b>                   | <b>Delež/Weight</b> | <b>Assessment:</b> |
| teoretični izpit                             | 40,00 %             |                    |
| praktični izpit                              | 45,00 %             |                    |
| udeležba na tekmovanju v orientacijskem teku | 15,00 %             |                    |

|                              |                        |
|------------------------------|------------------------|
| <b>Ocenjevalna lestvica:</b> | <b>Grading system:</b> |
|                              |                        |

|                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Reference nosilca/Lecturer's references:</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                |
| <p>PETROVIČ, Dušan. Some experiences in making orienteering maps in Slovenia from airborne laser scanning data. V: <i>Proceedings of the 25th International Cartographic Conference : Paris, 3-8 July 2011</i>. Paris: ICC, 2011, str. 1-7, ilustr.</p> <p>PETROVIČ, Dušan. Criteria for selecting areas for orienteering maps. V: <i>The World's geo-spatial solutions : conference proceedings</i>. Santiago de Chile, 2009, 6 str., ilustr.</p> <p>BURNIK, Stojan, PETROVIČ, Dušan, GRATEJ, Luka, ZUBIN, Aldo, JEREB, Blaž. <i>ABC dejavnosti v naravi</i>. Ljubljana: Fakulteta za šport, 2012. 135 str., ilustr.</p> <p>ŠKOF, Branko. <i>Šport po meri otrok in mladostnikov : pedagoško-psihološki in biološki vidiki kondicijske vadbe mladih</i>. Ljubljana: Fakulteta za šport, Inštitut za šport, 2007, str. 438</p> |

# OSNOVE DRSANJA

## UČNI NAČRT PREDMETA/COURSE SYLLABUS

|                           |                       |
|---------------------------|-----------------------|
| <b>Predmet:</b>           | Osnove drsanja        |
| <b>Course title:</b>      | Basics of ice-skating |
| <b>Članica nosilka/UL</b> | UL FŠ                 |
| <b>Member:</b>            |                       |

| Študijski programi in stopnja                                                            | Študijska smer                  | Letnik | Semestri    | Izbirnost |
|------------------------------------------------------------------------------------------|---------------------------------|--------|-------------|-----------|
| Kineziologija, prva stopnja, univerzitetni<br>(od študijskega leta 2025/2026 dalje)      | Ni členitve (študijski program) |        | 1. semester | izbirni   |
| Športna vzgoja, prva stopnja, univerzitetni<br>(od študijskega leta 2025/2026 dalje)     | Ni členitve (študijski program) |        | 1. semester | izbirni   |
| Športno treniranje, prva stopnja, univerzitetni<br>(od študijskega leta 2025/2026 dalje) | Ni členitve (študijski program) |        | 1. semester | izbirni   |

Univerzitetna koda predmeta/University course code: 0644392

| Predavanja<br>/Lectures | Seminar<br>/Seminar | Vaje<br>/Tutorials | Klinične vaje<br>/Clinical<br>tutorials | Druge oblike<br>študija<br>/Other forms<br>of study | Samostojno<br>delo<br>/Individual<br>student work | ECTS |
|-------------------------|---------------------|--------------------|-----------------------------------------|-----------------------------------------------------|---------------------------------------------------|------|
| 15                      |                     | 30                 |                                         |                                                     | 45                                                | 3    |

Nosilec predmeta/Lecturer: Janez Pustovrh, Tomaž Pavlin

Vrsta predmeta/Course type: Splošni izbirni predmet/Selective course

Jeziki/Languages:

|                      |             |
|----------------------|-------------|
| Predavanja/Lectures: | Slovenščina |
| Vaje/Tutorial:       | Slovenščina |

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

Prerequisites:

| Vsebina:                                                                                                                                                                                                                                                                                                                                              | Content (Syllabus outline):                                                                                                                                                                                                                                                                                                                  |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <ul style="list-style-type: none"><li>geneza in razvoj drsanja</li><li>drsanje v športni kulturi</li><li>elementi drsanja</li><li>metodika drsanja</li><li>drsalni športi: hokej, umetnostno in hitrostno drsanje in spoznavanje in prakticiranje njihovih osnov</li><li>osnove načrtovanja tečaja drsanja po posameznih metodičnih sklopih</li></ul> | <ul style="list-style-type: none"><li>the genesis and development of skating</li><li>skating in sports culture</li><li>elements of skating</li><li>skating methodology</li><li>skating sports: hockey, figure and speed skating and learning and practicing their basics</li><li>basis of planning of the skating course according</li></ul> |

Temeljna literatura in viri/Readings:

|                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <ul style="list-style-type: none"> <li>• Pavlin, Tomaž (urednik). Hokej na ledu in umetnostno drsanje, (Šport, Letn. 60, št. 3-4, 2012). Ljubljana: Fakulteta za šport, 2012. Str. 121-184, ilustr. [COBISS.SI-ID 4534193]</li> <li>• Bratec, A. (2008). Osnove umetnostnega drsanja za najmlajše (Diplomsko delo, Univerza v Ljubljani, Fakulteta za šport).</li> <li>• Čelesnik, M. (2003). Tehnika prvin v umetnostnem drsanju (Diplomsko delo, Univerza v Ljubljani, Fakulteta za šport).</li> <li>• Stanovnik, M. (1997). Osnove drsanja. Ljubljana: Fakulteta za šport, Inštitut za šport.</li> </ul> |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|

| <b>Cilji in kompetence:</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           | <b>Objectives and competences:</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <ul style="list-style-type: none"> <li>• predstaviti študentom drsanje kot tradicionalno in učinkovito športno-gibalno dejavnost za pojavne oblike športa in za starostne kategorije</li> <li>• metodično in pedagoško usposobiti študente za izvajanje osnov drsanja v pojavnih oblikah športa za različne starostne kategorije</li> <li>• usposobiti študenta povezovati in prepletati teoretične in praktične vsebine športno-gibalnih osnov in osnov drsanja</li> <li>• izobraziti in usposobiti študenta za sodelovanje pri organizaciji in izvedbi tečaja drsanja za različne starostne kategorije</li> <li>• izobraziti in usposobiti študenta za izvedbo drsalnih ur v okviru športno-vzgojnega procesa v športno-vzgojnih programih vrtcev in šol</li> </ul> | <ul style="list-style-type: none"> <li>• present skating to students as a traditional and effective sports-movement activity for emerging forms of sports and for age categories</li> <li>• methodically and pedagogically train students to implement the basics of skating in different forms of sport for different age categories</li> <li>• to train the student to connect and intertwine the theoretical and practical content of sports-movement basics and the basics of skating</li> <li>• to educate and train students to participate in the organization and implementation of skating courses for different age categories</li> <li>• educate and train students to conduct skating lessons as part of the sports-educational process in the sports-education programs of kindergartens and schools</li> </ul> |

| <b>Predvideni študijski rezultati:</b>                                                                                                                                                         | <b>Intended learning outcomes:</b>                                                                                                                                                                                            |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p>Znanje in razumevanje:</p> <p>Usvojitev teoretično-praktičnega znanja za izvajanje drsalnih vsebin v vseh pojavnih oblikah športa, prvenstveno v športno-vzgojnih programih in okoljih.</p> | <p>Knowledge and understanding:</p> <p>Acquisition of theoretical and practical knowledge for the implementation of skating content in all forms of sport, primarily in sports and educational programs and environments.</p> |

| <b>Metode poučevanja in učenja:</b> | <b>Learning and teaching methods:</b> |
|-------------------------------------|---------------------------------------|
| predavanja, vaje na ledu            | lectures, study exercises on ice      |

| <b>Načini ocenjevanja:</b> | <b>Delež/Weight</b> | <b>Assessment:</b>    |
|----------------------------|---------------------|-----------------------|
| pisni izpit                | 50,00 %             | written examination   |
| praktični izpit            | 50,00 %             | practical examination |

| <b>Ocenjevalna lestvica:</b>                             | <b>Grading system:</b>                                         |
|----------------------------------------------------------|----------------------------------------------------------------|
| 5 - 10, pri čemer velja, da je pozitivna ocena od 6 - 10 | 5 - 10, a student passes the exam if he is graded from 6 to 10 |

| <b>Reference nosilca/Lecturer's references:</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p><b>Izr. prof. dr. Tomaž Pavlin:</b></p> <ul style="list-style-type: none"> <li>• Pavlin, Tomaž. Beseda, dve o drsanju. Za srce, ISSN 1318-2560. [Tiskana izd.], feb. 2007, letn. 16, št. 1, str. 24-25, ilustr. [COBISS.SI-ID 2911153]</li> <li>• Pavlin, Tomaž (urednik). Hokej na ledu in umetnostno drsanje, (Šport, Letn. 60, št. 3-4, 2012). Ljubljana: Fakulteta za šport, 2012. Str. 121-184, ilustr. [COBISS.SI-ID 4534193]</li> <li>• Pavlin, Tomaž. From "wild" skaters to hockey players : the beginnings of ice hockey in Slovenia. The International journal of the history of sport, ISSN 1743-9035, 2019, vol. 36, iss. 2-3, str. 225-243.</li> <li>• mentorstvo diplomskih/magistrskih nalog s področja hokeja in umetnostnega drsanja</li> </ul> |

**Prof. Janez Pustovrh:**

- Pustovrh, J. (2014). Nordijska hoja in tek z osnovami športno rekreativne vadbe (študijsko gradivo).
- Pustovrh, J. & Jošt, B. (2010). Structural analysis of chosen social value indicators of coaches of different sports. *Studies in physical culture & tourism*. 17 (1), 85- 91.
- Jošt, B. in Pustovrh, J. (1995). Nordijsko smučanje - teorija in metodika športne vzgoje. Ljubljana: Fakulteta za šport.

# OSNOVE GIBANJA V ŠPORTU

## UČNI NAČRT PREDMETA/COURSE SYLLABUS

|                                   |                             |
|-----------------------------------|-----------------------------|
| <b>Predmet:</b>                   | Osnove gibanja v športu     |
| <b>Course title:</b>              | Basics of movement in sport |
| <b>Članica nosilka/UL Member:</b> | UL FŠ                       |

| Študijski programi in stopnja                   | Študijska smer                  | Letnik    | Semestri    | Izbirnost |
|-------------------------------------------------|---------------------------------|-----------|-------------|-----------|
| Kineziologija, prva stopnja, univerzitetni      | Ni členitve (študijski program) | 1. letnik | 1. semester | obvezni   |
| Športna vzgoja, prva stopnja, univerzitetni     | Ni členitve (študijski program) | 1. letnik | 1. semester | obvezni   |
| Športno treniranje, prva stopnja, univerzitetni | Ni členitve (študijski program) | 1. letnik | 1. semester | obvezni   |

|                                                            |         |
|------------------------------------------------------------|---------|
| <b>Univerzitetna koda predmeta/University course code:</b> | 0042615 |
| <b>Koda učne enote na članici/UL Member course code:</b>   | 559     |

| Predavanja<br>/Lectures | Seminar<br>/Seminar | Vaje<br>/Tutorials | Klinične vaje<br>/Clinical<br>tutorials | Druge oblike<br>študija<br>/Other forms<br>of study | Samostojno<br>delo<br>/Individual<br>student work | ECTS |
|-------------------------|---------------------|--------------------|-----------------------------------------|-----------------------------------------------------|---------------------------------------------------|------|
| 45                      | 15                  | 30                 |                                         |                                                     | 90                                                | 6    |

|                                   |            |
|-----------------------------------|------------|
| <b>Nosilec predmeta/Lecturer:</b> | Maja Pajek |
|-----------------------------------|------------|

|                                    |                    |
|------------------------------------|--------------------|
| <b>Vrsta predmeta/Course type:</b> | obvezni/compulsory |
|------------------------------------|--------------------|

|                          |                      |             |
|--------------------------|----------------------|-------------|
| <b>Jeziki/Languages:</b> | Predavanja/Lectures: | Slovenščina |
|                          | Vaje/Tutorial:       | Slovenščina |

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

**Prerequisites:**

|                                                   |                                                |
|---------------------------------------------------|------------------------------------------------|
| Vpis v 1. letnik vseh študijskih programov na FŠ. | Enrolment in the first year of study programe. |
|---------------------------------------------------|------------------------------------------------|

**Vsebina:**

**Content (Syllabus outline):**

|                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <ul style="list-style-type: none"><li>človek kot biološki dialektičen sistem;</li><li>struktura gibalnega prostora pri človeku;</li><li>pojavnost posameznih gibalnih sposobnosti;</li><li>osnovni metodični postopki razvoja gibalnih sposobnosti;</li><li>osnovna sredstva za razvoj gibalnih sposobnosti in njihova uporaba (naravne oblike gibanja, elementarne igre, gimnastične vaje)</li><li>spoznavanje osnovnega strokovnega športnega izrazja in njegova uporaba v praksi .</li><li>principi učinkovitega gibanja:<ul style="list-style-type: none"><li>Procesiranje informacij in sprejemanje odločitev</li></ul></li></ul> | <ul style="list-style-type: none"><li>human as an bio-dialectical system</li><li>structure of movement space in human</li><li>appearance of movement abilities</li><li>basic procedures of development movement abilities</li><li>basic devices for development movement abilities and their usefulness (natural forms of movement, elementary games, gymnastic exercises)</li><li>basis of sport terminology and its usefulness in praxis</li><li>principles of effective movement</li><li>principles of skills learning</li><li>integration and usage of knowledge</li></ul> |
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|                                                                                                                                                                                                                                                                         |  |
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| <ul style="list-style-type: none"> <li>• Vloga aferentnih informacij za kontrolo gibanja</li> <li>• Gibalni programi</li> <li>• Principi gibalne kontrole in natančnost gibanja</li> <li>• principi gibalnega učenja</li> <li>• integracija in uporaba znanj</li> </ul> |  |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--|

### Temeljna literatura in viri/Readings:

|                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <ul style="list-style-type: none"> <li>• Alter, M. J. (1996). Science of flexibility. Human Kinetics, Champaign.</li> <li>• Behnke, R. S. (2001). Kinetic Anatomy. Human Kinetics, Champaign.</li> <li>• Bolkovič, T., Čuk, I., Kokole, J., Kovač, M. &amp; Novak, D. (2002). Izrazoslovje v gimnastiki. Ljubljana, Fakulteta za šport.</li> <li>• Delavier, F. (2001). Strength training anatomy. Leeds, Human Kinetics, Champaign.</li> <li>• Latash, M. L. (1998). Neurophysiological basis of movement. Leeds, Human Kinetics, Champaign.</li> <li>• Pistotnik, B., Pinter, S., Dolenc, M. (2002). Gibalna abeceda. Ljubljana, Fakulteta za šport.</li> <li>• Pistotnik, B. (2004). Vedno z igro. Ljubljana, Fakulteta za šport.</li> <li>• Pistotnik, B. (2017). Osnove gibanja v športu. Ljubljana, Fakulteta za šport.</li> <li>• Pistotnik, B., Pinter, S. (2017). Gimnastične vaje (skripta). Ljubljana, samozaložba.</li> <li>• Schmidt R., Wrisberg C. (2004) Motor Learning and Performance. 4th Edition, Human Kinetics, Champaign.</li> <li>• Ward, R. D., Ditman, G. D. (1997). Sports Speed. Champaign, Human Kinetics.</li> </ul> |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|

### Cilji in kompetence:

|                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |                                                                                                                                                                                                                                                                                                           |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p>Cilj je poznavanje strukture prostora gibanja in posameznih gibalnih sposobnosti pri človeku ter seznanitev z osnovnimi sredstvi za njihov razvoj. Seznanjeni bodo z osnovnim strokovnim športnim izrazjem, vezanim na opisovanje gibanja pri športu. Poleg tega je namen podati tudi osnovne principe gibalnega učenja skozi predstavitev glavnih teoretskih pristopov. Študent bo spoznal uporabo principov gibalnega učenja, v povezavi z učinkovitostjo gibanja v različnih realnih okoljih, od športne vzgoje in treniranja, do učenja vsakodnevnih veščin in rehabilitacije. Študent bo spoznal praktične modele za reševanje širokega spektra problemov s področja gibalnega učenja.</p> <p>Predmetno specifične kompetence:</p> <ul style="list-style-type: none"> <li>• načrtovanje, izvedba in vodenje vadbe za vpliv na gibalne sposobnosti pri zdravih osebah;</li> <li>• uporaba strokovnega športnega izrazja;</li> <li>• poznavanje telesnega in gibalnega razvoja;</li> <li>• prilagodljiva uporaba znanja v praksi;</li> <li>• uporaba splošnih pedagoških strategij v praksi;</li> <li>• sposobnost prepoznavanja rešitev za uspešno poučevanje in učenje gibanja.</li> </ul> | <p><b>Objectives and competences:</b></p> <p>The goal is knowledge about structure of movement space and single movement abilities in human and acquaintance with basic devices for their development. Get to know the basic principles of movement learning through the main theoretical approaches.</p> |
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### Predvideni študijski rezultati:

|                                                                                                                                                                                                                                                                  |                                                                                                                                                                     |
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| <p>Znanje in razumevanje: Poznavanje in razumevanje osnovnih konceptualnih vidikov pri razvoju gibalnih sposobnosti in pri gibalnem učenju. Teoretično znanje prenesti v športno prakso ter njegova umestitev v kontekst metod in vsebin športne aktivnosti.</p> | <p><b>Intended learning outcomes:</b></p> <p>Knowledge and understanding of basic conceptual views at movement's abilities development and movement's learning.</p> |
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|                                                                                                                                                                                                    |  |
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| Uporaba principov, zakonitosti in modelov na posameznih primerih; iskanje povezav s prakso; utemeljevanje in evalvacija. Uporaba v procesih učenja gibalnih znanj, ali utrjevanja že pridobljenih. |  |
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|                                                                                |                                                                                |
|--------------------------------------------------------------------------------|--------------------------------------------------------------------------------|
| <b>Metode poučevanja in učenja:</b>                                            | <b>Learning and teaching methods:</b>                                          |
| predavanja, seminarji, vaje, demonstracije, simulacije, igre vlog, osebna mapa | Lectures, seminar, exercises and demos, simulations, role games, personal map. |

|                                                                                                                                   |                     |                                                                                         |
|-----------------------------------------------------------------------------------------------------------------------------------|---------------------|-----------------------------------------------------------------------------------------|
| <b>Načini ocenjevanja:</b>                                                                                                        | <b>Delež/Weight</b> | <b>Assessment:</b>                                                                      |
| Seminarsko delo                                                                                                                   | 20,00 %             | seminar work                                                                            |
| ustni/pisni izpit; ocene od 6 do 10, ob upoštevanju Statuta UL in fakultetnih pravil. Ocen sestavlja teoretični in praktični del. | 80,00 %             | examination; grade from 6 to 10 Grade of the subject is mean of content section grades. |

|                              |                        |
|------------------------------|------------------------|
| <b>Ocenjevalna lestvica:</b> | <b>Grading system:</b> |
|                              |                        |

#### Reference nosilca/Lecturer's references:

Izr. prof. dr. Maja Pajek

Vse reference nosilke predmeta so dostopne na tej povezavi:

[https://bib.cobiss.net/bibliographies/si/webBiblio/bib201\\_20201021\\_132001\\_a4960355.html](https://bib.cobiss.net/bibliographies/si/webBiblio/bib201_20201021_132001_a4960355.html)

Najpomembnejše strokovne reference:

- Predavateljica na obveznem predmetu Osnove gibanja človeka pri usposabljanju strokovnih kadrov v športu (športna rekreacija 1 in 2, šport starejših 1 in 2) pri Olimpijskem komiteju Slovenije – združenju športnih zvez.
- Predavateljica na obveznem predmetu Osnove gibanja človeka pri usposabljanju strokovnih kadrov v športu pri Gimnastični zvezi Slovenije.
- Predavateljica na obveznem predmetu Osnove gibanja človeka pri usposabljanju strokovnih kadrov v športu pri Kolesarski zvezi Slovenije.
- Predavateljica na obveznem predmetu Osnove gibanja človeka pri usposabljanju strokovnih kadrov v športu pri Centru za vseživljenjsko učenje Inštituta za šport, Fakulteta za šport.

Najpomembnejše znanstvene reference:

Avtorica in soavtorica preko 50 izvirnih znanstvenih člankov.

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- GROŠELJ, Janja, OSREDKAR, Damjan, SEMBER, Vedrana, PAJEK, Maja. Associations between balance and other fundamental motor skills in pre-adolescents. *Medicina dello sport*. June 2019, vol. 72, iss. 2, str. 200-215, ilustr. ISSN 1827-1863. <https://www.minervamedica.it/en/journals/medicina-dello-sport/article.php?cod=R26Y2019N02A0200>, DOI: [10.23736/S0025-7826.19.03482-3](https://doi.org/10.23736/S0025-7826.19.03482-3). [COBISS.SI-ID [5547697](https://bib.cobiss.net/bibliographies/si/webBiblio/bib201_20201021_132001_a4960355.html)]
- BOGATAJ, Špela, PAJEK, Maja, BUTUROVIĆ-PONIKVAR, Jadranka, PAJEK, Jernej. Outcome expectations for exercise and decisional balance questionnaires predict adherence and efficacy of exercise

programs in dialysis patients. *International journal of environmental research and public health*. May 2020, vol. 17, iss. 9, str. 1-13, tabele, graf. prikazi. ISSN 1660-4601. <https://www.mdpi.com/1660-4601/17/9/3175>, DOI: [10.3390/ijerph17093175](https://doi.org/10.3390/ijerph17093175). [COBISS.SI-ID [15573763](#)]

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- ČUK, Ivan, PAJEK, Maja, HOSTA, Milan, VIDEMŠEK, Mateja, BRICELJ, Andraž. Otroško igrišče v Sloveniji. *Šport : revija za teoretična in praktična vprašanja športa*. 2007, letn. 55, št. 1, str. 6-10, pril., ilustr., tabele. ISSN 0353-7455. [COBISS.SI-ID [2980017](#)]
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- ČUK, Ivan, PAJEK, Maja, BRICELJ, Andraž, VIDEMŠEK, Mateja, HOSTA, Milan. Značilnosti igral na slovenskih igriščih. *Šport : revija za teoretična in praktična vprašanja športa*. 2007, letn. 55, št. 1, str. 29-38, pril., tabele. ISSN 0353-7455. [COBISS.SI-ID [2981297](#)]
- PAJEK, Maja. Gibalne sposobnosti študentk Fakultete za šport kot dejavnik uspešnosti pri programu akrobatike = Motor abilities of female students of the Faculty of Sport as a performance factor in the acrobatics study programme. *Šport : revija za teoretična in praktična vprašanja športa*. 2006, letn. 54, št. 2, str. 62-68, tabele. ISSN 0353-7455. [COBISS.SI-ID [2769073](#)]
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- BOGATAJ, Špela, PAJEK, Maja, PAJEK, Jernej, BUTUROVIĆ-PONIKVAR, Jadranka, PARAVLIĆ, Armin. Exercise-based interventions in hemodialysis patients : a systematic review with a meta-analysis of randomized controlled trials. *Journal of clinical medicine*. 2020, vol. 9, iss. 1, str. 1-22. ISSN 2077-0383. <https://www.mdpi.com/2077-0383/9/1/43>, DOI: [10.3390/jcm9010043](https://doi.org/10.3390/jcm9010043). [COBISS.SI-ID [6822060](#)]
- BOGATAJ, Špela, PAJEK, Jernej, BUTUROVIĆ-PONIKVAR, Jadranka, PAJEK, Maja. Gibalna aktivnost dializnih bolnikov. *Šport : revija za teoretična in praktična vprašanja športa*. 2018, letn. 66, št. 1/2, str. 104-111, ilustr. ISSN 0353-7455. [COBISS.SI-ID [5323697](#)]
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Univerzitetni, visokošolski ali višješolski učbenik z recenzijo

- ČUK, Ivan (avtor, fotograf, urednik), BOLKOVIČ, Toni (avtor, ilustrator), KOKOLE, Jože, KOVAČ, Marjeta, NOVAK, Doljana, ŠIBANC, Karmen (avtor, fotograf), PAJEK, Maja (avtor, fotograf). *Izrazoslovje pri telovadbi*. Ljubljana: Fakulteta za šport, 2018. 156 str., ilustr. ISBN 978-961-6843-85-0. [COBISS.SI-ID [295380992](#)]
- KOVAČ, Marjeta, STREL, Janko, JURAK, Gregor, PAJEK, Maja, STARC, Gregor, PAJEK, Jernej. *Nekatera poglavja didaktike športne vzgoje v prvem in drugem triletnju osnovne šole*. Ljubljana: Fakulteta za šport, cop. 2004 [i.e. 2005]. 199 str., preglednice. ISBN 961-6405-89-6. [COBISS.SI-ID [217180928](#)]
- KOVAČ, Marjeta, ČUK, Ivan, PAJEK, Maja, DEŽMAN, Brane, ZADRAŽNIK, Marko, ROGELJ, Milan, LORENCI, Breda, ŽAKELJ, Marica, VOGLAR, Miran, BAJEC, Dušan, JURAK, Gregor (urednik), STARC, Gregor (urednik). *Ocenjevanje gibalnega znanja pri športni vzgoji : devetletna osnovna šola*.

Ljubljana: Državni izpitni center, 2005. 1 videokaseta (VHS, PAL) (109 min), barve, zvok. ISBN 961-6322-43-5, ISBN 978-961-6322-43-0. [COBISS.SI-ID [218991616](#)]

- KOVAČ, Marjeta, ČUK, Ivan, PAJEK, Maja, DEŽMAN, Brane, ZADRAŽNIK, Marko, ROGELJ, Milan, LORENCI, Breda, ŽAKELJ, Marica, VOGLAR, Miran, BAJEC, Dušan, JURAK, Gregor (urednik), STARC, Gregor (urednik). *Ocenjevanje gibalnega znanja pri športni vzgoji : devetletna osnovna šola*. Ljubljana: Državni izpitni center, 2005. 1 video DVD, barve, zvok. ISBN 961-6322-44-3. [COBISS.SI-ID [218991872](#)]

# OSNOVE MANAGEMENTA V ŠPORTU

## UČNI NAČRT PREDMETA/COURSE SYLLABUS

|                                   |                               |
|-----------------------------------|-------------------------------|
| <b>Predmet:</b>                   | Osnove managementa v športu   |
| <b>Course title:</b>              | Basics of management in sport |
| <b>Članica nosilka/UL Member:</b> | UL FŠ                         |

| Študijski programi in stopnja                   | Študijska smer                  | Letnik    | Semestri    | Izbirnost |
|-------------------------------------------------|---------------------------------|-----------|-------------|-----------|
| Kineziologija, prva stopnja, univerzitetni      | Ni členitve (študijski program) | 3. letnik | 2. semester | obvezni   |
| Športna vzgoja, prva stopnja, univerzitetni     | Ni členitve (študijski program) | 3. letnik | 2. semester | obvezni   |
| Športno treniranje, prva stopnja, univerzitetni | Ni členitve (študijski program) | 3. letnik | 2. semester | obvezni   |

|                                                            |         |
|------------------------------------------------------------|---------|
| <b>Univerzitetna koda predmeta/University course code:</b> | 0042659 |
| <b>Koda učne enote na članici/UL Member course code:</b>   | 1207    |

| Predavanja<br>/Lectures | Seminar<br>/Seminar | Vaje<br>/Tutorials | Klinične vaje<br>/Clinical<br>tutorials | Druge oblike<br>študija<br>/Other forms<br>of study | Samostojno<br>delo<br>/Individual<br>student work | ECTS |
|-------------------------|---------------------|--------------------|-----------------------------------------|-----------------------------------------------------|---------------------------------------------------|------|
| 45                      | 15                  | 15                 |                                         |                                                     | 75                                                | 5    |

|                                   |                         |
|-----------------------------------|-------------------------|
| <b>Nosilec predmeta/Lecturer:</b> | Marta Bon, Tomaž Pavlin |
|-----------------------------------|-------------------------|

|                                    |                    |
|------------------------------------|--------------------|
| <b>Vrsta predmeta/Course type:</b> | obvezni/compulsory |
|------------------------------------|--------------------|

|                          |                      |             |
|--------------------------|----------------------|-------------|
| <b>Jeziki/Languages:</b> | Predavanja/Lectures: | Slovenščina |
|                          | Vaje/Tutorial:       | Slovenščina |

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

Pogoj za pristop k izpitu je opravljen seminar.

### Prerequisites:

Prerequisite for exam is concluded seminar work.

### Vsebina:

1. Organiziranost športa doma in v svetu
2. Šport in globalizacija
3. Etika in morala v športnem managementu
4. Uvod v management športnih organizacij
5. Pomen in značilnosti trženja v športu
6. Sponzorstvo v športu
7. Obnašanje športnih porabnikov
8. HRM -ravljanje z ljudmi v športu
9. Trženjske strategije v športu
10. Organizacija športnih prireditev
11. Financiranje športnih organizacij
12. Politika športa
13. Šport in posamezna področja prava
14. Osnove podjetništva

### Content (Syllabus outline):

1. Organization of sport at home and abroad
2. Sport and globalization
3. Ethics and moral in of sports management
4. Introduction to management of sport organizations
5. Meaning and characteristics of marketing in sport
6. Sponsorship in sport
7. Behavior of clients in sport
8. Human resource management in sport
9. Marketing strategies in sport
10. Organizing sport events
11. Financing of sport organizations
12. Sport politics
13. Sport and specific areas of law

|                                                  |                                |
|--------------------------------------------------|--------------------------------|
| 15. Podjetništvo v športu                        | 14. Basics of entrepreneurship |
| 16. Poslovni načrt v športu                      | 15. Entrepreneurship in sport  |
| 17. Management športnega turizma                 | 16. Business plan in sport     |
| 18. Športni management v povezavi s mediji in PR | 17. Sport&Turism               |
|                                                  | 18. Mangement: Sport&media &PR |

### Temeljna literatura in viri/Readings:

- Šugman, R. s sod. (2006): Športni management. Ljubljana: Fakulteta za šport.
- Taylor, T., Doherty, A., McGraw, P. (2008). Managing people in sport organizations: a strategic human resource management perspective. Oxford: Elsevier.
- Shank, M. (2005): Sports Marketing: A Strategic Perspective, 3rd ed, Prentice Hall.
- Andreff, W., Szymanski, S. (2006). Handbook on the economics of sport. Cheltenham: Elgar.
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- BON, Marta. Trenerji v moštvenih športih. Ljubljana: Fakulteta za šport, Inštitut za šport, 2007. 144 str, večinoma barvne fotogr. ISBN 978-961-6583-34-3. [COBISS.SI-ID [235148800](#)]

### Cilji in kompetence:

1. Spoznati osnove sodobnega managementa in njegovega vpliva na odločanje v športu, športnih dejavnostih in organizacijah
2. Razumeti posebnosti trženja v športu (sponzorstvo, donatorstvo, trženje dogodkov itd.)
3. Spoznati organizacijo športa doma in v svetu
4. Spoznati osnove organizacije športnih dogodkov
5. Spoznati načela financiranja športnih organizacij
6. Spoznati politiko športa doma in v svetu
7. Spoznati pravno in drugo normativno urejanje športa doma in v svetu
8. Seznaniti s pojmi podjetništva in nekaterimi možnimi oblikami podjetništva v športu
9. Seznaniti s poslovnimi orodji za analizo in načrtovanje poslovanja športne organizacije
10. Usposobiti za pripravo enostavnega poslovnega načrta za preverjanje poslovne zamisli na področju športa

#### Predmetno specifične kompetence:

1. Razviti kritično presojanje študijske literature in praktičnih primerov ter razviti sposobnosti in znanja konceptualizacije in reševanja kompleksnih izzivov managementa
2. Razviti sposobnosti uporabe trženjskih konceptov in orodij v športnih dejavnostih in organizacijah
3. Uporaba pridobljenih znanj in poslovnih orodij za načrtovanje realizacije poslovne zamisli na področju športa

### Objectives and competences:

1. To realize the basics of contemporary management and its influence on decision making in sport, sport activities and organizations
2. To understand the specifics of sport marketing (sponsorship, donations, marketing of events etc.)
3. To realize the organization of sport at home and abroad
4. To realize the basics of organizing sport events
5. To realize the principles of financing sport organizations
6. To realize sport policy at home and abroad
7. To realize legislative and other normative regulation of sport at home and abroad
8. To get acquainted with the concepts of entrepreneurship and some possible forms of entrepreneurship in sport
9. To realize business tools for analysis and planning of sport organization functioning
10. To qualify students for preparation of simple business plan for establishing business idea in sport

#### Competences:

1. To develop critical view of studied literature and practical examples, and develop the capabilities and knowledge for conceptualization and solving of complex challenges of management
2. To develop the capabilities for the use of marketing concepts and tools in sport events and organizations
3. Use of acquired knowledge and business tools for planning of realization of a business idea in sport

### Predvideni študijski rezultati:

Znanje in razumevanje:

### Intended learning outcomes:

Knowledge and understanding:

|                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <ul style="list-style-type: none"> <li>Študenti pridobijo osnovna znanja o managementu športnih organizacij in trženja v športu, pregled nad organizacijo športa in pravnim urejanjem športa, razumevanje pojmov podjetništva in poznavanje poslovnih orodij za analizo in načrtovanje poslovanja športne organizacije.</li> <li>Pri tem dosežejo razumevanje konceptov in orodij trženja, ki so specifični za trženje športa (športne industrije, športnih dogodkov, organizacij), razumevanje vpliva zunanjega okolja na odločanje v športu, znanja razvoja in izvedbe trženjskega načrta in strategij, sponzorstva.</li> </ul> <p>Uporaba</p> <p>Poglobljeno seznanjanje s teoretičnimi koncepti in praktičnimi primeri na tem strokovnem področju bo študente usposobilo</p> <ul style="list-style-type: none"> <li>za njihovo temeljito razumevanje, povezovanje, kritično vrednotenje in praktično uporabo.</li> <li>V skupinskih diskusijah izmenjujejo mnenja o pridobljenih znanjih s pomočjo praktičnih primerov iz poslovne prakse.</li> <li>Uporaba teoretičnih konceptov podjetništva in poslovnih orodij pri izdelavi poslovnega načrta za udeležanje poslovne zamisli v športu</li> </ul> <p>Refleksija</p> <ul style="list-style-type: none"> <li>Študenti spremljajo lastno razumevanje trženjske teorije, managementa športnih organizacij na področju športa in obravnavanih primerov prek sodelovanja na predavanjih in vajah ter seminarjih (skupinske diskusije, obravnave domačih nalog – primerov, projektno delo). Z izpolnjevanjem zastavljenih nalog ter z aktivnim sodelovanjem v razpravah seminarjev in vaj študenti razvijajo sposobnosti razumevanja, analiziranja in kritičnega miselnega pristopa k izbranim primerom.</li> <li>Študenti bodo sposobni primerjati teoretične koncepte organiziranosti in pravnega urejanja športa z ugotovitvami iz prakse ter na temelju te primerjave kritično ocenjevati tako obravnavano teorijo kot tudi dogajanje v praksi.</li> <li>Utemeljevanje izdelave poslovnega načrta za konkretno poslovno zamisel.</li> <li>Kritično ovrednotenje dobrega in slabega poslovnega načrta.</li> </ul> | <ul style="list-style-type: none"> <li>Students gain basic knowledge of management of sport organizations and marketing in sport, overview of organization of sport and legislative regulation of sport, understanding the concepts of entrepreneurship and get familiar with the business tools for the analysis and planning of sport organization functioning.</li> <li>Through this they achieve the understanding of concepts and marketing tools, specific for sport marketing (sport industry, sport events, sport organizations), the understanding of external environment on decision making in sport, understanding of development and implementation of marketing plan and strategies, and understanding of sponsorship.</li> </ul> <p>Utilization of knowledge</p> <p>In depth knowledge of theoretical concepts and practical examples in this professional field are going to enable students</p> <ul style="list-style-type: none"> <li>to understand, critically assess and use them in practical situations.</li> <li>In group discussions students exchange opinions about acquired knowledge through practical examples from business practice.</li> <li>They use the theoretical concepts and business tools to produce a business plan for realization of business idea in sport.</li> </ul> <p>Reflexion</p> <ul style="list-style-type: none"> <li>Students follow their own understanding of marketing theories, management of sport organizations and presented examples through their attendance and activities at lectures, exercises and seminars (group discussions, discussions of homework assignments, project work). The fulfillment of tasks and active participation in seminar discussions students develop their understanding, analysis and critical approach of selected examples.</li> <li>Students will be able to compare theoretical concepts of organization and legislative regulation of sport with their practical experience and based on this comparison critically evaluate the studied theory as well as situations in practice.</li> <li>Students will be able to construct an argumentation for a concrete business idea.</li> <li>Students will be able to critically assess good and bad business plan.</li> </ul> |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|

|                                                                      |                                                                           |
|----------------------------------------------------------------------|---------------------------------------------------------------------------|
| <b>Metode poučevanja in učenja:</b><br>Predavanja, seminarji in vaje | <b>Learning and teaching methods:</b><br>Lectures, seminars and exercises |
|----------------------------------------------------------------------|---------------------------------------------------------------------------|

|                                                      |                                           |                                                              |
|------------------------------------------------------|-------------------------------------------|--------------------------------------------------------------|
| <b>Načini ocenjevanja:</b><br>projekt<br>pisni izpit | <b>Delež/Weight</b><br>50,00 %<br>50,00 % | <b>Assessment:</b><br>seminar project<br>written examination |
|------------------------------------------------------|-------------------------------------------|--------------------------------------------------------------|

Ocenjevalna lestvica:

Grading system:

## Reference nosilca/Lecturer's references:

### MARTA BON

- BON, Marta, ČATER, Tomaž. *NOGOMET3 : načrtovanje (trojne) kariere nogometašev se začne v nogometnem vrtcu*. Ljubljana: Fakulteta za šport, 2018. 9 str. [COBISS.SI-ID [5646001](#)] kategorija: SU (S)
- BON, Marta, CRNEK, Dejan, KOLENC, Marko, REMIH, Aleš, SODRŽNIK, Janez, et al.. *Strategija športa v Mestni občini Ljubljana do 2028*. Ljubljana: Mestna občina Ljubljana, 2018. 18 str., tabele. [https://www.sport-ljubljana.si/f/docs/Poslanstvo\\_in\\_vizija/Strategija-sporta-v-Mestni-obcini-Ljubljana-do-2028-25.4.2018-za-jav.pdf](https://www.sport-ljubljana.si/f/docs/Poslanstvo_in_vizija/Strategija-sporta-v-Mestni-obcini-Ljubljana-do-2028-25.4.2018-za-jav.pdf). [COBISS.SI-ID [5645745](#)]
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### Članki:

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- BON, Marta, TERČIČ, Peter. Nekateri predlogi strateških ukrepov za razvoj rokometna na mivki v Sloveniji. *Trener rokomet :*
- PROŠT ŠILC, Petra, ČATER, Tomaž, BON, Marta. Zastopništvo v rokometu - managerji ali posredniki?. *Trener rokomet : revija Združenja rokometnih trenerjev Slovenije*, ISSN 1318-7333, 2018, letn. 24, št. 1, str. 37-44. [http://www.rokometna-zveza.si/si/files/default/zrts/REVIJE%20TRENER/revija\\_trener\\_oktober\\_2018.pdf](http://www.rokometna-zveza.si/si/files/default/zrts/REVIJE%20TRENER/revija_trener_oktober_2018.pdf). [
- BON, Marta. Veščine vodenja v trenerstvu - zaželeno in potrebne lastnosti za vodenje ljudi. *Trener rokomet : revija Združenja rokometnih trenerjev Slovenije*,
- BON, Marta. Specifičnosti vodenja v trenerstvu : komuniciranje trenerja v kriznih situacijah v klubu. *Trener rokomet : revija Združenja rokometnih trenerjev Slovenije*, ISSN 1318-7333, 2010, letn. 17, št. 1, str. 11-13. [COBISS.SI-ID [3895473](#)]
- BON, Marta. Možni slogi vodenja v trenerstvu. *Trener rokomet : revija Združenja rokometnih trenerjev Slovenije*, ISSN 1318-7333, 2009
- BON, Marta, DOUPONA, Mojca. Occupational specifics of elite female handball players in relation to injury recovery, social support and environmental factors. *International Journal of Occupational Medicine and Environmental Health*, ISSN 1232-1087, 2021, vol. 31, no. 1, str. 1-10, BON, Marta. Characteristics of adolescents' active lifestyle in the city of Ljubljana = Značilnosti aktivnega življenjskega sloga mladostnikov v Mestni občini Ljubljana. *Annales kinesiologiae*, ISSN 2232-2620. [Tiskana izd.], 2019, vol. 10, no. 2, str. 87-98,
- BON, Marta, DOUPONA, Mojca, ŠIBILA, Marko. The El Dorado of handball? Foreign female players stay, while domestic players return from abroad. *Journal of Human Kinetics*, ISSN 1640-5544, 2016, vol. 50, str. 219-227, tabele, ilustr. <http://www.johk.pl/files/10078-50-2016-v50-2016-24.pdf>, [http://www.johk.pl/volume\\_50.html](http://www.johk.pl/volume_50.html), doi: [10.1515/hukin-2015-0159](#).
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- BON, Marta, ČATER, Tomaž, DOUPONA, Mojca. Analysis of Slovenian women's handball - two worlds in a small country. *Sport Mont : časopis za sport, fizičko kulturo i zdravje*, ISSN 1451-7485, sep. 2012, br. 34,35,36./X, str. 27-33,
- BON, Marta. A sports career and education : characteristics of participants in specialised handball classes = Športna kariera in izobraževanje : značilnosti dijakov, vključenih v specializirane rokometne oddelke. *Kinesiologia Slovenica : scientific journal on sport*,
- BON, Marta, ČATER, Tomaž, POHLEVEN, Bernarda. SWOT analiza slovenskega ženskega rokometna kot osnova za njegov izboljšani strateški management = SWOT analysis of Slovenian women's handball as a basic for its improved strategic management. *Šport : revija za teoretična in praktična vprašanja športa*, ISSN 0353-7455, 2009

### TOMAŽ PAVLIN

- PAVLIN, Tomaž. "Športna zgodba, stkana iz dejavnosti tisočev" : osamosvojitve in šport, tranzicija in dileme. V: GAŠPARIČ, Jure (ur.), ŠORN, Mojca (ur.). *Četrto stoletje Republike Slovenije - izživi, dileme, pričakovanja*. Ljubljana: Inštitut za novejšo zgodovino, 2016. Str. 85-95. ISBN 978-961-6386-67-8. [COBISS.SI-ID [3587188](#)]

- PAVLIN, Tomaž. Oris razvoja celjske telesne kulture in športa po drugi svetovni vojni. V: POČIVAVŠEK, Marija (ur.), et al. *Iz zgodovine Celja*. Celje: Muzej novejšje zgodovine. 2006, zv. 5, str. 241-256, ilustr. Odsevi preteklosti, 1; 2; 3; 4; 5. ISBN 961-90173-6-6, ISBN 961-90173-1-5, ISBN 961-6339-00-1, ISBN 961-6339-08-7, ISBN 961-6339-14-1, ISBN 978-961-6339-14-8. [COBISS.SI-ID [2914737](#)]
- PAVLIN, Tomaž. Šport v "Kozlerjevem vrtu" : razvoj športnih igrišč pod Cekinovem gradom in ob njem. *Kronika : časopis za slovensko krajevno zgodovino*. [Tiskana izd.]. 2007, letn. 55, št. 3, str. 469- 484, ilustr. ISSN 0023-4923. <http://hdl.handle.net/11686/4727>. [COBISS.SI-ID [3094449](#)]
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- PAVLIN, Tomaž. Ustanavljanje Sokola Kraljevine Jugoslavije. *Prispevki za novejšjo zgodovino*. [Tiskana izd.]. 2002, letn. 42, št. 1, str. 55-72. ISSN 0353-0329. <http://hdl.handle.net/11686/1540>. [COBISS.SI-ID [1596337](#)]
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- PAVLIN, Tomaž. Sport for all in Slovenia : heritage and actuality. V: EICHBERG, Henning (ur.), KOSIEWICZ, Jerzy (ur.), OBODYŃSKI, Kazimierz (ur.). *Sport for all as a form of education*. Rzeszów: Wydawnictwo Uniwersytetu Rzeszowskiego, cop. 2007. Str. 74-86. ISBN 978-83-7338-054-7. [COBISS.SI-ID [3148209](#)]
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# OSNOVE POTAPLJANJA NA VDIH

## UČNI NAČRT PREDMETA/COURSE SYLLABUS

|                                   |                            |
|-----------------------------------|----------------------------|
| <b>Predmet:</b>                   | Osnove potapljanja na vdih |
| <b>Course title:</b>              | Basics of diving on breath |
| <b>Članica nosilka/UL Member:</b> | UL FŠ                      |

| Študijski programi in stopnja                   | Študijska smer                  | Letnik | Semestri    | Izbirnost |
|-------------------------------------------------|---------------------------------|--------|-------------|-----------|
| Kineziologija, prva stopnja, univerzitetni      | Ni členitve (študijski program) |        | 2. semester | izbirni   |
| Športna vzgoja, prva stopnja, univerzitetni     | Ni členitve (študijski program) |        | 2. semester | izbirni   |
| Športno treniranje, prva stopnja, univerzitetni | Ni členitve (študijski program) |        | 2. semester | izbirni   |

|                                                            |         |
|------------------------------------------------------------|---------|
| <b>Univerzitetna koda predmeta/University course code:</b> | 0045196 |
| <b>Koda učne enote na članici/UL Member course code:</b>   | 682     |

| Predavanja<br>/Lectures | Seminar<br>/Seminar | Vaje<br>/Tutorials | Klinične vaje<br>/Clinical<br>tutorials | Druge oblike<br>študija<br>/Other forms<br>of study | Samostojno<br>delo<br>/Individual<br>student work | ECTS |
|-------------------------|---------------------|--------------------|-----------------------------------------|-----------------------------------------------------|---------------------------------------------------|------|
| 15                      |                     | 30                 |                                         |                                                     | 45                                                | 3    |

|                                   |                               |
|-----------------------------------|-------------------------------|
| <b>Nosilec predmeta/Lecturer:</b> | Jernej Kapus, Marko Zadražnik |
|-----------------------------------|-------------------------------|

|                                    |                                   |
|------------------------------------|-----------------------------------|
| <b>Vrsta predmeta/Course type:</b> | splošni izbirni/general selective |
|------------------------------------|-----------------------------------|

|                          |                      |             |
|--------------------------|----------------------|-------------|
| <b>Jeziki/Languages:</b> | Predavanja/Lectures: | Slovenščina |
|                          | Vaje/Tutorial:       | Slovenščina |

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

Pogoj za vključitev v delo je znanje plavanja; pogoj za pristop k izpitu je praktična predelava terenskih vaj.

### Prerequisites:

Swimming; practice in water

### Vsebina:

Temeljna vsebinska področja:

- oprema za potapljanje na vdih in njena uporaba;
- osnovne zakonitosti delovanja potapljača v odprtih vodah;
- fiziološke, fizikalne, medicinske in psihološke zakonitosti pri potapljanju na vdih;
- privajanje na delovanje v vodi;
- osnove prve pomoči pri potapljanju;
- metodični postopek učenja potapljanja na vdih.
- Različni načini potopa: dihalanje, globinski potop.
- Pomoč in reševanje pri potapljaških nesrečah

### Content (Syllabus outline):

Basic areas of subject matter:

- equipment for breath hold diving in their using
- the basics legality of the diver operation in the open water
- physiological, physical, medical and psychological legality in breath hold diving
- habituation on the operation in the water
- the basics of first aid in breath hold diving
- methodical process of the teaching in breath hold diving

**Temeljna literatura in viri/Readings:**

- Gošović, S. (1990). Ronjenje u sigurnosti. Zagreb, Jugoslavenska medicinska naklada.
- Pistotnik, B. (2002). Potapljanje za vsakogar. Ljubljana, Fakulteta za šport.
- Pistotnik, B. (2004). Vedno z igro. Ljubljana, Fakulteta za šport.
- Pistotnik, B. (2005). Potapljanje na vdih – potapljanje za vsakogar (didaktični DVD). Ljubljana, Fakulteta za šport.
- Bitenc S., Pistotnik B, Furman A. (2016). Potapljanje na vdih (Priročnik za tečaj potapljanja na vdih - ZIPS. <http://www.zips.si>
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- Kapus, V., Štrumbelj, B., Kapus, J., Jurak, G., Šajber-Pinolič, D., Bednarik, J., Vute, R., Čermak, V., Kapus, M. (2002). Plavanje, Učenje. Ljubljana: Univerza v Ljubljani, Fakulteta za šport.
- Kapus, J., Ušaj, A., Daić, J. in Jeranko, S. (2015). Tekmovalna sezona dveh vrhunskih slovenskih potapljačev. Šport 63(3/4), 95-103.
- Koštomaj, A., Kapus, J. (2017). Omejitveni dejavniki pri statični apneji. Šport, 65 (1/2), 50-55.
- Schagatay, E. (2009). Predicting performance in competitive apnea diving. Part 1: static apnoea. Diving and Hyperbaric Medicine 39(2), 88-99.
- Schagatay, E. (2010). Predicting performance in competitive apnea diving. Part 2: dynamic apnea. Diving and Hyperbaric Medicine 40(1), 11-22.
- Schagatay, E. (2011). Predicting performance in competitive apnea diving. Part 3: deep diving. Diving and Hyperbaric Medicine 41(4), 216-228.

**Cilji in kompetence:**

Cilj je spoznati osnovne metodične postopke učenja potapljanja na vdih in pridobiti sigurnost v vodi.

Predmetno specifične kompetence:

- načrtovanje, izvajanje ter vodenje procesa prilagajanja na vodo in učenja potapljanja na vdih;
- poznavanje fizioloških, fizikalnih, medicinskih in psiholoških zakonitosti pri potapljanju na vdih;
- poznavanje potaplaške opreme in zakonitosti delovanja v odprtih vodah;
- obvladanje prve pomoči pri potaplaških nesrečah;
- doseganje visoke ravni praktične usposobljenosti za neposredno strokovno delo;
- prilagodljiva uporaba znanja v praksi;
- uporaba splošnih pedagoških strategij v praksi.

**Objectives and competences:**

The own goals are understand the basics of methodical process of the teaching in breath hold diving and earning the safeness in the water.

Specifically competences are:

- planning, implementing and management of conformance on the water and teaching of the breath hold diving
- knowledge of the physiological, physical, medical and psychological legality in breath hold diving
- knowledge of the diving equipment and legality of the operation in the open water
- mastery of first aid at the divers accidents
- high level for direct craftsmanship
- adaptive useful of knowledge in praxis
- application of general pedagogical strategies in praxis.

**Predvideni študijski rezultati:**

Obvladanje uspešnega in varnega potapljanja na vdih. Uporaba teorije in izkušenj v praksi ter upoštevanje zakonitosti poučevanja na posameznih primerih ter kritično utemeljevanje in evalvacija pedagoškega procesa.

**Intended learning outcomes:**

Knowledge and understanding:

- mastery of successfully and safety diving
- application of theory and experiences in praxis and take into account the legalities of teaching

**Metode poučevanja in učenja:**

Predavanja, terenske vaje, simulacije.

**Learning and teaching methods:**

Lectures, field practice, simulations.

**Načini ocenjevanja:****Delež/Weight****Assessment:**

|                    |         |                       |
|--------------------|---------|-----------------------|
| ustni izpit        | 70,00 % | oral examination      |
| praktični preizkus | 30,00 % | practical examination |

**Ocenjevalna lestvica:****Grading system:**

|  |  |
|--|--|
|  |  |
|--|--|

#### Reference nosilca/Lecturer's references:

Marko Zadražnik:

- Marko Zadražnik je dolgoletni sodelavec na predmetu (danes imenovanem) Vodne dejavnosti v šolskem programu: Potapljanje na vdih. V času sodelovanja je aktivno sooblikoval vsebine programa.
- Po ukinitvi omenjenega programa je bil oblikovan izbirni program »Osnove potapljanja na vdih« na katerem predava temo »Ribe Jadrana in osnove podvodnega ribolova« ter sodeluje pri izvedbi tečaja izven sedeža fakultete (Pula, otok Veruda).
- V času strokovnega sodelovanja na predmetu se je udeležil nekaterih kongresov s področja potapljanja na vdih in tudi prisostvoval predavanjem na simpozijih »Dnevi potapljanja na vdih« (nekateri so bili organizirani tudi na Fakulteti za šport).
- Opravi je usposabljanje za avtonomni naziv CMAS \*\* (2 STRAS), opravi je izobraževanje DAN (Divers Alert Network Europe).
- Ima naziv »inštruktor za potapljanje na vdih«.

Jernej Kapus:

- Kapus, V., Štirn, I., Kapus, J., Štrumbelj, B., Rapuš, A. (2004). Plavanje in potapljanje v apneji pri reševanju iz vode. V: V. Kapus (ur.), *Reševanje iz vode, aktivna varnost in prva pomoč*. Ljubljana: Fakulteta za šport, Inštitut za šport (65-77).
- Kapus, J., Daić, J., Jeranko, S., Ušaj, A. (2013). Laboratorijski testi kot pomoč pri ocenjevanju zmogljivosti potapljačev. *Šport*, 61 (1/2), 37-42.
- Kapus, J., Ušaj, A., Daić, J., Jeranko, S. (2015). Tekmovalna sezona dveh vrhunskih slovenskih potapljačev. *Šport*, 63 (3/4), 95-103.
- Kapus, J., Ušaj, A., Jeranko, S., Daić, J. (2016). The effects of seasonal training on heart rate and oxygen saturation during face-immersion apnea in elite breath-hold diver : a case report. *The Journal of sports medicine and physical fitness*, 56 (1/2), 162-170.
- Ivanuša, N., Kapus, J., Jeranko, S., Vidmar, D., Dacinger, R. (2017). Potapljaški refleks, (*Ugriznimo v znanost*). Ljubljana: Radiotelevizija Slovenija.
- Koštomaj, A., Kapus, J. (2017). Omejitveni dejavniki pri statični apneji. *Šport*, 65 (1/2), 50-55.
- Koštomaj, A., Kapus, J. (2017). Statična apneja na vdih in izdih v vodi in na kopnem. *Šport*, 65 (3/4), 129-137.

# PADEL TENIS

## UČNI NAČRT PREDMETA/COURSE SYLLABUS

|                           |              |
|---------------------------|--------------|
| <b>Predmet:</b>           | Padel tenis  |
| <b>Course title:</b>      | Padel tennis |
| <b>Članica nosilka/UL</b> | UL FŠ        |
| <b>Member:</b>            |              |

| Študijski programi in stopnja                                                            | Študijska smer                  | Letnik | Semestri    | Izbirnost |
|------------------------------------------------------------------------------------------|---------------------------------|--------|-------------|-----------|
| Kineziologija, prva stopnja, univerzitetni<br>(od študijskega leta 2025/2026 dalje)      | Ni členitve (študijski program) |        | 2. semester | izbirni   |
| Športna vzgoja, prva stopnja, univerzitetni<br>(od študijskega leta 2025/2026 dalje)     | Ni členitve (študijski program) |        | 2. semester | izbirni   |
| Športno treniranje, prva stopnja, univerzitetni<br>(od študijskega leta 2025/2026 dalje) | Ni členitve (študijski program) |        | 2. semester | izbirni   |

Univerzitetna koda predmeta/University course code: 0644411

| Predavanja<br>/Lectures | Seminar<br>/Seminar | Vaje<br>/Tutorials | Klinične vaje<br>/Clinical<br>tutorials | Druge oblike<br>študija<br>/Other forms<br>of study | Samostojno<br>delo<br>/Individual<br>student work | ECTS |
|-------------------------|---------------------|--------------------|-----------------------------------------|-----------------------------------------------------|---------------------------------------------------|------|
| 15                      |                     | 45                 |                                         |                                                     | 60                                                | 4    |

Nosilec predmeta/Lecturer: Aleš Filipčič

Vrsta predmeta/Course type: Splošni izbirni predmet/Selective course

Jeziki/Languages:

|                      |             |
|----------------------|-------------|
| Predavanja/Lectures: | Slovenščina |
| Vaje/Tutorial:       | Slovenščina |

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

Ni posebnih pogojev

Prerequisites:

No special requirements

Vsebina:

**Teoretični del:**

- Padel - osnovne informacije o igri
- Padel - analiza igre
- Dejavniki poučevanja padla
- Metodični pristopi, metode in postopki učenja in razvoj padla
- Osnove taktike padla
- Osnovni principi izvedbe padel udarcev in gibanj.

**Praktični del:**

- Učenje in razvoj temeljnih udarcev in gibanj pri padlu

Content (Syllabus outline):

**Theoretical part:**

- Padel - game analysis
- Padel - basic information about the game
- Didactic factors of teaching padel
- Methodological approaches, learning methods and procedures and the development of padel
- The basics of padel tactics,
- The basic principles of execution of padel strokes and movements.

**Practical part:**

- Learning and developing basic padel strokes and movements

|                                                                                                                                                                                       |                                                                                                                                                                                                      |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <ul style="list-style-type: none"> <li>• Razumevanje in razvoj strategije in taktike pri padlu</li> <li>• Razvoj taktike in tehnike v različnih igralnih padel situacijah.</li> </ul> | <ul style="list-style-type: none"> <li>• Understanding and developing padel strategy and tactics on court</li> <li>• Developing tactics and technique in different padel game situations.</li> </ul> |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|

### Temeljna literatura in viri/Readings:

|                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <ul style="list-style-type: none"> <li>• Carbonell Martínez, J.A., Ferrándiz Moreno, J., &amp; Pascual Verdú, N. (2017). Análisis de la frecuencia cardíaca en el pádel femenino amateur. [Analysis of heart rate in amateur female padel.] Retos: Nuevas Perspectivas de Educación Física, Deporte y Recreación, 32, 204-207.</li> <li>• Carrasco, L., Romero, S., Sañudo, B., &amp; de Hoyo, M. (2011). Game analysis and energy requirements of paddle tennis competition / Analyse du jeu et exigences physiologiques dans la pratique du padel en compétition. Science and Sports, 26(6), 338-344</li> <li>• Courel-Ibáñez, J., Sánchez-Alcaraz, B.J., García, S., &amp; Echegaray, M. (2017a). Evolution of padel in Spain according to practitioners' gender and age. Cultura, Ciencia y Deporte, 12(34), 39-46. <a href="https://doi.org/10.12800/ccd.v12i34.830">https://doi.org/10.12800/ccd.v12i34.830</a></li> <li>• Courel-Ibáñez, J., Sánchez-Alcaraz, B.J., &amp; Cañas, J. (2017b). Game performance and length of rally in professional padel players. Journal of Human Kinetics, 55(1), 161-169.</li> <li>• Díaz García, J., Grijota Pérez, F.J., Robles Gil, M.C., Maynar Mariño, M., &amp; Muñoz Marín, D. (2017). Estudio de la carga interna en pádel amateur mediante la frecuencia cardíaca. [Study of internal load in amateur padel through heart rate.] Apunts: Educacion Fisica y Deportes, 127(1), 75-81.</li> <li>• FEP – Federación Española de Pádel. (2021). Evolución de las licencias jugador/a últimos años. [Evolution of the number of players' licences in the past few years.] Retrieved from <a href="https://www.padelfederacion.es/Datos_Federacion.asp?Id=0">https://www.padelfederacion.es/Datos_Federacion.asp?Id=0</a></li> <li>• FIP – Federación Internacional de Pádel. (2017). Reglamento oficial de juego del Pádel. [Official rules of padel.]</li> <li>• Retrieved from <a href="http://www.padelfederacion.es/paginas/docs/REGLAMENTOJUEGO2010.pdf">http://www.padelfederacion.es/paginas/docs/REGLAMENTOJUEGO2010.pdf</a></li> <li>• Garcia-Benitez, S., Courel-Ibanez, J., Perez-Bilbao, T., &amp; Felipe, J.L. (2018). Game responses during young padel match play: Age and sex comparisons. Journal of Strength and Conditioning Research, 32(4), 1144-1149. doi: 10.1002/ps.485010.1519/jsc.0000000000001951</li> <li>• García-Benítez, S., Pérez-Bilbao, T., Echegaray, M., &amp; Felipe, J.L. (2016). Influencia del género en la estructura</li> <li>• temporal y las acciones de juego del pádel profesional. [The influence of gender on temporal structure and match</li> <li>• activity patterns of professional padel tournaments.] Cultura, Ciencia y Deporte, 11(33), 241-247.</li> <li>• Parraca JA, Alegrte J, Villafaina S, et al. Heart Rate Variability Monitoring during a Padel Match. International Journal of Environmental Research and Public Health 2022; 19: 3623.</li> <li>• Priego, J.I., Melis, J.O., Llana-Belloch, S., Pérez-Soriano, P., García, J.C.G., &amp; Almenara, M.S. (2013). Padel: A Quantitative study of the shots and movements in the high-performance. Journal of Human Sport and Exercise, 8(4), 925-931.</li> <li>• Ramón-Llin J, Guzmán J, Martínez-Gallego R, et al. Comparison of service tactic formation on players' movements</li> <li>• and point outcome between national and beginner level padel. PloS one 2021; 16: e0250225.</li> <li>• Sánchez-Alcaraz Martínez, B.J., Courel-Ibáñez, J., &amp; Cañas, J. (2018). Estructura temporal, movimientos en pista y acciones de juego en pádel: revisión sistemática. [Temporal structure, court movements and game actions in padel: A systematic review.] Retos: Nuevas Perspectivas de Educación Física, Deporte y Recreación, (33),</li> <li>• 308-312.</li> <li>• Sanchez-Munoz C, Muros JJ, Canas J, Courel-Ibanez J, Sanchez-Alcaraz BJ, Zabala M. Anthropometric and Physical Fitness Profiles of World-Class Male Padel Players. Int J Environ Res Public Health. 2020;17(2).</li> </ul> |
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### Cilji in kompetence:

|                                                                                                                                                                                                                                                                                                           |                                                                                                                                                                                                                                                                |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <ul style="list-style-type: none"> <li>• Študenti poznajo in razumejo metodične postopke poučevanja padla,</li> <li>• Študenti poznajo in razumejo taktične in tehnične osnove padla,</li> <li>• Študenti so sposobni izvajati udarce in gibanja v skladu s temeljnimi biomehanskimi principi,</li> </ul> | <h3>Objectives and competences:</h3> <ul style="list-style-type: none"> <li>• Students know and understand the methodological procedures of teaching padel,</li> <li>• Students know and understand the tactical and technical principles of padel,</li> </ul> |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|

|                                                                                                                                        |                                                                                                                                                                                                                                                         |
|----------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <ul style="list-style-type: none"> <li>Študenti so sposobni izvesti modelni trening z začetnikimi in naprednejšimi igralci.</li> </ul> | <ul style="list-style-type: none"> <li>Students are able to execute padel strokes and movements according to basic biomechanical principles,</li> <li>Students are able to conduct padel model training with beginners and advanced players.</li> </ul> |
|----------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|

|                                                                                                                                                                                                                                                                                        |                                                                                                                                                                                                                                                                                                                              |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Predvideni študijski rezultati:</b>                                                                                                                                                                                                                                                 | <b>Intended learning outcomes:</b>                                                                                                                                                                                                                                                                                           |
| Znanje in razumevanje: <ul style="list-style-type: none"> <li>Poznavanje in razumevanje temeljnih značilnosti padla,</li> <li>Poznavanje in razumevanje osnov taktike in tehnike pri padlu,</li> <li>Poznavanje, razumevanje in izvajanje osnovnih padel udarcev in gibanj.</li> </ul> | Knowledge and understanding: <ul style="list-style-type: none"> <li>Knowledge and understanding of basic padel characteristics,</li> <li>Knowledge and understanding of the fundamentals of tactics and technique in padel,</li> <li>Knowledge, understanding and execution of basic padel strokes and movements.</li> </ul> |

|                                                                                                    |                                                                                                             |
|----------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------|
| <b>Metode poučevanja in učenja:</b>                                                                | <b>Learning and teaching methods:</b>                                                                       |
| Predavanja. Vaje: delo v skupini, individualne naloge, sodelovalno učenje / poučevanje, delavnice. | Lectures. Practical classes: group work, individual assignments, collaborative learning/teaching, workshops |

|                                                                   |                     |                                                                       |
|-------------------------------------------------------------------|---------------------|-----------------------------------------------------------------------|
| <b>Načini ocenjevanja:</b>                                        | <b>Delež/Weight</b> | <b>Assessment:</b>                                                    |
| Teoretični pisni izpit                                            | 30,00 %             | Theoretical written examination                                       |
| Ocena igralnih veščin v padel igri                                | 30,00 %             | Evaluation of playing skills in padel game.                           |
| Ocena veščin poučevanja začetnikov in naprednejših padel igralcev | 40,00 %             | Assessment of teaching skills of beginner and advanced padel players. |

|                                                          |                                                                |
|----------------------------------------------------------|----------------------------------------------------------------|
| <b>Ocenjevalna lestvica:</b>                             | <b>Grading system:</b>                                         |
| 5 - 10, pri čemer velja, da je pozitivna ocena od 6 - 10 | 5 - 10, a student passes the exam if he is graded from 6 to 10 |

|                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Reference nosilca/Lecturer's references:</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |
| <ul style="list-style-type: none"> <li>FILIPČIČ, Aleš. Izobraževanje in usposabljanje v tenisu - pogled nazaj za korak naprej. <i>Šport : revija za teoretična in praktična vprašanja športa</i>. 2016, letn. 64, št. 1/2, str. 35-38</li> <li>FILIPČIČ, Aleš, FILIPČIČ, Tjaša. Novi vidiki učenja tenisa. <i>Šport : revija za teoretična in praktična vprašanja športa</i>. 2003, letn. 51, št. 4, str. 11-15</li> <li>KONDRIČ, Miran, FILIPČIČ, Aleš, VUČKOVIČ, Goran, KOŠNIK, Miha. <i>Osnove učenja športnih iger z loparji : seminarsko gradivo</i>. Ljubljana: Univerza v Ljubljani, Fakulteta za šport, Center za stalno strokovno izpopolnjevanje, 2004</li> <li>FILIPČIČ, Aleš, FILIPČIČ, Tjaša. <i>Tenis : učenje</i>. Dopolnjena izd. Ljubljana: Fakulteta za šport, Inštitut za šport, 2003. 159.</li> </ul> |

# PEDAGOGIKA ŠPORTA

## UČNI NAČRT PREDMETA/COURSE SYLLABUS

|                                   |                   |
|-----------------------------------|-------------------|
| <b>Predmet:</b>                   | Pedagogika športa |
| <b>Course title:</b>              | Sport pedagogy    |
| <b>Članica nosilka/UL Member:</b> | UL FŠ             |

| Študijski programi in stopnja               | Študijska smer                  | Letnik    | Semestri  | Izbirnost |
|---------------------------------------------|---------------------------------|-----------|-----------|-----------|
| Športna vzgoja, prva stopnja, univerzitetni | Ni členitve (študijski program) | 1. letnik | Celoletni | obvezni   |

|                                                            |         |
|------------------------------------------------------------|---------|
| <b>Univerzitetna koda predmeta/University course code:</b> | 0045064 |
| <b>Koda učne enote na članici/UL Member course code:</b>   | 560     |

| Predavanja<br>/Lectures | Seminar<br>/Seminar | Vaje<br>/Tutorials | Klinične vaje<br>/Clinical tutorials | Druge oblike študija<br>/Other forms of study | Samostojno delo<br>/Individual student work | ECTS |
|-------------------------|---------------------|--------------------|--------------------------------------|-----------------------------------------------|---------------------------------------------|------|
| 60                      | 15                  |                    |                                      | 30                                            | 105                                         | 7    |

|                                   |              |
|-----------------------------------|--------------|
| <b>Nosilec predmeta/Lecturer:</b> | Jožef Štihec |
|-----------------------------------|--------------|

|                                    |                    |
|------------------------------------|--------------------|
| <b>Vrsta predmeta/Course type:</b> | obvezni/compulsory |
|------------------------------------|--------------------|

|                          |                      |             |
|--------------------------|----------------------|-------------|
| <b>Jeziki/Languages:</b> | Predavanja/Lectures: | Slovenščina |
|                          | Vaje/Tutorial:       | Slovenščina |

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

- (a) pogoj za vključitev v delo je vpis v letnik študija,  
(b) dovolj velika prisotnost na seminarjih ter zagovor seminarske naloge so predpogoj za pristop k izpitu.

### Prerequisites:

- (a) official student of Faculty of sport  
(b) Active participation in the seminar and a seminar paper are required to take the exam.

### Vsebina:

Vsebine so vezane na obravnavo različnih dejavnikov, ki sodelujejo v procesu vzgoje (in izobraževanja) šolske mladine in otrok s posebnimi potrebami, zlasti skozi proces športne vzgoje v vrtcu oz. šoli. Študente seznanimo z vzgojo kot sestavino družbene biti ter njene kompleksnosti in dialektičnosti.

#### Temeljna vsebinska področja:

- kaj je vzgoja skozi različne pojavne oblike športa
- razvoj vzgoje
- pedagogika športa kot znanost
- značilnosti vzgojnega procesa kot človeku lastne in družbene dejavnosti
- dialektičnost vzgoje
- odnos med vzgojo in izobraževanjem pri športni vzgoji v šoli

### Content (Syllabus outline):

The topics are related to the treatment of the various factors involved in the process of education of school children and children with special needs, in particular through the process of physical education (sport) in kindergarten or. school. Students are familiarized with education as a component of social being and its complexity and dialectics.

#### Topics

- what is education, education through different forms of sport
- development of pedagogy,
- sport pedagogy as a science,
- characteristics of the educational process,
- dialectics of education,
- education vs. dressage,

|                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |
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| <ul style="list-style-type: none"> <li>• odnos med vzgojo in dresuro v športu</li> <li>• vzgoja skozi športno dejavnost otrok in mladine v šoli</li> <li>• organizacija vzgojnega procesa</li> <li>• vidiki funkcionalne in intencionalne športne vzgoje</li> <li>• družbena pogojenost vzgoje</li> <li>• osnovni pedagoški pojmi (vzgoja, izobraževanje, socializacija, pouk, izkušnja, znanje...)</li> <li>• dejavniki vzgoje skozi šport otrok in mladine</li> <li>• ravni vzgoje (družbeno – generacijski aspekt, individualno razvojni aspekt...)</li> <li>• vzgoja – personifikacija – socializacija preko športa otrok in mladine</li> <li>• vzgojni smotri (ideali)</li> <li>• posameznik/skupina v športno-vzgojnem procesu</li> <li>• nastanek in razvoj pedagogike športa</li> <li>• predmet pedagogike športa</li> <li>• vzgojne dimenzije športa otrok in mladine</li> <li>• odnos pedagogike športa do drugih znanosti</li> <li>• značilnosti pedagogike/pedagogike športa kot znanosti</li> <li>• sistem pedagoških disciplin</li> <li>• specifična pedagogika športa kot pedagoške discipline</li> <li>• pedagoški pojavi v šoli</li> <li>• predstavitev metod, postopkov in inštrumentov za preučevanje pedagoških pojavov v športu</li> <li>• dejavniki človekovega razvoja in njihova povezanost s procesom vzgoje (skozi šport)</li> <li>• stili vzgojnega dela pri športni vzgoji</li> <li>• vloga in pomen športnega pedagoga v procesu vzgoje</li> <li>• učitelj – vzgojitelj</li> <li>• pedagoške sposobnosti učitelja/vzgojitelja</li> <li>• interakcijsko-komunikacijski aspekt športne vzgoje</li> <li>• značilnosti komunikacije v pedagoškem procesu</li> <li>• vpliv različnih faktorjev na vzgojni proces skozi šport</li> <li>• konflikt v športno-vzgojnem procesu</li> <li>• pedagoška zavest in odgovornost</li> <li>• možnosti in naloge vzgojnega dela športnega pedagoga</li> <li>• vzgojni principi individualnega obravnavanja učencev pri športni vzgoji</li> <li>• vzgojni principi diferenciacije</li> <li>• vzgojne pasti/dileme športa (zmagovalci/poraženci, boljši/slabši, tekmovalnost za vsako ceno...)</li> <li>• osnovni pedagoški principi pedagoškega eksperimenta</li> <li>• elementi pedagoškega procesa, ki jih lahko vključimo v pedagoški eksperiment</li> <li>• pomen in možnosti variranja posameznih elementov pedagoškega procesa v sklopu pedagoškega eksperimenta</li> </ul> | <ul style="list-style-type: none"> <li>• education through sport activity in kindergartens and schools,</li> <li>• organization of educational process,</li> <li>• education as an intentional and functional activity,</li> <li>• society determination of education,</li> <li>• definitions of basic pedagogical concepts and their relations (education, socialization, teaching, knowledge, personal experience...),</li> <li>• factors of education,</li> <li>• levels of education,</li> <li>• education – personification – socialization through sport,</li> <li>• education aims (ideals),</li> <li>• individual / group in educational process through sport,</li> <li>• sport pedagogy in socio-historical context</li> <li>• educational power of sport,</li> <li>• relations between sport pedagogy and other sciences,</li> <li>• characteristics of sport pedagogy / education through sport,</li> <li>• a system of pedagogical disciplines,</li> <li>• sport pedagogy specifics,</li> <li>• education phenomena in kindergarten and schools,</li> <li>• presentation of methods, procedures and instruments for the study of educational phenomena in sport,</li> <li>• factors of human development in society through sport activity,</li> <li>• teachers role in education,</li> <li>• teacher- educator,</li> <li>• teachers pedagogical skills,</li> <li>• interaction – communication in sport,</li> <li>• the nature and characteristics of communication in the teaching process,</li> <li>• the role and influence of different factors/elements in educational process,</li> <li>• conflicts in personal interactions,</li> <li>• teacher's pedagogical responsibility,</li> <li>• possibilities and tasks of educational work of sports pedagogue,</li> <li>• educational principles of individual treatment of pupils in physical education,</li> <li>• individualization / differentiation in physical education in kindergarten and schools,</li> <li>• educational dilemmas in sport (winners, losers...),</li> <li>• pedagogical experiment,</li> <li>• basic elements in pedagogical experiment,</li> <li>• fields of variations in pedagogical experiment,</li> <li>• methods, procedures, instruments used in the study of educational phenomena in the process of physical education,</li> <li>• basics of project work (project learning) in physical education</li> </ul> |
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| <ul style="list-style-type: none"> <li>• različni pedagoški pojavi v procesu šolske športne vzgoje</li> <li>• predstavitev metod, postopkov in inštrumentov za preučevanje pedagoških pojavov pri procesu športne vzgoje</li> <li>• projektno učno delo kot sistem/vzgojni model</li> <li>• faze projektnega učnega dela</li> <li>• možnosti uporabe projektnega učnega dela v športni praksi</li> <li>• prednosti/slabosti projektnega učnega dela</li> <li>• razlike med projektnim učnim delom in klasično vodenim procesom</li> <li>• akcijsko raziskovanje</li> <li>• pomen raziskovalnega dela za razvoj pedagoške znanosti</li> <li>• nujnost raziskovanja različnih pedagoških elementov za kvalitetnejše delo v šoli</li> </ul> | <ul style="list-style-type: none"> <li>• project work (project learning) as educational system/model,</li> <li>• phases of project work (project learning)</li> <li>• using project work (project learning) in physical education,</li> <li>• the advantages / disadvantages of project learning,</li> <li>• difference between classical pedagogical process and project learning,</li> <li>• action research,</li> <li>• the importance of research work for the development of educational science</li> </ul> |
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### Temeljna literatura in viri/Readings:

1. Brajša, P. (1993). Pedagoška komunikologija. Radovljica: Didakta.
2. Bratanić, M. (1990). Mikropedagogija. Zagreb: Školska knjiga.
3. Hufnagel, E. (2002). Filozofija pedagogike. Zagreb: Impresuim.
4. Krapše, Š. (2004). Otroci s posebnimi potrebami. Nova Gorica : Educa.
5. König, E. (2001). Teorije znanosti o odgoju : uvod u osnove, metode i praktičnu primjenu. Zagreb : Educa
6. Novak, H. (2009). Projektno učno kot učni model v vrtcih in osnovnih šolah. Ljubljana: Didakta.
7. Strmčnik, F. (2001). *Didaktika* : osrednje teoretične teme. Ljubljana: Znanstveni inštitut Filozofske fakultete.
8. Štihec, J. (2012). Baze znanja v športu. Ljubljana: Fakulteta za šport
9. Vrcelj, S (2000). Školska pedagogija. Rijeka: Filozofski fakultet.

### Cilji in kompetence:

Osnovni namen predmeta Pedagogika športa je, da študentje spoznajo in si pridobijo znanje o zakonitostih in značilnostih vzgoje in njene vloge v vzgojno-izobraževalnem sistemu šolskih otrok in otrok s posebnimi potrebami. V ospredju so znanja o nastanku, bistvu in značilnostih vzgojnega procesa, razvoju pedagoških misli in pedagoške znanosti, različnimi ravni in oblikami vzgoje, možnostmi in nalogami vzgoje skozi proces športne vzgoje, različnimi vzgojnimi koncepti, pomenom medčloveških odnosov pri vzgoji in izobraževanju. Predmetno specifične kompetence:

- zavedanje vzgojne funkcije športa
- kritična presoja posameznih vzgojnih strategij pri športni vzgoji
- ustvarjalno iskanje idealnih (novih) pristopov pri procesu vzgoje skozi različne pojavne oblike športa.
- zavedanje nujnosti različnosti pristopov pri delu z osebami s posebnimi potrebami v športu
- kritična presoja posameznih vzgojnih strategij pri delu z različnimi starostnimi kategorijami otrok v športu

### Objectives and competences:

The basic aim of Pedagogy of sport is learning and acquiring knowledge on the principles and characteristics of education and its role in the educational system of school children and children with special needs. Origin, essence and characteristics of the educational process, development of pedagogical thought and teaching of science, the various levels and forms of education, opportunities and tasks of education through the process of physical education, different educational concepts, the importance of human relations in education... are emphasized.

Subject-specific competencies:

- awareness of the educational function of sport
- understanding the role and importance of the process of education through sport in modern society in pre-school and school age
- creative search for the ideal of (new) approaches to the process of education through various forms of sport
- awareness of the urgency of the diversity of approaches to working with people with disabilities in sport

|  |                                                                                                                                                                       |
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|  | <ul style="list-style-type: none"> <li>critical assessment of individual educational strategies for working with different age groups of children in sport</li> </ul> |
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#### **Predvideni študijski rezultati:**

|                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |
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| <p>Znanje in razumevanje:</p> <ul style="list-style-type: none"> <li>Razume temeljne pojme pedagogike športa.</li> <li>Razume vlogo in pomen vzgoje skozi šport v izobraževalnem procesu šolskih otrok in otrok s posebnimi potrebami.</li> <li>Razume prepletenost vzgoje in izobraževanja</li> <li>Pozna prednosti in slabosti intencionalne in funkcionalne vzgoje skozi različne pojavne oblike športa.</li> <li>Razume vlogo športne vzgoje v vzgojnem procesu otrok in mladine.</li> <li>Razume vlogo športa in nekaterih pojavov v njem kot vzgojnega gibalnega sistema v vzgoji in izobraževanju</li> </ul> |
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#### **Intended learning outcomes:**

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| <p>Knowledge and understanding:</p> <ul style="list-style-type: none"> <li>Understands basic concepts of sports pedagogy.</li> <li>Understands the role and importance of education through sport in the educational process of school children and children with special needs.</li> <li>Knows the strengths and weaknesses of intentional and functional education through various forms of sport.</li> <li>Understands the role of physical education in the educational process of children and youth.</li> </ul> <p>Understands the role of sport and certain phenomena in it</p> |
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#### **Metode poučevanja in učenja:**

|                                                                                                                |
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| predavanja, seminarji, spletni portfolio, spletna baza znanja v športu, komunikacija v živo na daljavo (Skype) |
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#### **Learning and teaching methods:**

|                                                                                                           |
|-----------------------------------------------------------------------------------------------------------|
| lectures, seminars, online portfolio, online database (sport knowledge base), live communication by Skype |
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#### **Načini ocenjevanja:**

#### **Delež/Weight**

#### **Assessment:**

|                    |         |              |
|--------------------|---------|--------------|
| Pisni izpit:       | 90,00 % | Written exam |
| Seminarska naloga: | 10,00 % | Seminar work |

#### **Ocenjevalna lestvica:**

#### **Grading system:**

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#### **Reference nosilca/Lecturer's references:**

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|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p>ŠTIHEC, Jože, KARPLJUK, Damir, VIDEMŠEK, Mateja, KONDRIC, Miran. How do Slovene fourth grade primary schools students spend their summer holidays?. <i>International Journal of Physical Education</i>, 2nd quarter 2000, 37(2), 70-74.</p> <p>ŠTIHEC, Jože. Computer as a didactic aid in the process of physical education in school. <i>Acta Univ. Carol., Kinesiology</i>, 2001, 37(1), 33-46</p> <p>ŠTIHEC, Jože, BEŽEK, Matija, VIDEMŠEK, Mateja, KARPLJUK, Damir. An analysis of how to solve conflicts of physical education classes. <i>Acta Universitatis Palackianae Olomucensis, Gymnica</i>, 2004, 34(1), 23-30</p> <p>VIDEMŠEK, Mateja, SKUBIC, Maruša, KARPLJUK, Damir, ŠTIHEC, Jože. Correlation between sport activity and drug-taking among 14 year-old primary school male and female pupils in Slovenia. <i>Acta Universitatis Palackianae Olomucensis. Gymnica</i>, ISSN 1212-1185, 2006, vol. 36, no. 1, str. 7-14, graf. prikazi. [COBISS.SI-ID <a href="#">2781361</a>]</p> <p>VIDEMŠEK, Mateja, POGELŠEK, Vesna, KARPLJUK, Damir, ŠTIHEC, Jože, GREGORC, Jera. The correlation of sports activity and eating habits in preschool children and their parents. <i>Acta Universitatis Palackianae Olomucensis. Gymnica</i>, ISSN 1212-1185, 2006, vol. 36, no. 3, str. 65-73, tabele, graf. prikazi. [COBISS.SI-ID <a href="#">2928305</a>]</p> <p>ŠTIHEC, Jože, VIDEMŠEK, Mateja, KARPLJUK, Damir, BEŽEK, Matija, ŠEBJAN, Bojan, VRBNJAK, Saša. Consistency of selected methods for solving conflicts at classes of physical education. <i>Congress proceedings. Sarajevo: Faculty of sport and physical education</i>, 2007, 465-468</p> <p>ŠTIHEC, Jože, KONDRIC, Miran, VIDEMŠEK, Mateja, KARPLJUK, Damir, MIKIĆ, Branimir, BIBEROVIĆ, Alija, ATIKOVIĆ, Almir, RAUSAVLJEVIĆ, Nikola, SEKULIĆ, Damir. Sports knowledge bases. <i>Contemporary kinesiology : proceedings of the 2nd International Conference "Contemporary Kinesiology"</i>, Split:</p> |
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University of kinesiology, Faculty of kinesiology; Mostar: University of Mostar, Faculty of natural science, mathematics and education; Ljubljana: University of Ljubljana, Faculty of Sport, 2007, 57-65

ŠTIHEC, Jože, ATIKOVIĆ, Almir, POJSKIĆ, Haris, STOICESCU, Marius. Elective subjects in schools. V: BIBEROVIĆ, Alija (ur.). *"Zbornik naučnih i stručnih radova - Sport i zdravlje"*, , ISSN 1840-4790). Tuzla: Fakultet za tjelesni odgoj i sport, Univerzitet u Tuzli, 2009, str. 22-31, graf. prikazi. [COBISS.SI-ID [3693489](#)]

GREGORC, Jera, VIDEMŠEK, Mateja, ŠTIHEC, Jože, ŠIMUNIČ, Boštjan. Parents as role models to children for the frequency of dealing with motor/sports activity. V: PIŠOT, Rado (ur.), et al. *Contemporary views on the motor development of a child = the 6th international scientific and expert symposium, [Portorož 2010]*. University of Primorska, Science and Research Centre, 2010, str. 246. [COBISS.SI-ID [8483145](#)]

ŠTIHEC, Jože, VIDEMŠEK, Mateja, VRBNJAK, Saša. Analysis of conflict resolution in physical education depending on a teacher's gender. *Acta Universitatis Palackianae Olomucensis. Gymnica*, ISSN 1212-1185, 2011, vol. 41, no. 2, str. 35-43, tabele. [COBISS.SI-ID [4192433](#)]

GREGORC, Jera, VIDEMŠEK, Mateja, ŠTIHEC, Jože, ŠIMUNIČ, Boštjan. Parents' opinions about their own and their children's lifestyle. *Zdravstveno varstvo*, ISSN 0351-0026. [Tiskana izd.], 2011, vol. 50, no. 1, str. 55-63. <http://versita.metapress.com/content/a8t72m716hrp74jt/fulltext.pdf>, [COBISS.SI-ID [1948115](#)]

VIDEMŠEK, Mateja, ŠTIHEC, Jože, KARPLJUK, Damir, MEŠKO, Maja, GREGORC, Jera, VIDEMŠEK, Naja. Analysis of injuries among children in kindergartens during physical activities. *Zdravstveno varstvo*, ISSN 0351-0026. [Tiskana izd.], Sept. 2014, letn. 53, št. 3, str. 237-247, ilustr., tabele. <http://www.degruyter.com/view/j/sjph.2014.53.issue-3/sjph-2014-0024/sjph-2014-0024.xml>, [COBISS.SI-ID [4510385](#)]

# PEDAGOŠKA PSIHOLOGIJA

## UČNI NAČRT PREDMETA/COURSE SYLLABUS

|                                   |                       |
|-----------------------------------|-----------------------|
| <b>Predmet:</b>                   | Pedagoška psihologija |
| <b>Course title:</b>              | Pedagogic psychology  |
| <b>Članica nosilka/UL Member:</b> | UL FŠ                 |

| Študijski programi in stopnja               | Študijska smer                  | Letnik    | Semestri    | Izbirnost |
|---------------------------------------------|---------------------------------|-----------|-------------|-----------|
| Športna vzgoja, prva stopnja, univerzitetni | Ni členitve (študijski program) | 2. letnik | 2. semester | obvezni   |

|                                                     |         |
|-----------------------------------------------------|---------|
| Univerzitetna koda predmeta/University course code: | 0042634 |
| Koda učne enote na članici/UL Member course code:   | 709     |

| Predavanja<br>/Lectures | Seminar<br>/Seminar | Vaje<br>/Tutorials | Klinične vaje<br>/Clinical<br>tutorials | Druge oblike<br>študija<br>/Other forms<br>of study | Samostojno<br>delo<br>/Individual<br>student work | ECTS |
|-------------------------|---------------------|--------------------|-----------------------------------------|-----------------------------------------------------|---------------------------------------------------|------|
| 30                      | 0                   | 15                 | 0                                       | 0                                                   | 45                                                | 3    |

|                            |             |
|----------------------------|-------------|
| Nosilec predmeta/Lecturer: | Matej Tušak |
|----------------------------|-------------|

|                             |                    |
|-----------------------------|--------------------|
| Vrsta predmeta/Course type: | obvezni/compulsory |
|-----------------------------|--------------------|

|                   |                      |             |
|-------------------|----------------------|-------------|
| Jeziki/Languages: | Predavanja/Lectures: | Slovenščina |
|                   | Vaje/Tutorial:       | Slovenščina |

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

|                                                                                                                     |                                                                                                                  |
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| a) pogoj za vključitev v delo je vpis v letnik študija<br>(b) opravljene vaje so pogoj za pristop k končnemu izpitu | a) to be enrolled in the 2nd year of studying<br>b) completed exercises are a prerequisite for entering the exam |
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### Vsebina:

|                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |
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| <b>Vsebina:</b><br>Teme in vsebine: <ul style="list-style-type: none"><li>Komunikacija – verbalna in neverbalna</li><li>Tehnike učinkovite komunikacije</li><li>Motorično in verbalno učenje</li><li>Popravljanje napak v tehniki</li><li>Skupina in skupinski razvoj</li><li>Socialno vplivanje in osnove socialne psihologije</li><li>Zviševanje skupinske kohezivnosti</li><li>Tehnike za učinkovito učenje</li><li>Stres in njegovo delovanje</li><li>Tehnike zniževanja napetosti</li><li>Sposobnosti – koncentracija, inteligentnost in ustvarjalnost</li><li>Domišljija</li><li>Psihološke tehnike kot pomoč pri učenju</li><li>Refleksija</li></ul> | <b>Content (Syllabus outline):</b><br>Topics and content: <ul style="list-style-type: none"><li>communication – verbal and non-verbal</li><li>techniques of effective communication</li><li>motor and verbal learning</li><li>correcting technical errors</li><li>group and group development</li><li>social influence and basics of social psychology</li><li>increasing group cohesion</li><li>techniques for efficient learning</li><li>stress and its functioning</li><li>relaxation techniques</li><li>abilities – concentration, intelligence, creativity</li><li>imagination</li><li>psychological techniques as a learning aid</li><li>reflexion</li><li>cooperative learning – creative learning</li></ul> |
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| • Sodelovalno učenje - ustvarjalno učenje |  |
|-------------------------------------------|--|

### Temeljna literatura in viri/Readings:

Marentič – Požarnik, B. (2003). Psihologija učenja in pouka. Ljubljana: DZS.  
 Russell, P. (1993). Knjiga o možganih. Ljubljana: DZS.  
 Pečjak, V. (1986). Poti do znanja: metode uspešnega učenja. Ljubljana: Cankarjeva založba.  
 Ule, M. (2005). Psihologija komuniciranja. Ljubljana: Fakulteta za družbene vede.  
 Gordon, T. (1983). Trening večje učinkovitosti za učitelje. Ljubljana: Svetovalni center.  
 Tušak, M. in Tušak, M. (2001). Psihologija športa. Ljubljana: Filozofska fakulteta.  
 Peklaj, C. (2001). Sodelovalno učenje ali kdaj več glav več ve. Ljubljana: DZS.  
 Jaušovec, N. (1994). Flexible thinking: An explanation for individual differences in ability. Cresskill, NJ: Hampton press.

### Cilji in kompetence:

- seznaniti študente z najosnovnejšimi koncepti pedagoške psihologije
- spoznati značilnosti skupinskega razvoja
- seznaniti se z metodami za zniževanje napetosti
- spoznati se s človeškimi sposobnostmi
- spoznati motorično učenje
- spoznati načine učinkovitega učenja, odpravljanja napak, popravljanja tehnike v športu ipd.
- usposobiti študente za učinkovito delo z otroki in mladimi
- posredovati jim široko znanje s področja pedagoške psihologije
- naučiti študente značilnosti sestave treninga ali učne ure, prilagojene značilnostim pedagoškega procesa
- naučiti se, kako se učinkovito in uspešno učiti
- spoznati se z dejavniki in zakonitostmi komunikacije
- naučiti se posredovati svoje znanje mladim
- spoznati in se usposobiti za sodelovalno učenje
- naučiti se izvajati samorefleksijo
- naučiti se učinkovito uporabljati spoznanja pedagoške psihologije v športni in učni praksi

### Objectives and competences:

- acquainting the students with basic concepts of teaching psychology
- learning about group development
- learning about relaxation techniques
- learning about human abilities
- learning about the concept of motor learning
- learning about effective ways to teach, correct errors and correcting technical elements in sport and similar
- teaching the students how to effectively work with children and the young
- give them a wide knowledge of teaching psychology
- teach the students how to compose practise or a lesson in accordance with the rules of teaching processes
- learn how to study efficiently
- learn about communication and its functioning
- learn how to pass on their knowledge to others
- learn and be able to use cooperative knowledge
- learn to reflect upon their own experience
- learn how to use knowledge of teaching psychology in a practice and school environment

### Predvideni študijski rezultati:

*Znanje in razumevanje*  
 Študentje razumejo in poznajo področje pedagoške psihologije in poznajo njeno aplikativno vrednost. Poznajo koncepte delovanja skupine in vodenja in izgradnje skupine, čustvenih dejavnikov pri učenju in komunikacije ter znajo z učenci vzpostaviti stik, razumejo in znajo uporabiti znanja o sposobnostih – inteligentnosti, koncentraciji, ustvarjalnosti in znajo njihovo ustrezno uporabo spodbujati. Poznajo posebnosti v duševnem razvoju in psihološke vidike poučevanja otrok s posebnimi potrebami, poznajo in znajo uporabiti spoznanja o učinku in delovanju stresa ter učenje naučiti kontrole aktivacije.

*Uporaba*  
 Znajo uporabiti znanje s področja pedagoške psihologije v športu, šoli, vrtcih, pri delu z otroki s

### Intended learning outcomes:

*Knowledge and understanding*  
 The students know and understand the field of teaching psychology and its applicative values. They know about group functioning and leadership and team building; they understand the emotional aspects of learning and communication and are able to establish good contact with the pupils; they understand about abilities – concentration, intelligence and creativity and are able to encourage their use within the learning process. They know about the specifics of mental development and psychological aspects of working with special needs children, they can also use their knowledge on stress and teach their pupils how to control their activation.

*Use*  
 The students are able to use the knowledge from the field of teaching psychology in sport, school

|                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |
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| posebnimi potrebami in na področju športne vzgoje in športne rekreacije.<br><i>Refleksija</i><br>Se zavedajo omejitev znanja in razumevanja področja, znajo povezovati znanja pedagoške psihologije z ostalimi spoznanji znotraj psihologije in z ostalimi spoznanji zunaj psihologije.<br><i>Prenosljive spretnosti</i><br>Sposobnost povezovanja teoretičnih okvirov z možnostmi aplikacije teh. Zmožnost zaznavanja praktičnih problemov v luči teoretičnih spoznanj. Osnovno dojemanje možnosti raziskovalnega dela in poglobljenega strokovnega dela. | environment, in kindergarten, when working with special needs children and in the area of physical education and recreation.<br><i>Reflexion</i><br>The students are aware of the limitation of their knowing and understanding of the field, they are able to link the knowledge of teaching psychology with other areas of psychology and other areas of their knowledge.<br><i>Transferable skills</i><br>The ability to link theoretical framework with the possibilities of its application. Ability to notice practical problems in light of theoretical framework. Basic ability of conducting research in the area and in and ability to work in depth as a professional. |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|

#### Metode poučevanja in učenja:

Predavanja, praktična aktivnost na vajah, pisanje poročil o aktivnostih na vajah, študij literature, refleksija o aktivnostih na predavanjih in vajah.

#### Learning and teaching methods:

Lectures, practical activities on exercises, writing reports on exercise activities, literature review, reflexion on lectures and exercises

#### Načini ocenjevanja:

#### Delež/Weight

#### Assessment:

|                           |         |                      |
|---------------------------|---------|----------------------|
| Pisni izpit               | 40,00 % | Written exam         |
| Ocena aktivnosti na vajah | 20,00 % | Exercise activities  |
| Domače naloge s predavanj | 40,00 % | Homework on lectures |

#### Ocenjevalna lestvica:

#### Grading system:

|  |  |
|--|--|
|  |  |
|--|--|

#### Reference nosilca/Lecturer's references:

GREGORC, Jera, VIDEMŠEK, Mateja, ŠTIHEC, Jože, KARPLJUK, Damir, TUŠAK, Matej, MEŠKO, Maja. Življenjski slog vzgojiteljev in pomočnikov vzgojiteljev kot element subjektivnih teorij = The lifestyle of pre-school teachers and their assistants as an element of subjective theories. *Zdravstveno varstvo*, ISSN 0351-0026. [Tiskana izd.], 2012, letn. 51, št. 2, str. 95-104, graf. prikazi, tabele, doi: [10.2478/v10152-012-0011-2](https://doi.org/10.2478/v10152-012-0011-2). [COBISS.SI-ID [4194225](#)]

KOTNIK, Bogdan, ZUPET, Petra, VODIČAR, Janez, TUŠAK, Matej. Značilnosti reagiranja v stresni situaciji in dejavniki uspeha slovenskih vrhunskih športnikov na OI = The way of reacting in stress situations and factors of success in elite Slovenian athletes on olympic games. *Sanitas et labor*, ISSN 1580-5972, 2009, letn. 8, št. 1, str. 31-46, tabele. [COBISS.SI-ID [4150961](#)]

DOLENC, Petra, TUŠAK, Matej, DIMEC ČASAR, Tjaša, PIŠOT, Rado. Vpliv popolne gibalne neaktivnosti na psihično zdravje in počutje zdravih mladih preiskovancev = Effects of complete physical inactivity on psychical health and well-being in healthy young subjects. *Zdravstveno varstvo*, ISSN 0351-0026. [Tiskana izd.], 2008, letn. 47, št. 2, str. 53-59. <http://www.ivz.si/>. [COBISS.SI-ID [1998821](#)]

HORVAT, Marjan, KONDRIC, Miran, FURJAN-MANDIČ, Gordana, TUŠAK, Matej. Motivi za ukvarjanje s športno aktivnostjo dijakov splošnih in športnih oddelkov na Gimnaziji Murska Sobota = Motives for student's sports activities in general and in sport classes of the high school Murska Sobota. V: 3rd International Conference "Contemporary Kinesiology", Mostar, 28-30 November 2008. MALEŠ, Boris (ur.), et al. *Contemporary kinesiology : proceedings of the 3rd International Conference "Contemporary Kinesiology", Mostar 28-30 November 2008*. Split: University of Split, Faculty of kinesiology; Mostar: University of Mostar, Faculty of natural science, mathematics and education; Ljubljana: University of Ljubljana, Faculty of Sport, [2008], str. 110-114, tabela. [COBISS.SI-ID [3476145](#)]

KAJTNA, Tanja, TUŠAK, Matej. Personality, leadership styles and social skills of top Slovene coaches of team and individual sports. V: 4th International Scientific Conference on Kinesiology



# PICKLEBALL

## UČNI NAČRT PREDMETA/COURSE SYLLABUS

|                           |            |
|---------------------------|------------|
| <b>Predmet:</b>           | Pickleball |
| <b>Course title:</b>      | Pickleball |
| <b>Članica nosilka/UL</b> | UL FŠ      |
| <b>Member:</b>            |            |

| Študijski programi in stopnja                                                            | Študijska smer                  | Letnik | Semestri    | Izbirnost |
|------------------------------------------------------------------------------------------|---------------------------------|--------|-------------|-----------|
| Kineziologija, prva stopnja, univerzitetni<br>(od študijskega leta 2025/2026 dalje)      | Ni členitve (študijski program) |        | 2. semester | izbirni   |
| Športna vzgoja, prva stopnja, univerzitetni<br>(od študijskega leta 2025/2026 dalje)     | Ni členitve (študijski program) |        | 2. semester | izbirni   |
| Športno treniranje, prva stopnja, univerzitetni<br>(od študijskega leta 2025/2026 dalje) | Ni členitve (študijski program) |        | 2. semester | izbirni   |

Univerzitetna koda predmeta/University course code: 0644398

| Predavanja<br>/Lectures | Seminar<br>/Seminar | Vaje<br>/Tutorials | Klinične vaje<br>/Clinical<br>tutorials | Druge oblike<br>študija<br>/Other forms<br>of study | Samostojno<br>delo<br>/Individual<br>student work | ECTS |
|-------------------------|---------------------|--------------------|-----------------------------------------|-----------------------------------------------------|---------------------------------------------------|------|
| 15                      |                     | 45                 |                                         |                                                     | 60                                                | 4    |

Nosilec predmeta/Lecturer: Aleš Filipčič

Vrsta predmeta/Course type: Splošni izbirni predmet/selective

Jeziki/Languages:

|                      |             |
|----------------------|-------------|
| Predavanja/Lectures: | Slovenščina |
| Vaje/Tutorial:       | Slovenščina |

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

Ni posebnih pogojev

Prerequisites:

No special requirements

Vsebina:

**Teoretični del:**

- Pickleball—analiza igre,
- Dejavniki poučevanja pickleballa,
- Metodični pristopi, metode in postopki učenja in razvoj pickleballa,
- Osnove taktike pickleballa,
- Osnovni principi izvedbe pickleball udarcev in gibanj.

**Praktični del:**

- Učenje in razvoj temeljnih udarcev in gibanj pri pickleballu

**Content (Syllabus outline):**

**Theoretical part:**

- Pickleball game analysis,
- Didactic factors of teaching pickleball ,
- Methodological approaches, learning methods and procedures and the development of pickleball,
- The basics of pickleball tactics,
- The basic principles of execution of p ickleball strokes and movements.

**Practical part:**

|                                                                                                                                                                                                  |                                                                                                                                                                                                                                                                                            |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <ul style="list-style-type: none"> <li>• Razumevanje in razvoj strategije in taktike pri pickleballu</li> <li>• Razvoj taktike in tehnike v različnih igralnih pickleball situacijah.</li> </ul> | <ul style="list-style-type: none"> <li>• Learning and developing basic pickleball strokes and movements,</li> <li>• Understanding and developing pickleball strategy and tactics on court,</li> <li>• Developing tactics and technique in different pickleball game situations.</li> </ul> |
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### Temeljna literatura in viri/Readings:

|                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |  |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--|
| <ul style="list-style-type: none"> <li>• Buzzelli, A. A., and Draper, J. A. (2020). Examining the motivation and perceived benefits of pickleball participation in older adults. <i>J. Aging Phys. Act.</i> 28, 180–186. doi: 10.1123/japa.2018-0413</li> <li>• Casper, J. M., and Jeon, J.-H. (2019). Psychological connection to pickleball: Assessing motives and participation in older adults. <i>J. Aging Phys. Act.</i> 27, 28–33. doi: 10.1123/japa.2017-0381</li> <li>• Chen, Q., Chou, C. Y., Chen, C.-C., Lin, J.-W., and Hsu, C.-H. (2021). The effect of leisure involvement and leisure satisfaction on the well-being of pickleball players. <i>Sustainability</i> 14:152. doi: 10.3390/su14010152</li> <li>• Forrester, M. B. (2020). Pickleball-related injuries treated in emergency departments. <i>J. Emerg. Med.</i> 58, 275–279. doi: 10.1016/j.jemermed.2019.09.016</li> <li>• Greiner, N. (2019). Pickleball: Injury considerations in an increasingly popular sport. <i>Mo. Med.</i> 116, 488–491.</li> <li>• Heo, J., Ryu, J., Yang, H., and Kim, K. M. (2018b). Serious leisure and depression in older adults: A study of pickleball players. <i>Leis. Stud.</i> 37, 561–573. doi: 10.1080/02614367.2018.1477977</li> <li>• International Federation of Pickleball (IFP) (2022). Official rulebook [Internet]. Available online at: <a href="https://www.ifpickleball.org/official-rulebook">https://www.ifpickleball.org/official-rulebook</a> (accessed December 30, 2022).</li> <li>• Kim, I., Oh, D., Kim, M., and Cho, K. (2020). Teaching pickleball with in-depth content knowledge in middle school physical education. <i>J. Phys. Educ. Recreat. Danc.</i> 91, 29–38. doi: 10.1080/07303084.2020.1798309</li> <li>• Michael, R., and Webster, C. (2020). Pickleball assessment of skill and tactics. <i>Strategies</i> 33, 18–24. doi: 10.1080/08924562.2019.1705217</li> <li>• Ryu, J., Yang, H., Kim, A. C. H., Kim, K. M., and Heo, J. (2018). Understanding pickleball as a new leisure pursuit among older adults. <i>Educ. Gerontol.</i> 44, 128–138. doi: 10.1080/03601277.2018.1424507</li> <li>• United States Amateur Pickleball Association (2022). History of the game [Internet]. Available online at: <a href="https://www.usapa.org/history-of-the-game/">https://www.usapa.org/history-of-the-game/</a> (accessed July 28, 2022).</li> <li>• Wasem, J. (1994). Pickleball: A comprehensive skills test. <i>Strategies</i> 7, 21–25. doi: 10.1080/08924562.1994.10591973</li> </ul> |  |
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### Cilji in kompetence:

|                                                                                                                                                                                                                                                                                                                                                                                                                                 |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |
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| <ul style="list-style-type: none"> <li>• Študenti poznajo in razumejo metodične postopke poučevanja pickleballa</li> <li>• Študenti poznajo in razumejo taktične in tehnične osnove pickleballa,</li> <li>• Študenti so sposobni izvajati udarce in gibanja v skladu s temeljnimi biomehanskimi principi,</li> <li>• Študenti so sposobni izvesti modelni trening z začetnikimi in naprednejšimi pickleball igralci.</li> </ul> | <b>Objectives and competences:</b> <ul style="list-style-type: none"> <li>• Students know and understand the methodological procedures of teaching pickleball,</li> <li>• Students know and understand the tactical and technical principles of pickleball</li> <li>• Students are able to execute pickleball strokes and movements according to basic biomechanical principles,</li> <li>• Students are able to conduct pickleball model training with beginners and advanced players.</li> </ul> |
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### Predvideni študijski rezultati:

|                                                                                                                                                                                                                                                                                                                     |                                                                                                                                                                                                                                                                                                                                                                                             |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Znanje in razumevanje:</b> <ul style="list-style-type: none"> <li>• Poznavanje in razumevanje temeljnih značilnosti pickleballa,</li> <li>• Poznavanje in razumevanje osnov taktike in tehnike pri pickleballu,</li> <li>• Poznavanje, razumevanje in izvajanje osnovnih pickleball udarcev in gibanj</li> </ul> | <b>Intended learning outcomes:</b> <p>Knowledge and understanding:</p> <ul style="list-style-type: none"> <li>• Knowledge and understanding of basic pickleball characteristics,</li> <li>• Knowledge and understanding of the fundamentals of tactics and technique in pickleball,</li> <li>• Knowledge, understanding and execution of basic pickleball strokes and movements.</li> </ul> |
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|                                                                                                    |                                                                                                             |
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| <b>Metode poučevanja in učenja:</b>                                                                | <b>Learning and teaching methods:</b>                                                                       |
| Predavanja. Vaje: delo v skupini, individualne naloge, sodelovalno učenje / poučevanje, delavnice. | Lectures. Practical classes: group work, individual assignments, collaborative learning/teaching, workshops |

|                                                                         |                     |                                                                            |
|-------------------------------------------------------------------------|---------------------|----------------------------------------------------------------------------|
| <b>Načini ocenjevanja:</b>                                              | <b>Delež/Weight</b> | <b>Assessment:</b>                                                         |
| Teoretični pisni izpit                                                  | 30,00 %             | Theoretical written examinations                                           |
| Ocena igralnih veščin v pickleball igri.                                | 30,00 %             | Evaluation of playing skills in pickleball game.                           |
| Ocena veščin poučevanja začetnikov in naprednejših pickleball igralcev. | 40,00 %             | Assessment of teaching skills of beginner and advanced pickleball players. |

|                                                          |                                                                |
|----------------------------------------------------------|----------------------------------------------------------------|
| <b>Ocenjevalna lestvica:</b>                             | <b>Grading system:</b>                                         |
| 5 - 10, pri čemer velja, da je pozitivna ocena od 6 - 10 | 5 - 10, a student passes the exam if he is graded from 6 to 10 |

|                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |
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| <b>Reference nosilca/Lecturer's references:</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |
| <ul style="list-style-type: none"> <li>FILIPČIČ, Aleš. Izobraževanje in usposabljanje v tenisu - pogled nazaj za korak naprej. <i>Šport : revija za teoretična in praktična vprašanja športa</i>. 2016, letn. 64, št. 1/2, str. 35-38</li> <li>FILIPČIČ, Aleš, FILIPČIČ, Tjaša. Novi vidiki učenja tenisa. <i>Šport : revija za teoretična in praktična vprašanja športa</i>. 2003, letn. 51, št. 4, str. 11-15</li> <li>KONDRIČ, Miran, FILIPČIČ, Aleš, VUČKOVIĆ, Goran, KOŠNIK, Miha. <i>Osnove učenja športnih iger z loparji : seminarsko gradivo</i>. Ljubljana: Univerza v Ljubljani, Fakulteta za šport, Center za stalno strokovno izpopolnjevanje, 2004</li> <li>FILIPČIČ, Aleš, FILIPČIČ, Tjaša. <i>Tenis : učenje</i>. Dopolnjena izd. Ljubljana: Fakulteta za šport, Inštitut za šport, 2003. 159.</li> </ul> |

# PILATES NA BLAZINAH

## UČNI NAČRT PREDMETA/COURSE SYLLABUS

|                                   |                         |
|-----------------------------------|-------------------------|
| <b>Predmet:</b>                   | Pilates na blazinah     |
| <b>Course title:</b>              | Pilates on the mattress |
| <b>Članica nosilka/UL Member:</b> | UL FŠ                   |

| Študijski programi in stopnja                   | Študijska smer                  | Letnik | Semestri    | Izbirnost |
|-------------------------------------------------|---------------------------------|--------|-------------|-----------|
| Kineziologija, prva stopnja, univerzitetni      | Ni členitve (študijski program) |        | 2. semester | izbirni   |
| Športna vzgoja, prva stopnja, univerzitetni     | Ni členitve (študijski program) |        | 2. semester | izbirni   |
| Športno treniranje, prva stopnja, univerzitetni | Ni členitve (študijski program) |        | 2. semester | izbirni   |

|                                                            |         |
|------------------------------------------------------------|---------|
| <b>Univerzitetna koda predmeta/University course code:</b> | 0097225 |
| <b>Koda učne enote na članici/UL Member course code:</b>   | 694     |

| Predavanja<br>/Lectures | Seminar<br>/Seminar | Vaje<br>/Tutorials | Klinične vaje<br>/Clinical<br>tutorials | Druge oblike<br>študija<br>/Other forms<br>of study | Samostojno<br>delo<br>/Individual<br>student work | ECTS |
|-------------------------|---------------------|--------------------|-----------------------------------------|-----------------------------------------------------|---------------------------------------------------|------|
| 15                      |                     | 45                 |                                         |                                                     | 60                                                | 4    |

|                                   |            |
|-----------------------------------|------------|
| <b>Nosilec predmeta/Lecturer:</b> | Maja Pajek |
|-----------------------------------|------------|

|                                    |                                   |
|------------------------------------|-----------------------------------|
| <b>Vrsta predmeta/Course type:</b> | splošni izbirni/general selective |
|------------------------------------|-----------------------------------|

|                          |                      |             |
|--------------------------|----------------------|-------------|
| <b>Jeziki/Languages:</b> | Predavanja/Lectures: | Slovenščina |
|                          | Vaje/Tutorial:       | Slovenščina |

|                                                                              |                         |
|------------------------------------------------------------------------------|-------------------------|
| <b>Pogoji za vključitev v delo oz. za opravljanje študijskih obveznosti:</b> | <b>Prerequisites:</b>   |
| pogoj za vključitev v delo je vpis v letnik študija                          | To be a regular student |

|                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Vsebina:</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  | <b>Content (Syllabus outline):</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |
| <p>Pilates vadba je v zadnjih 20 letih med najbolj razširjenih vadb tako na področju rekreativne vadbe kot na področju vrhunškega športa in rehabilitacije. S svojim edinstvenim pristopom stabilizacije telesa (ki ga najlažje primerjamo s fizioterapijo) je primerna za vse starostne kategorije ljudi.</p> <p>Teoretične vsebine se nanašajo na: zgodovinski razvoj pilates vadbe, izrazoslovje v športu, filozofijo vadbe, anatomijo in fiziologijo vadbe ter načrtovanje vadbe za različne skupine vadečih.</p> <p>Vsebina seminarских vaj se nanaša na pravilno izvajanje osnovnih pilates vaj, prepoznavanje in odpravljanje napak v izvedbi (brez in z uporabo drobnih pripomočkov). Ugotavljanje nepravilnosti pri</p> | <p>Pilates is the past 20 years among the most popular exercises in both the recreational exercise as in professional sports and rehabilitation. With its unique approach of stabilizing the body (which is most easily compared with physiotherapy) is suitable for all age categories of people.</p> <p>Theoretical content related to: the historical development of Pilates exercises, terminology in sport, exercise philosophy, anatomy and physiology of exercise and the planning exercise for different groups.</p> <p>Seminar contents refers to the proper implementation</p> |

|                                                                                                                                                                                                                                            |                                                                                                                                                                                                                                                                                                                                                                                          |
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| telesni drži pri sošolcih in izdelava kompenzatornega programa za izboljšanje telesne drže glede na ugotovljene nepravilnosti z uporabo pilates vaj. Skozi seminarske vaje se bodo študentje naučili učinkovitega vodenja skupine vadečih. | of the basic Pilates exercises to identify and correct errors in performance (with and without the use of small devices). Detection of irregularities in the body from his classmates and making compensatory program to improve body posture in relation to the irregularities in the use of Pilates exercises. Throughout the tutorial, students will learn effective team leadership. |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|

### Temeljna literatura in viri/Readings:

- Maja Bučar Pajek, Pilates na blazinah (skripta za študente Fakultete za šport)
- Ellie Herman, Pilates props, Ulysses Press, USA
- Blandine Calais-Germain, Andree Lamotte, Anatomy of movement-exercises, Eastland press, Seattle
- Diane Lee, The pelvic girdle, Longman Group UK, Churchill Livingstone
- Stuart McGill, Low back disorders, Human Kinetics, University of Waterloo, Canada
- Jim Johnson, Back pain solution, New Harbinger Publications, USA
- Vijay Vad, Back rx and low back pain, Penguin Group, USA
- Blandine Calais-Germain, Anatomy of movement, Eastland press, Seattle, USA
- Lynne Robinson&Gordon Thomson, Body control-the pilates way, Newleaf, London, UK
- Allab Menezes, Applying the principles of body control, Group West, USA

### Cilji in kompetence:

Osvojiti osnovna teoretična in praktična znanja za učinkovito vodenje Pilates vadbe odraslih in otrok. Natančno poznavanje metodike in tehnike osnovnih Pilates vaj in uporaba nekaterih pripomočkov (trak, žoga) pri izvedbi Pilates vaj. Prepoznavanje in odpravljanje napak med izvedbo osnovnih Pilates vaj. Prilagajanje vadbe individualnim potrebam posameznika. Posredovati študentom najnovejša spoznanja raziskav in prakse ter jih usposobiti za samostojno razvijanje ustreznih metod dela, kot protiutež sodobnemu – sedečemu načinu življenja in težav, ki izhajajo iz neaktivnosti hrbtenice.

### Objectives and competences:

The basic theoretical and practical knowledge for effective management of Pilates adults and children. Accurate knowledge of the methodology and techniques of basic Pilates exercises and the use of certain devices (tape, ball) in the execution of Pilates exercises. Identifying and correcting errors during execution of the basic Pilates exercises. Adapting to individual needs exercise.

Transfer the information with the latest findings of research and practice and enable students to independently develop appropriate methods of work as a counterbalance to contemporary - seated way of life and the problems arising from inactivity spine.

### Predvideni študijski rezultati:

- Teoretično in praktično znanje pravilne tehnike pilates vadbe (ki nam kaže znanje zavestne kontrole položajev in gibanj telesa), znanje metodičnih postopkov, izrazoslovja, prepoznavanje in odpravljanje težav v drži telesa ter prepoznavanje napak v tehniki vadbe.
- Razumevanje osnovnih pojmov in izrazov, ki so potrebni za opise gibanj, razumevanje gibalnega učenja, zakonitosti delovanja stabilizacije telesa in didaktičnih načel.
- Pridobljeno znanje uporabiti pri urah športne vzgoje v šoli, ŠSD, interesnih športnih dejavnostih, športnih društvih. (vzpostavljane in ohranjanje in pomembno zavedanja pravilne telesne drže), ki se odraža v slabi ŠSD, interesnih športnih dejavnostih, športnih društvih.

### Intended learning outcomes:

Theoretical and practical knowledge of the correct Pilates technique (which shows a conscious knowledge of the control positions and movements of the body), knowledge of methodological procedures, terminology, identifying and correcting problems in body posture and identify errors in exercise technique.

- Understand the basic concepts and terms which are necessary for describing trends, understanding the motor learning, the legality of stabilization of the body and didactic principles.
- Acquired knowledge to use in hours of physical education at school, SSD, activities of interest, sport clubs. (establishing and maintaining awareness and importance of correct posture), which is reflected in low SSD, activities of interest, sport clubs.
- Using Pilates exercises to develop coordination, balance, strength and flexibility.

|                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <ul style="list-style-type: none"> <li>• Uporaba pilates vadbe pri razvoju koordinacije, ravnotežja, moči in gibljivosti.</li> <li>• Uporaba pilates vadbe pri preprečevanju bolečin v hrbtu (pri vrhunškemu športu) zaradi preobremenitve in v času rehabilitacije po poškodbah.</li> <li>• Uporaba pilates vadbe v rekreativne namene za izboljšanje telesne drža, preprečevanje nastanka osteoporoze in inkontinence, izboljšanja ravnotežja in koordinacije.</li> <li>• Uporaba osnovnih pojmov in izrazov v praksi in pri prebiranju strokovne literature.</li> <li>• Samoocenjevanje izvajanja različnih položajev in gibanj, spremljanje lastnega napredka, ugotavljanja napak pri izvajanju.</li> <li>• Z pilates vadbo pridobljena znanja so tesno povezana z znanjem anatomije in fiziologije ter zdravim življenjskim slogom in so osnova za pravilno učenje tehnike in metodike vseh drugih športnih panog.</li> <li>• Spretnosti uporabe domače in tuje literature in drugih virov, zbiranja in interpretiranja podatkov, uporaba IKT in drugih didaktičnih pripomočkov, uporaba različnih postopkov, poročanje (ustno in pisno), identifikacija in reševanje problemov, kritična analiza, sinteza, pisanje člankov, refleksij na prebrano literaturo, delo v timih, socialne spretnosti ipd.</li> </ul> | <ul style="list-style-type: none"> <li>- Using Pilates exercise in the prevention of back pain (in elite sport) due to overload and during rehabilitation after injuries.</li> <li>- Using Pilates for recreational purposes to improve posture, prevent osteoporosis and incontinence, improve balance and coordination.</li> <li>- Use basic concepts and terms used in practice and in reading the literature.</li> <li>- Self-assessment of the implementation of various positions and movements, monitor their own progress, identifying errors in implementation.</li> <li>- The Pilates exercise the skills are closely linked with knowledge of anatomy and physiology and a healthy lifestyle and are the basis for learning the proper techniques and methodology of all other sports.</li> <li>- Skills of domestic and foreign literature and other sources, gathering and interpreting data, the use of ICT and other teaching materials, use of different procedures, reporting (verbal and written), identification and problem solving, critical analysis, synthesis, writing, thinking to read literature, work in teams, social skills, etc..</li> </ul> |
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#### Metode poučevanja in učenja:

predavanja, seminarji, individualne naloge, aktivno (refleksivno) poučevanje, simulacije, igre vlog, hospitacije, nastopi, pedagoška praksa itd.

#### Learning and teaching methods:

lectures, seminars, individual assignments, active (reflective) teaching, simulations, role plays, practical, performances, teaching practice, etc..

#### Načini ocenjevanja:

demonstracija praktičnega znanja

#### Delež/Weight

60,00 %

#### Assessment:

Demonstration of practical and theoretical knowledge

teoretični izpit

40,00 %

oral / written examinations

#### Ocenjevalna lestvica:

|  |  |
|--|--|
|  |  |
|--|--|

#### Grading system:

#### Reference nosilca/Lecturer's references:

- BUČAR PAJEK, Maja. Pilates : vadba za vse generacije. *Za srce*, ISSN 1318-2560. [Tiskana izd.], apr. 2016, letn. 25, št. 2/3, str. 27-28, barvni fotogr. [COBISS.SI-ID [4874417](#)]
- BUČAR PAJEK, Maja. Body posture analysis and low back pain. V: SAMARDŽIJA PAVLETIČ, Mitija (ur.), et al. *Plenary lectures, invited proceedings, book of abstracts and book of proceedings*, 4th International Scientific Congress, Slovenian Gymnastics Federation, Portorož, Slovenija, January 21st, 2017. Ljubljana: Gimnastična zveza Slovenije. 2017, str. 90-96, ilustr. <http://www.congress-gfs.com/2017/03/e-book-of-4th-international-scientific.html>. [COBISS.SI-ID [5178289](#)]
- BUČAR PAJEK, Maja. Insights into the possible impact of bilateral differences in artistic gymnastics. V: BUČAR PAJEK, Maja (ur.), SAMARDŽIJA PAVLETIČ, Mitija (ur.). *Plenary lectures, invited proceedings, scientific programme, book of abstracts and book of proceedings*. Ljubljana: Slovenian Gymnastics Federation. 2016, str. 19-23. [COBISS.SI-ID [4939441](#)]

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- BUČAR PAJEK, Maja. The possible impact and significance of asymmetries in artistic gymnastics. V: ČUK, Ivan (ur.). *Lectures and book of abstracts : International Scientific Conference Sport Health & Education "Complementary Approach to Gymnastics", Gdansk University of Physical Education and Sport, 18-20th of June 2015*, (Science of Gymnastics Journal, ISSN 1855-7171, Vol. 7, no. 3, 2015). Ljubljana: Faculty of Sport. 2015, str. 129-131. [http://www.fsp.uni-lj.si/cvus/zaloznistvo/science\\_of\\_gymnastics/](http://www.fsp.uni-lj.si/cvus/zaloznistvo/science_of_gymnastics/), [http://www.fsp.uni-lj.si/cvus/zaloznistvo/science\\_of\\_gymnastics/zadnja\\_stevilka/](http://www.fsp.uni-lj.si/cvus/zaloznistvo/science_of_gymnastics/zadnja_stevilka/). [COBISS.SI-ID 4782001]
- BUČAR PAJEK, Maja. Pilates - premišljen pristop h gibalni učinkovitosti. V: SALECL, Jernej (ur.), SAMARDŽIJA PAVLETIČ, Mitija (ur.), BEDENIK, Klemen. *Splošni strokovni priročnik Gimnastične zveze Slovenije*. Ljubljana: Gimnastična zveza Slovenije. 2013, str. 98-108, ilustr. [COBISS.SI-ID 4345777]
- BUČAR PAJEK, Maja, PAJEK, Jernej. Low back pain and the possible role of pilates in artistic gymnastics. *Science of gymnastics journal*, 2009, vol. 1, no. 1, str. 5561, ilustr. [http://www.fsp.unilj.si/mma\\_bin.php?id=2009101217122270](http://www.fsp.unilj.si/mma_bin.php?id=2009101217122270). [COBISS.SI-ID 3676081] pregledni znanstveni članek
- BUČAR PAJEK, Maja. Pilates v šoli. V: KOVAČ, Marjeta (ur.), ROT, Aleš (ur.). 22. Strokovni posvet športnih pedagogov Slovenije, Otočec, 19.21. november 2009. *Zbornik 22. strokovnega posveta športnih pedagogov Slovenije, [Otočec, 19.21. november 2009]*. Ljubljana: Zveza društev športnih pedagogov Slovenije, 2009, str. 3136, ilustr. [COBISS.SI-ID 3704497] strokovni prispevek
- BUČAR PAJEK, Maja. Low back pain in young adults with physical activity and preventive measures. V: KOVAČ, Marjeta (ur.), JURAK, Gregor (ur.), STARC, Gregor (ur.). 5th International Congress Youth Sport 2010, Ljubljana, 24 December 2010. *Book of abstracts*. Ljubljana: Faculty of Sport, 2010, str. 16. [COBISS.SI-ID 3938225] objavljen povzetek iz znanstvene konference
- BUČAR PAJEK, Maja, PAJEK, Jernej. Low back pain in physical education students a neglected problem?. V: KORKUSUZ, Feza (ur.), ERTAN, Hayri (ur.), TSOLAKIDIS, Elias (ur.). *[Sport science: where the cultures meet] : book of abstracts*. [Köln]: European College of Sport Science, 2010, str. 336. [COBISS.SI-ID 3837617] objavljen povzetek iz znanstvene konference
- BUČAR PAJEK, Maja. Vadba po porodu. *Večer (Marib.)*. [Tiskana izd.], 31. avg. 2010, leto 5, št. 229, str. 3233, fotograf. [COBISS.SI-ID 3875761] intervju
- BUČAR PAJEK, Maja. *Pilates v sportskoj gimnastici : 24.1.2009, Osijek*. Osijek: Gimnastično društvo Osijek, 2009. [COBISS.SI-ID 3593649] vabljen predavanje na konferenci brez natisa
- BUČAR PAJEK, Maja. *Pilates na blazinah : predavanje v okviru Pilates akademije (16 pedagoških ur)*. Ljubljana: Pilates, holistični center, 2009. [COBISS.SI-ID 3671985]
- BUČAR PAJEK, Maja. *Pilates za zdrav življenjski slog : 15.5.20095.6.2009, Jesenice (8 ur)*. Ljubljana: Univerza v Ljubljani, Pedagoška fakulteta, 2009. [COBISS.SI-ID 3711665]
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- BUČAR PAJEK, Maja. *Pilates za zdrav življenjski slog : 17.4.20098.5.2009, Celje (8 ur)*. Ljubljana: Univerza v Ljubljani, Pedagoška fakulteta, 2009. [COBISS.SI-ID 3712945]
- BUČAR PAJEK, Maja. *Pilates za zdrav življenjski slog : 19.3.200921.3.2009, Muta (8 ur)*. Ljubljana: Univerza v Ljubljani, Pedagoška fakulteta, 2009. [COBISS.SI-ID 3709361]
- BUČAR PAJEK, Maja. *Pilates za zdrav življenjski slog : 2.4.20097.5.2009, Radovljica (8 ur)*. Ljubljana: Univerza v Ljubljani, Pedagoška fakulteta, 2009. [COBISS.SI-ID 3709873]
- BUČAR PAJEK, Maja. *Pilates za zdrav življenjski slog : 2.7.200926.8.2009, Negova (8 ur)*. Ljubljana: Univerza v Ljubljani, Pedagoška fakulteta, 2009. [COBISS.SI-ID 3711409]
- BUČAR PAJEK, Maja. *Pilates za zdrav življenjski slog : 22.4.200928.8.2009, Podbočje (8 ur)*. Ljubljana: Univerza v Ljubljani, Pedagoška fakulteta, 2009. [COBISS.SI-ID 3712177]
- BUČAR PAJEK, Maja. *Pilates za zdrav življenjski slog : 25.8.200927.8.2009, Puconci (8 ur)*. Ljubljana: Univerza v Ljubljani, Pedagoška fakulteta, 2009. [COBISS.SI-ID 3710385]
- BUČAR PAJEK, Maja. *Pilates za zdrav življenjski slog : 27.2.200914.3.2009, Gorenja vas (8 ur)*. Ljubljana: Univerza v Ljubljani, Pedagoška fakulteta, 2009. [COBISS.SI-ID 3709105]
- BUČAR PAJEK, Maja. *Pilates za zdrav življenjski slog : 28.4.200930.4.2009, Strojca vas (8 ur)*. Ljubljana: Univerza v Ljubljani, Pedagoška fakulteta, 2009. [COBISS.SI-ID 3709617]
- BUČAR PAJEK, Maja. *Pilates za zdrav življenjski slog : 3.4.200915.5.2009, Jesenice (8 ur)*. Ljubljana: Univerza v Ljubljani, Pedagoška fakulteta, 2009. [COBISS.SI-ID 3713201]

- BUČAR PAJEK, Maja. *Pilates za zdrav življenjski slog : 5.6.200921.8.2009, Postojna (8 ur)*. Ljubljana: Univerza v Ljubljani, Pedagoška fakulteta, 2009. [COBISS.SIID [3712433](#)]
- BUČAR PAJEK, Maja. *Pilates za zdrav življenjski slog : 6.3.200918.4.2009, Škofja Loka (8 ur)*. Ljubljana: Univerza v Ljubljani, Pedagoška fakulteta, 2009. [COBISS.SIID [3711921](#)]
- BUČAR PAJEK, Maja. *Pilates za zdrav življenjski slog : 9.5.200911.6.2009, Maribor (8 ur)*. Ljubljana: Univerza v Ljubljani, Pedagoška fakulteta, 2009. [COBISS.SIID [3712689](#)]
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- BUČAR PAJEK, Maja. *Pilates za zdrav življenjski slog : 16.10.200921.11.2009, Dobrna (8 ur)*. Ljubljana: Univerza v Ljubljani, Pedagoška fakulteta, 2010. [COBISS.SIID [3813809](#)]
- BUČAR PAJEK, Maja. *Pilates za zdrav življenjski slog : 18.11.200915.1.2010, Škofije (4 ure)*. Ljubljana: Univerza v Ljubljani, Pedagoška fakulteta, 2010. [COBISS.SIID [3812529](#)]
- BUČAR PAJEK, Maja. *Pilates za zdrav življenjski slog : 24.10.200930.1.2010, Ljubljana (8 ur)*. Ljubljana: Univerza v Ljubljani, Pedagoška fakulteta, 2010. [COBISS.SIID [3814065](#)]
- BUČAR PAJEK, Maja. *Pilates za zdrav življenjski slog : 24.8.200917.10.2009, Slovenj Gradec (6 ur)*. Ljubljana: Univerza v Ljubljani, Pedagoška fakulteta, 2010. [COBISS.SIID [3813041](#)]
- BUČAR PAJEK, Maja. *Pilates za zdrav življenjski slog : 26.10.200927.10.2009, Ljubljana (8 ur)*. Ljubljana: Univerza v Ljubljani, Pedagoška fakulteta, 2010. [COBISS.SIID [3813297](#)]
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#### **Ostale reference**

- Vabljen predavanje na tehničnem kongresu gimnastične zveze slovenije 14.1.2011 Portorož: Stabizacijska vadba po metodi Pilates
- Vabljen predavanje na strokovnem posvetu Vadba na delovnem mestu, 8.4.2010, Ljubljana, fakulteta za šport
- 8 let inštruktorica Pilates vadbe v Pilates holističnem centru.
- Sodelovanje z GZS pri pripravi ženske in moške reprezentance – stabilizacija telesa in rehabilitacija.
- Avtorica programa usposabljanja Pilates vaditelj in Pilates inštruktor pri Gimnastični zvezi Slovenije, ki je sprejet s strani strokovnega sveta za šport RS in po katerem se usposabljanjo amaterski kadri v športu za vodenje Pilates vadbe.
- Avtorica programa usposabljanja Inštruktor športne rekreacije – Pilates na Fakulteti za šport

#### **Other references**

- Invited lecture at the Technical Congress Gymnastic Federation of Slovenia 14.01.2011 - Portorož: Stabizacijska Pilates exercise method
- Invited lecture at the expert consultation exercise on the workplace, 8.4.2010, Ljubljana, Faculty of Sport
- 8 years old Pilates instructor in Pilates Holistic Centre.
- Cooperation with the Chamber of Commerce in preparing women and men's teams - the stabilization and rehabilitation of the body.
- The author of Pilates instructor training program and Pilates instructor at Gymnastics Federation of Slovenia approved by Sport Council of R Slovenia
- The author of Pilates instructor training program and Pilates instructor at Gymnastics Federation of Slovenia approved by Sport Council of R Slovenia
- The author of Pilates instructor training program and Pilates instructor at Faculty of sport, Ljubljana

# PLANINSTVO

## UČNI NAČRT PREDMETA/COURSE SYLLABUS

|                                   |                |
|-----------------------------------|----------------|
| <b>Predmet:</b>                   | Planinstvo     |
| <b>Course title:</b>              | Mountaineering |
| <b>Članica nosilka/UL Member:</b> | UL FŠ          |

| Študijski programi in stopnja                   | Študijska smer                  | Letnik    | Semestri    | Izbirnost |
|-------------------------------------------------|---------------------------------|-----------|-------------|-----------|
| Kineziologija, prva stopnja, univerzitetni      | Ni členitve (študijski program) |           | 1. semester | izbirni   |
| Športna vzgoja, prva stopnja, univerzitetni     | Ni členitve (študijski program) | 3. letnik | 1. semester | obvezni   |
| Športno treniranje, prva stopnja, univerzitetni | Ni členitve (študijski program) |           | 1. semester | izbirni   |

|                                                            |         |
|------------------------------------------------------------|---------|
| <b>Univerzitetna koda predmeta/University course code:</b> | 0075839 |
| <b>Koda učne enote na članici/UL Member course code:</b>   | 1198    |

| Predavanja<br>/Lectures | Seminar<br>/Seminar | Vaje<br>/Tutorials | Klinične vaje<br>/Clinical<br>tutorials | Druge oblike<br>študija<br>/Other forms<br>of study | Samostojno<br>delo<br>/Individual<br>student work | ECTS |
|-------------------------|---------------------|--------------------|-----------------------------------------|-----------------------------------------------------|---------------------------------------------------|------|
| 20                      | 10                  | 30                 |                                         |                                                     | 60                                                | 4    |

|                                   |               |
|-----------------------------------|---------------|
| <b>Nosilec predmeta/Lecturer:</b> | Tadej Debevec |
|-----------------------------------|---------------|

|                                    |                             |
|------------------------------------|-----------------------------|
| <b>Vrsta predmeta/Course type:</b> | strokovni izbirni/selective |
|------------------------------------|-----------------------------|

|                          |                      |             |
|--------------------------|----------------------|-------------|
| <b>Jeziki/Languages:</b> | Predavanja/Lectures: | Slovenščina |
|                          | Vaje/Tutorial:       | Slovenščina |

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

|                                   |  |
|-----------------------------------|--|
| Pogoji za vpis v študijski letnik |  |
|-----------------------------------|--|

### Vsebina:

#### Teoretični del:

- Zgodovina in nacionalni pomen gornštva, organiziranost Planinske zveze Slovenije, mednarodne povezave, sistem vzgoje in izobraževanja amaterskih kadrov. Medpredmetno povezovanje: prva triada (spoznavanje okolja), druga triada (družba, zgodovina), tretja triada in SŠ (zgodovina).
- Pomen, vsebina, organizacija in izvedba šole v naravi s planinsko vsebino.
- Varovanje naravne in kulturne dediščine; čistoča okolja kot temelj ekološkega osveščanja. Medpredmetno povezovanje: prva triada (spoznavanje okolja, slovenščina), druga triada

### Content (Syllabus outline):

#### Theoretical part:

- History of mountaineering and importance for national identity. Organizational structure of Slovenian mountaineering association with special reference to education of leaders and guides. Interdisciplinary connections with other courses in elementary school (1-3 grade – Environment; 4-6 grade - History & Society; 7-9 grade - History)
- Importance and organization of School in nature with emphasis on mountaineering
- Protection of natural and cultural heritage: clean environment as the cornerstone for ecology. Interdisciplinary connections with other courses

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| <p>(družba, zgodovina, naravoslovje in tehnologija, naravoslovje, slovenščina), tretja triada in SŠ (zgodovina, državljanska vzgoja in etika, biologija, slovenščina).</p> <ul style="list-style-type: none"> <li>Narava kot športni objekt (izleti in pohodi v sredogorju, elementarne igre v naravi, naravna trimska steza, terenske gibalne naloge, vadbene ure športne vzgoje v naravi).</li> <li>Družabne in zabavne igre, organizacija in izvedba različnih tekmovanj – mnogobojev, literarno in likovno ustvarjanje, spoznavanje narave (cvetje, drevje, gobe, živalstvo). Medpredmetno povezovanje: prva triada (spoznavanje okolja, likovna vzgoja, slovenščina), druga triada (družba, zgodovina, naravoslovje in tehnologija, naravoslovje, slovenščina), tretja triada in SŠ (zgodovina, državljanska vzgoja in etika, biologija, slovenščina, umetnost).</li> <li>Biomehanske zakonitosti gibanja v gorskem svetu. Medpredmetno povezovanje: tretja triada in SŠ (fizika, matematika).</li> <li>Nevarnosti v gorah in preventivno ravnanje. Medpredmetno povezovanje: prva triada (spoznavanje okolja), druga triada (naravoslovje in tehnologija, naravoslovje), tretja triada in SŠ (državljanska vzgoja in etika, biologija, kemija).</li> <li>Upravljanje telesne toplote in zadovoljevanje telesnih potreb po tekočini in pravilni prehrani, ter škodljivost uživanja psihoaktivnih snovi v gorah. Medpredmetno povezovanje: prva triada (spoznavanje okolja), druga triada (naravoslovje in tehnologija, naravoslovje), tretja triada in SŠ (državljanska vzgoja in etika, biologija, kemija).</li> <li>Klasifikacija planinskih poti (nezahtevne, zahtevne, zelo zahtevne).</li> <li>Častni kodeks slovenskih planincev. Medpredmetno povezovanje: tretja triada (državljanska vzgoja in etika), SŠ (etika).</li> <li>Zgodovinske, geografske, geološke, botanične in druge značilnosti ter zanimivosti gorskega sveta kot podlaga za čustveno doživljanje gorske narave. Medpredmetno povezovanje: prva triada (spoznavanje okolja, likovna vzgoja, slovenščina), druga triada (družba, zgodovina, naravoslovje in tehnologija, naravoslovje, slovenščina), tretja triada (geografija, zgodovina, državljanska vzgoja in etika, biologija, slovenščina), in SŠ (geografija, zgodovina, biologija, slovenščina, filozofija, umetnost).</li> <li>Vsebina, organizacija in izvedba športnega dne, šole v naravi v sredogorju ali visokogorju.</li> <li>Spoznavanje gorstev in gorniško izrazje, rastlinstvo in živalstvo, vremenoslovje. Medpredmetno povezovanje: prva triada (spoznavanje okolja, likovna vzgoja, slovenščina), druga triada (družba, naravoslovje in tehnologija, naravoslovje, slovenščina), tretja</li> </ul> | <p>(1-3 grade – Slovene; 4-6 grade – Natural sciences; 7-9 grade &amp; high school – Ethics and Biology)</p> <ul style="list-style-type: none"> <li>Nature as a sport arena: - walks and hikes in the mountains, games in nature and physical education hours in natural environment.</li> <li>Animation of kids during activities in nature – fun competitions and games, lectures on fauna and flora. Interdisciplinary connections with other courses (1-3 grade – Arts, Slovene; 4-6 grade – Natural sciences, Biology, Slovene; 7-9 grade &amp; high school – History and Ethics)</li> <li>Biomechanics of Mountaineering. Interdisciplinary connections with other courses (7-9 grade &amp; high school – Physics &amp; Mathematics)</li> <li>Danger and risks in the mountains with the emphasis on prevention Interdisciplinary connections with other courses (1-3 grade – Environment, Slovene; 4-6 grade – Natural sciences, Technology; 7-9 grade &amp; high school – History and Chemistry)</li> <li>Basics of thermal physiology in the heat and cold often encountered in the mountains. Key guidelines for hydration and food intake and lessons on alcohol and substance abuse. Interdisciplinary connections with other courses (1-3 grade – Environment; 4-6 grade – Natural sciences, Technology; 7-9 grade &amp; high school – Ethics and Chemistry)</li> <li>Classification of mountain paths (easy, difficult &amp; very difficult)</li> <li>Ethical conduct and code of Slovene mountaineering association. Interdisciplinary connections with other courses (7-9 grade &amp; high school – Ethics)</li> <li>Historical, geographical, geological, botanical and other aspects of mountain areas as a basis for emotive experience in the mountain nature. Interdisciplinary connections with other courses (1-3 grade – Environment; Arts, Slovene; 4-6 grade – Natural sciences, Technology, Slovene); 7-9 grade &amp; high school – Geography, Philosophy, Slovene and Chemistry, Art)</li> <li>Organization of sports day in nature in low and high mountain areas around Slovenia</li> <li>Knowledge of various mountain areas at home and abroad as well as learning of specific mountaineering terms, fauna, flora and mountain specific meteorology. Interdisciplinary connections with other courses (1-3 grade – Environment; Arts, Slovene; 4-6 grade – Geography, Technology, Slovene); 7-9 grade &amp; high school – Geography, Slovene and History)</li> <li>First aid and mountain terrain specific injuries, organization and functioning of mountain rescue service in Slovenia and abroad. Communications in the mountains. Interdisciplinary connections</li> </ul> |
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| <p>triada (geografija, biologija, slovenščina), in SŠ (geografija, zgodovina, biologija, slovenščina).</p> <ul style="list-style-type: none"> <li>• Specifične poškodbe, PP, gorska reševalna služba in IKT (sredstva za zvezo in sporazumevanje). Medpredmetno povezovanje: prva triada (slovenščina), druga triada (naravoslovje in tehnologija, naravoslovje, slovenščina), tretja triada (državlanska vzgoja in etika, biologija, slovenščina), in SŠ (biologija, slovenščina).</li> <li>• Vzgojno-izobraževalni smotri gorniške vzgoje.</li> <li>• Zdravstvena in preventivna vrednost gornišstva pohodništva in planinstva. Medpredmetno povezovanje: druga triada (naravoslovje in tehnologija, naravoslovje), tretja triada (biologija), in SŠ (biologija).</li> <li>• Spremljanje napora med turo IKT (merilec FS) in osnovna in specialna kondicijska priprava. Medpredmetno povezovanje: druga triada (naravoslovje in tehnologija, naravoslovje), tretja triada (biologija, kemija), in SŠ (biologija, kemija).</li> <li>• Specifičnost dela s posameznimi skupinami ljudi: malčki, osnovnošolci, srednješolci, študentje, odrasli, starejši, otroci s posebnimi potrebami.</li> <li>• Narava in umetniška izraznost: literatura, poezija, glasba, slikarstvo, film, fotografija organizacija kulturnih večerov. Medpredmetno povezovanje: prva triada (spoznavanje okolja, likovna vzgoja, slovenščina, matematika), druga triada (družba, zgodovina, naravoslovje in tehnologija, naravoslovje, slovenščina, matematika), tretja triada (geografija, zgodovina, državljanska vzgoja in etika, biologija, slovenščina, matematika, fizika), in SŠ (geografija, zgodovina, biologija, slovenščina, filozofija, umetnost, matematika, fizika, sociologija).</li> <li>• Priprava učitelja-vodnika na turo.</li> <li>• Planinska orientacija (geografska orientacija, karte zemljevidi, topografska orientacija, gibanje ob pomoči karte, risanje profila poti, uporaba IKT: kompasa, višinomera in sistema GPS, merjenje razdalj, višin in nagibov, merjenje azimuta, metode za vrisovanje točk in poti na karto, priprava izleta s pomočjo karte (skica poti, profil poti). Orientacija v oteženih pogojih. Medpredmetno povezovanje: prva triada (spoznavanje okolja, matematika), druga triada (naravoslovje in tehnologija, naravoslovje), tretja triada (geografija, matematika, fizika), in SŠ (geografija, matematika, fizika).</li> <li>• Prenočevanje v naravi. Medpredmetno povezovanje: prva triada (spoznavanje okolja, likovna vzgoja, slovenščina), druga triada (družba, naravoslovje in tehnologija, naravoslovje, slovenščina, matematika), tretja triada (geografija, zgodovina, državljanska vzgoja in etika, biologija, slovenščina, matematika, fizika, tehnika in tehnologija), in SŠ (geografija, biologija,</li> </ul> | <p>with other courses (1-3 grade –Slovene; 4-6 grade – Natural sciences, Technology, Slovene); 7-9 grade &amp; high school – Biology, Slovene)</p> <ul style="list-style-type: none"> <li>• Educational guidelines and aims of mountaineering</li> <li>• Health and wellness effects of hiking and mountaineering. Interdisciplinary connections with other courses (4-6 grade – Environment; Technology); 7-9 grade &amp; high school – Geography, Philosophy, Slovene and Chemistry, Art)</li> <li>• Environmental physiology with monitoring of effort during hiking or mountaineering (i.e. heart rate monitoring). Interdisciplinary connections with other courses (4-6 grade – Natural sciences, Technology); 7-9 grade &amp; high school – Biology, Chemistry)</li> <li>• Working with different cohorts in the mountains (toddlers, kids, adolescents, adults, elderly, individuals with special needs)</li> <li>• Nature and arts: literature, poetry, music, painting, movies, photography and organization of cultural events. Interdisciplinary connections with other courses (1-3 grade – Environment, Slovene, Maths, Arts; 4-6 grade – Natural sciences, Technology, Slovene, Arts); 7-9 grade &amp; high school – Geography, Biology, Slovene, Philosophy, Arts, Sociology, Physics)</li> <li>• Tour/Trip preparation by the individual or the teacher/leader for a group.</li> <li>• Mountain orienteering (geographical orienteering, topos, maps, moving with map compass and altimeter, using modern technology (GPS etc.). Orienteering in difficult environmental conditions often encountered in the mountain regions. Interdisciplinary connections with other courses (1-3 grade –Environment, Maths; 4-6 grade – Natural sciences, Technology); 7-9 grade &amp; high school – Geography, Maths, Physics)</li> <li>• Bivouacs - overnight stays in nature. Interdisciplinary connections with other courses (1-3 grade –Environment, Arts, Slovene; 4-6 grade – Natural sciences, Technology, Slovene, Maths); 7-9 grade &amp; high school – Biology, Slovene, Philosophy, Arts, Maths, Physics, Sociology, Psychology)</li> </ul> <p><b>Practical part:</b></p> <ul style="list-style-type: none"> <li>• Each student prepares an outline of an educational plan for sports day in the nature or sport week in the nature with mostly mountaineering focus</li> <li>• Learning of appropriate work methods, teaching methods, didactical and methodological approaches for teaching of “mountain walking, hiking and mountaineering on paths of moderate difficulty.</li> </ul> |
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| <p>slovenščina, filozofija, umetnost, matematika, fizika, sociologija, psihologija).</p> <p><b>Praktični del:</b></p> <p>Vsak študent izdelava učno pripravo za športni dan ali šolo v naravi s planinsko vsebino in pri vajah vodi delo z ustreznim teoretičnim delom:</p> <ul style="list-style-type: none"> <li>• Primerne metode dela, učne oblike, didaktični principi in metodi postopki pri poučevanju tehnike gibanja pri pohodništvu in planinstvu po nezahtevnih poteh.</li> <li>• Upoštevanje psiholoških zakonitosti pri načrtovanju taktike gibanja pri pohodništvu in planinstvu (motivacija, doživljanje, osebnost-like športnega pedagoga, psihološka priprava športnega pedagoga, skupinska dinamika, vodenje, komunikacija, izredne razmere v gorah).</li> <li>• Prepoznavanje terena in predvidevanje nevarnosti v gorah in preventivno ravnanje.</li> <li>• Uravnavanje telesne toplote in zadovoljevanje telesnih potreb po tekočini in pravilni prehrani.</li> <li>• Primerne metode dela, učne oblike, didaktični principi in metodi postopki pri posredovanju vrhne tehnike in tehnika varovanja na planinskih poteh.</li> <li>• Uresničevanje Častnega kodeksa slovenskih planincev.</li> <li>• Opozarjanje na zgodovinske, geografske, geološke, botanične in druge značilnosti ter zanimivosti gorskega sveta kot podlaga za čustveno doživljanje gorske narave.</li> <li>• Prenos in povezovanje teoretičnih znanj o poznavanju gorstev in planinskega izrazja.</li> <li>• Napovedovanje vremena.</li> <li>• Uporaba orientacijskih vsebin pri pripravi in izvedbi športnega dne, šole v naravi s planinsko vsebino.</li> </ul> <p>Načrtovano bivačkanje.</p> | <ul style="list-style-type: none"> <li>• Learning to take into account psychological effects in planning movement tactics during mountaineering (motivation, experience, leader figure, psychological preparation of the leader, group dynamics, guiding, communication and extreme/adverse events in the mountains).</li> <li>• Learning to recognize the terrain characteristics, anticipation of the dangers in the mountains and preventive measures.</li> <li>• Maintaining thermal, fluid and nutrient balance during mountaineering</li> <li>• Learning of appropriate work methods, teaching methods, didactical and methodological approaches for learning specific rope techniques, and belay procedures.</li> <li>• Following and respecting the ethical code of the mountaineers.</li> <li>• Focusing on specific historical, geographical, geological, botanical and other characteristics of the mountains as a base for a better general experience.</li> <li>• Transfer and connection of theoretical knowledge regarding different mountain regions and specific terminology.</li> <li>• Weather predictions –meteorology</li> <li>• Employing classical and modern means of orientation during sport days in the mountains.</li> <li>• Planned bivouacking</li> </ul> |
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### Temeljna literatura in viri/Readings:

- Burnik, S., & Čebašek Travnik, Z. (1998). Kaj naj bi športni pedagogi, trenerji in vaditelji vedeli o uživanju alkohola. Šport št. 4, Ljubljana.
- Kristan S. (1993). V gore.... Didakta, Radovljica.
- Kristan S. (1998). Šola v naravi. Didakta, Radovljica.
- Malešič, F. (2005). Spomin in opomin gora. Didakta, Radovljica.
- Pollak, B. (2004). Osnove gibanja v gorah in planinah. Samozaložba, Kamnik.
- Pollak, B. (2006). Osnove tehnike vodenja. Samozaložba, Kamnik.
- Rotovnik, B. idr. (2005). Planinska Šola. Planinska zveza Slovenije, Ljubljana.
- Rotovnik, B. idr. (2006). Vodniški učbenik. Planinska zveza Slovenije, Ljubljana.
- Burnik, S., Petrovič, D., Gratej, L., Zubin, A., Jereb, B. (2012). ABC dejavnosti v naravi. Ljubljana: Fakulteta za šport.
- Kajtna, T., Burnik, S., Brod, T., Pori, M., Jereb, B. (2013). Kako reševati probleme pri dejavnostih v naravi : učbenik za predmet Planinstvo in nekatere dejavnosti v naravi na Fakulteti za šport. Ljubljana: Fakulteta za šport.
- članki iz specializiranih in strokovnih revij (Alpinistični razgledi, Grif, Climbing, Planinski vestnik, Šport).
- diplomske naloge s področja gornštva.

### Cilji in kompetence:

### Objectives and competences:

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| <p>Cilji predmeta so:</p> <p>Študenti bodo dobili temeljna teoretična in praktična znanja za organizacijo, varno vodenje in poučevanje pohodništva in planinstva v šolah (osnovna, srednja šola), pri rednem pouku, na športnih dnevih, pri dnevih dejavnosti, v šoli v naravi, izbirnih vsebinah in krožkih v poletnem času po nezahtevnih poteh.</p> <p>Predmetno specifične kompetence:</p> <ul style="list-style-type: none"> <li>• Bodo razumeli planinstvo kot sredstvo za ohranjanje zdravega načina življenja.</li> <li>• Bodo razumeli planinstvo kot sredstvo za izboljšanje kakovosti življenja.</li> <li>• Bodo razumeli planinstvo kot sredstvo na osebnostne lastnosti otrok in mladine.</li> <li>• Bodo poznali vpliv planinstva na socialni razvoj otrok in mladine.</li> <li>• Bodo poznali vpliv planinstva na gibalne in funkcionalne sposobnosti otrok in mladine.</li> <li>• Bodo razumeli program Zlati sonček:</li> </ul> <ol style="list-style-type: none"> <li>1. Vrtec: program A in B (izleti v naravo),</li> <li>2. OŠ prva triada: program C in D (planinski izleti).</li> </ol> <ul style="list-style-type: none"> <li>• Bodo razumeli program Krpan:</li> </ul> <ol style="list-style-type: none"> <li>1. OŠ druga triada: <ul style="list-style-type: none"> <li>• bronasta medalja (planinski izleti, oprema za izlete, zaščita pred klopi),</li> <li>• srebrna medalja (planinski izleti, kako varujemo naravo, škodljivost kajenja),</li> <li>• zlata medalja (planinski izleti).</li> </ul> </li> <li>• Bodo razumeli dni dejavnosti (pohodništvo).</li> <li>• Bodo razumeli akcijo Ciciban planinec in akcijo Mladi planinec.</li> <li>• Bodo razumeli pomen državnega tekmovanja Mladina in gore.</li> <li>• Bodo poznali osnove tehnike gibanja v sredogorju in visokogorju po nezahtevnih poteh v letnih razmerah.</li> <li>• Bodo poznali osnove vrvene tehnike za varno gibanje v sredogorju in visokogorju po nezahtevnih poteh v letnih razmerah.</li> <li>• Bodo poznali osnove taktike gibanja v sredogorju in visokogorju po nezahtevnih poteh v letnih razmerah.</li> <li>• Bodo razumeli in poznali tovariško pomoč v gorah.</li> <li>• Bodo razumeli in poznali Častni kodeks slovenskih planincev.</li> <li>• Bodo razumeli in poznali gorsko pokrajino kot območje pomembnih virov pitne vode, obnovljivih virov energije, rudnin, gozda in kmetijskih pridelkov.</li> <li>• Bodo razumeli in poznali gorsko pokrajino kot območje kot območja za izvajanje pohodništva in planinstva.</li> <li>• Bodo razumeli in udeleževali medpredmetne povezave z rednimi predmeti po predmetniku od 1. do 9. razreda OŠ in SŠ ter izbirnimi in prostoizbirni predmeti v tretji triadi OŠ in SŠ.</li> </ol> | <p>The aims of this course are as follows:</p> <p>The students will obtain basic theoretical and practical skills and knowledge for organizing, guiding and teaching hiking and mountaineering in schools (elementary and high) during regular process, during sports days or weeks in nature. The obtained knowledge will enable them to organize the above-mentioned activities on easy mountain paths.</p> <p>Specific aims and obtained competences:</p> <ul style="list-style-type: none"> <li>• The students will understand the value of mountaineering as means maintaining healthy lifestyle</li> <li>• The students will understand the value of mountaineering as means of improving the quality of life</li> <li>• The students will understand the value of mountaineering as means of developing personal qualities in individuals (i.e. kids)</li> <li>• The students will understand influence of mountaineering on social development of individuals</li> <li>• The students will understand influence of mountaineering on motor learning and control of basic movements of kids and youth.</li> <li>• The students will obtain knowledge regarding the "Golden sun" programme:</li> </ul> <ol style="list-style-type: none"> <li>1. Kindergarten: programme A in B (trips to nature),</li> <li>2. Elementary school (grade 1-3): programme C in D (hiking trips).</li> </ol> <ul style="list-style-type: none"> <li>• The students will obtain knowledge regarding the "Krpan" programme:</li> </ul> <ol style="list-style-type: none"> <li>1. Elementary school (grade 4-6): <ul style="list-style-type: none"> <li>• Bronze medal (mountain trips, equipment, protection)</li> <li>• Silver medal (mountain trips, protection of nature, detrimental effects of smoking)</li> <li>• Golden medal (mountain trips).</li> </ul> </li> <li>• The students will obtain knowledge regarding organization of day trips in nature.</li> <li>• The students will obtain knowledge regarding the "Ciciban planinec" and "Mladi planinec" programme.</li> <li>• The students will understand the importance of "Mladina in gore" national competition.</li> <li>• The students will gain knowledge necessary for safe mountaineering on easy paths in summer conditions.</li> <li>• The students will gain knowledge of basic rope and belay techniques employed for mountaineering on easy paths in summer conditions.</li> <li>• The students will gain knowledge regarding technique and tactics of mountaineering on easy paths in summer conditions.</li> <li>• The students will understand the importance of helping each other in need.</li> </ol> |
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|  | <ul style="list-style-type: none"> <li>• The students will understand and gain knowledge of the ethical code of mountaineers</li> <li>• The students will understand and know the mountain regions as one of the crucial sources of drinking water, removable energy sources, wood and produce.</li> <li>• The students will understand and know the mountain regions as key areas for teaching and performing hiking and mountaineering courses.</li> <li>• The students will understand and know the interdisciplinary connections of mountaineering with other courses (regular and extracurricular) within the elementary and high school.</li> </ul> |
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#### **Predvideni študijski rezultati:**

- Znajo organizirati, varno izvesti in voditi športne dneve, šole v naravi v sredogorju ali visokogorju po nezahtevnih poteh ter usposabljanja kadrov pri PZS ustrezne kategorije.
- Razumejo vlogo vsebine učnega načrta, kot sredstva za pripravo otrok, mladine, vodenih in učitelja za športne dneve, šole v naravi v sredogorju ali visokogorju po nezahtevnih poteh, za usposabljanja kadrov pri PZS in za kasnejše življenjsko obdobje.
- Uporaba pridobljenih znanj za organizacijo in varno izvedbo športnega dne, šole v naravi v sredogorju ali visokogorju po nezahtevnih poteh ter za usposabljanje kadrov pri PZS ustrezne kategorije. Sposobnost prilagajanja različnim (lahko tudi nepredvidljivim) situacijam.
- Razvijanje kompetenc za učinkovito načrtovanje in vodenje športnega dne in šole v naravi s pohodniško in/ali gorniško vsebino za posamezne triade v OŠ in posamezno starostno stopnjo v SŠ ter za usposabljanje kadrov pri PZS ustrezne kategorije.
- Ocena in zavedanje problemov in nevarnosti pri vodenju športne vzgoje s planinsko vsebino.
- Sposobnost iskanja virov za pomoč pri izdelavi organizacijske, tehnične, vsebinske, kondicijske in psihične priprave za izlet, pohod, turo in sposobnost povezovanja pri posameznih pripravah z drugimi predmeti na šoli in s PZS.

#### **Intended learning outcomes:**

- The students know how to organize and mountaineering in schools (elementary and high) during regular process, during sports days or weeks in nature on easy mountain paths.
- The students understand the purpose of curriculum as means of preparation of individuals, teachers and guides for mountaineering activities and teaching courses.
- The students employ their knowledge for safe organization of sport days, schools in nature in the mountain regions on easy mountain paths. They also have the ability to adapt to different (also adverse) situations.
- Continuous development of competences for planning and guiding of sport days, schools in nature in the mountain regions on easy mountain paths depending on the age and school level of the individuals.
- Assessment of risk during activities in the mountains and taking appropriate preventive action.
- Ability to obtain resources needed for organizational, technical, motivational and psychological preparation for of sport days, schools in nature in the mountain regions on easy mountain paths. In addition recognizing numerous opportunities for interdisciplinary connections of mountaineering with other courses (regular and extracurricular) within the elementary and high school.

#### **Metode poučevanja in učenja:**

Predavanja, seminarji, vaje in individualno delo.

#### **Learning and teaching methods:**

Lectures, seminars, field work, individual work

#### **Načini ocenjevanja:**

#### **Delež/Weight**

#### **Assessment:**

|                                                 |         |                                                       |
|-------------------------------------------------|---------|-------------------------------------------------------|
| Teoretični izpit 5 negativno, od 6-10 pozitivno | 50,00 % | Theoretical exam Grading 5 (failed), 6-10 (passed)    |
| Praktični izpit. 5 negativno, od 6-10 pozitivno | 50,00 % | Practical assesment Grading 5 (failed), 6-10 (passed) |

#### **Ocenjevalna lestvica:**

#### **Grading system:**

### Reference nosilca/Lecturer's references:

Doc. dr. Tadej Debevec je na Fakulteti za šport diplomiral leta 2006. Doktorat je leta 2011 pridobil na Mednarodni podiplomski šoli Jožefa Stefana za raziskovalno delo na področju učinkov višinske/hipoksične in hiperoksične vadbe na fiziološke adaptacije in športno sposobnost. V letih 2013/2014 je bil podoktorski raziskovalec na Univerzi v Cape Town, Faculty of Health Sciences Department of Human Biology, UCT/MRC Research Unit for Exercise Science and Sports Medicine. Strokovno že dolga leta sodeluje na področju vzgoje kadrov pri nacionalni planinski panožni zvezi (PZS) in trenutno vodi izobraževanje poklicnih gorskih vodnikov IFMGA v okviru Združenja gorskih vodnikov Slovenije. Njegovo raziskovalno delo obsega preučevanje adaptacijskih fizioloških mehanizmov na različne okoljske dejavnike tako pri pri zdravih posameznikih kot tudi v kliničnih populacijah. Leta 2015 je bil izvoljen v naziv docent za področje kinezioloških znanosti na Univerzi v Ljubljani in v naziv znanstveni sodelavec na Institutu "Jožef Stefan". Dr. Debevec graduated from the Faculty of Sport, University of Ljubljana in 2006. He obtained his Ph.D. in 2011 for the work on different altitude/hypoxic & hyperoxic training modalities and their effects on athletic performance. During 2013/2014 he was a post-doctoral fellow at University of Cape Town, Faculty of Health Sciences Department of Human Biology, UCT/MRC Research Unit for Exercise Science and Sports Medicine. During the last ten years, he is active in numerous educational projects of the national mountaineering association of Slovenia and also heads the education of the IFMGA mountain guides within the Slovene Mountain Guides Association. His research is primarily focused on investigating physiological adaptations of humans to different environmental stressors in health and disease. In 2015, he was elected as an Assistant Professor of Sport Science at the University of Ljubljana and to the position of Research Associate at the Jozef Stefan Institute (Ljubljana, Slovenia).

### Izbrane publikacije / Selected publications

- Debevec T. Hypoxia-related hormonal appetite modulation in humans during rest and exercise: Mini review. *Frontiers in Physiology*. (2017) 8(366).
- Kapus J., Mekjavić I.B., McDonnell A.C., Ušaj A., Vodičar J., Najdenov P., Jakovljević M., Jaki Mekjavić P., Žvan M. & Debevec T. Cardiorespiratory responses of adults and children during normoxic and hypoxic exercise. *International Journal of Sports Medicine*. (2017) 38(8): 627-636.
- Debevec T., Millet G.P. & Pialoux V. Hypoxia-induced oxidative stress modulation with physical activity. *Frontiers in Physiology*. (2017) 8(84).
- Debevec T., Simpson E.J., Mekjavić I.B., Eiken O. & Macdonald I.A. Effects of prolonged hypoxia and bed rest on appetite and appetite-related hormones. *Appetite*. (2016) 107: 28-37.
- Debevec T., Pialoux V., Ehrström S., Ribon A., Eiken O., Mekjavić I.B. & Millet G.P. FemHab: The effects of bed rest and hypoxia on oxidative stress in healthy females. *Journal of Applied Physiology*. (2016) 120: 930-938.
- Debevec T., Pialoux V., Saugy J., Schmitt L., Cejeuela R., Mury P., Ehrström S., Faiss R., Millet, G.P. Prooxidant/antioxidant balance in hypoxia: a cross-over study on normobaric vs. hypobaric "live high-train low". *PLOS ONE*. (2015) e0137957-1-e0137957-14.
- Debevec T., Bali T.C., Simpson E.J., Macdonald I.A., Eiken O. & Mekjavić I.B. Separate and combined effects of 21-day bed rest and hypoxic confinement on body composition. *European Journal of Applied Physiology*. (2014) 114(11): 2411-25.
- Debevec T., Simpson E.J., Macdonald I.A., Eiken O. & Mekjavić I.B. Exercise training during normobaric hypoxic confinement does not alter hormonal appetite regulation. *PLOS ONE*. (2014) 9(6):e98874.
- Debevec T., McDonnell A.C., Macdonald I.A., Eiken O. & Mekjavić I.B. Whole body and regional body composition changes following 10-day hypoxic confinement and unloading/inactivity. *Applied Physiology, Nutrition, and Metabolism*. (2014) 39(3):386-395.
- Debevec T., Pialoux V., Mekjavić I.B., Eiken O., Mury P. & Millet G.P. Moderate exercise blunts oxidative stress induced by normobaric hypoxic confinement. *Medicine & Science in Sports & Exercise*. (2014) 46(1):33-41.
- Debevec T. & Mekjavić I.B. Short intermittent hypoxic exposures augment ventilation but do not alter cerebral and muscle oxygenation during hypoxic exercise. *Respir Physiol Neurobiol*. (2012) 118(2): 132-142.
- Debevec T., Keramidas M.E., Norman B., Gustafsson T., Eiken O. & Mekjavić I.B. Acute short-term hyperoxia followed by mild hypoxia does not increase EPO production: resolving the "normobaric oxygen paradox". *Eur. J. Appl. Physiol*. (2012) 112(3): 1059-65.
- Debevec T., Amon M., Keramidas M.E., Kounalakis S.N., Pišot R. & Mekjavić I.B. Normoxic and hypoxic performance following 4 weeks of normobaric hypoxic training. *Aviat. Space Environ. Med*. (2010). 81(4): 387-393.



# PLAVANJE 1 Z OSNOVAMI REŠEVANJA IZ VODE

## UČNI NAČRT PREDMETA/COURSE SYLLABUS

|                                   |                                                  |
|-----------------------------------|--------------------------------------------------|
| <b>Predmet:</b>                   | Plavanje 1 z osnovami reševanja iz vode          |
| <b>Course title:</b>              | Swimming 1 with basics of water rescue technique |
| <b>Članica nosilka/UL Member:</b> | UL FŠ                                            |

| Študijski programi in stopnja                   | Študijska smer                  | Letnik    | Semestri    | Izbirnost |
|-------------------------------------------------|---------------------------------|-----------|-------------|-----------|
| Kineziologija, prva stopnja, univerzitetni      | Ni členitve (študijski program) |           | 1. semester | izbirni   |
| Športna vzgoja, prva stopnja, univerzitetni     | Ni členitve (študijski program) | 1. letnik | 1. semester | obvezni   |
| Športno treniranje, prva stopnja, univerzitetni | Ni členitve (študijski program) |           | 1. semester | izbirni   |

|                                                            |         |
|------------------------------------------------------------|---------|
| <b>Univerzitetna koda predmeta/University course code:</b> | 0077441 |
| <b>Koda učne enote na članici/UL Member course code:</b>   | 985     |

| Predavanja<br>/Lectures | Seminar<br>/Seminar | Vaje<br>/Tutorials | Klinične vaje<br>/Clinical<br>tutorials | Druge oblike<br>študija<br>/Other forms<br>of study | Samostojno<br>delo<br>/Individual<br>student work | ECTS |
|-------------------------|---------------------|--------------------|-----------------------------------------|-----------------------------------------------------|---------------------------------------------------|------|
| 15                      |                     | 45                 |                                         |                                                     | 60                                                | 4    |

|                                   |              |
|-----------------------------------|--------------|
| <b>Nosilec predmeta/Lecturer:</b> | Jernej Kapus |
|-----------------------------------|--------------|

|                                    |                    |
|------------------------------------|--------------------|
| <b>Vrsta predmeta/Course type:</b> | obvezni/compulsory |
|------------------------------------|--------------------|

|                          |                      |             |
|--------------------------|----------------------|-------------|
| <b>Jeziki/Languages:</b> | Predavanja/Lectures: | Slovenščina |
|                          | Vaje/Tutorial:       | Slovenščina |

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

|                                                       |                       |
|-------------------------------------------------------|-----------------------|
| Vpis v 1. letnik študijskega programa Športna vzgoja. | <b>Prerequisites:</b> |
|-------------------------------------------------------|-----------------------|

### Vsebina:

- Opredelitev in pomen plavanja
- Metodika učenja plavanja
- Pravilna izvedba in napake, ki se pojavljajo pri plavalnih tehnikah na osnovni (kravl, prsno in hrbtno) in nadaljevalni (pri eni izbrani) ravni, pri nadvodnih obratih in pri osnovnem skok na noge in na glavo v vodo (zelena polja)
- Nesreče pri dejavnostih v vodi in ob njej ter naša/učiteljeva odgovornost
- Utapljanje in reševanje iz vode
- Aktivna varnost pri izvedbi programov začetnega učenja plavanja v bazenskih kopališčih, postopki reševanja iz vod, osnove potapljanja na dih in plavanja pod vodo (rdeča polja).

### Content (Syllabus outline):

- Definition of swimming and its meaning for child development and as important factor in the context of society
- Methods used for swimming skills achievements (water adaptation teaching swimming technique)
- Ideal for of movement at swimming technique on basic (front crawl, breast stroke, back stroke) and advanced level (one selected), head out turns and basic head first diving
- Drowning accidents and teacher's responsibility
- Water rescue techniques for swimming pools
- Didactic model of swimming teaching (pupil, swimming teacher, conditions for teaching
- Planning the swimming learning programme

|                                                                                                                                                                                                                                                                                                                                                                                                       |                                                                                                                                                                                                                                                        |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <ul style="list-style-type: none"> <li>• Didaktični model učenja plavanja</li> <li>• Načrtovanje učenja plavanja</li> <li>• Izvedba učenja plavanja</li> <li>• Načrtovanje in izvedba programa skokov v vodo</li> <li>• Spremljanje, vrednotenje in ocenjevanje znanja plavanja in plavalnih sposobnosti</li> <li>• Osnove biomehanike plavanja, plavalnih tehnik in skoka na glavo v vodo</li> </ul> | <ul style="list-style-type: none"> <li>• Realisation of swimming lesson</li> <li>• Evaluating the swimming knowledge and abilities</li> <li>• System of swimming education in Slovenia</li> <li>• Basic biomechanics principles of swimming</li> </ul> |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|

### Temeljna literatura in viri/Readings:

|                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                |  |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--|
| <ol style="list-style-type: none"> <li>1. Kapus, V., Štrumbelj, B., Kapus, J., Jurak, G., Šajber Pincolič, D., Vute, R., Bednarik, J., Kapus, M., Čermak, V. (2002). Plavanje. Učenje.</li> <li>2. Kapus, V. in sodelavci (2004). Reševanje iz vode, Aktivna varnost in prva pomoč.</li> <li>3. Plavanje in plavalne dejavnosti. (2009). Šport 57 (1-2), 1-58.</li> <li>4. Kapus, J., Štirn, I. (2017). Osebno reševanje iz vode s tubo. Šport, 65, 1/2, 59-62.</li> <li>5. Kapus, J. (2019). OD KAMNA DO RIBE ali KAKO PELJATI UČENCA VARNO ČEZ VODO.</li> <li>6. Spletni strani Začetno in nadaljevalno učenje plavanja</li> <li>7. Spletna stran Reševanje iz vode, prikazi različnih načinov reševanja</li> <li>8. Spletna stran Merila za ocenjevanje znanja plavanja in plavalnih sposobnosti</li> <li>9. Spletna stran s posnetki vaj in pomožnih nalog za ocenjevanje znanja plavanja in plavalnih sposobnosti</li> <li>10. Spletna stran Priročnik z razlago Meril za ocenjevanje znanja plavanja in plavalnih sposobnosti</li> </ol> |  |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--|

### Cilji in kompetence:

|                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p>Študenti bodo dobili temeljna teoretična in praktična znanja za organizacijo in varno vodenje programov učenja plavanja.</p> <p>Cilji in kompetence:</p> <ul style="list-style-type: none"> <li>• Bodo poznali metodiko učenja plavanja.</li> <li>• Bodo razumeli program plavanja v učnem načrtu vrtcev, osnovnih in srednjih šol.</li> <li>• Bodo razumeli uveljavljena merila za ocenjevanje znanja plavanja in plavalnih sposobnosti.</li> <li>• Bodo razumeli pomen zagotavljanja aktivne varnosti pri programih plavanja v bazenskih kopališčih.</li> <li>• Bodo poznali vzroke, potek in posledice nesreč v vodi in razumeli učiteljevo odgovornost pri tem.</li> <li>• Bodo poznali osnove reševanja iz vode v bazenskih kopališčih.</li> </ul> | <p><b>Objectives and competences:</b></p> <p>Students will get theoretical and practical knowledge for organisation and for safe realization of programmes for basic swimming learning. Students will understand:</p> <ul style="list-style-type: none"> <li>• The methods for basic swimming learning</li> <li>• The swimming programmes in kindergarten, primary and secondary school.</li> <li>• The rating scale for evaluation of (non)swimmers knowledge and swimming ability</li> <li>• The reason for drowning accidents, its consequences and teacher's responsibility</li> <li>• The importance of providing safety programs, swimming in swimming pools.</li> <li>• The process of drowning and water rescue techniques</li> </ul> |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|

### Predvideni študijski rezultati:

|                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |                                                                                                                                                                                                                                                |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p>Študentje bodo s predmetom opravili plavalni del usposabljanja za pridobitev naziva Strokovni sodelavec 1-športno treniranje-plavanje (učitelj plavanja), ki ga podeljuje Plavalna zveza Slovenije. To pomeni, da bodo po končni pridobitvi naziva usposobljeni za samostojno poučevanje plavanja neplavalcev in plavalcev.</p> <p><b>Znanje in razumevanje</b></p> <ul style="list-style-type: none"> <li>• Študentje bodo znali načrtovati in varno izvesti programe učenja plavanja pri pedagoškem procesu. Pri tem znajo tudi oceniti napredek učenca.</li> </ul> | <p><b>Intended learning outcomes:</b></p> <p><b>Knowledge and understanding</b></p> <p>The students will be able to plan, to safe carry out and to evaluate the programmes of basic swimming learning, which are part of school curriculum</p> |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|

|                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |  |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--|
| <ul style="list-style-type: none"> <li>Študentje bodo znali zagotoviti aktivno varnost pri izvedbi programov učenja plavanja in ustrezno posredovati v slučaju nevarnosti.</li> </ul> <p><b>Uporaba</b><br/>Pridobljeno znanje bo študentom v pomoč pri organizaciji in varni izvedbi programov učenja plavanja pri pedagoškem procesu, ki je opredeljen v učnih načrtih vseh stopenj izobraževanja.</p> <p><b>Refleksija</b><br/>Študentje bodo znali ovrednotiti uporabljene strategije upravljanja programa učenja plavanja pri rednem pouku športne vzgoje.</p> <p><b>Prenosljive prednosti</b><br/>Osvojena znanja bodo študentom omogočala prenos izbranih strategij izbiranja ciljev, vsebin, oblik, metod in sredstev ter upravljanja učnovzgojnega procesa na sorodne učnovzgojne dejavnosti.</p> |  |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--|

|                                     |                                       |
|-------------------------------------|---------------------------------------|
| <b>Metode poučevanja in učenja:</b> | <b>Learning and teaching methods:</b> |
| predavanja, vaje                    | Lectures, practical exercises         |

| <b>Načini ocenjevanja:</b>                                                                                                                                                                                                                                                                                                                                                                                                   | <b>Delež/Weight</b> | <b>Assessment:</b>                                                                                                                                                                             |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Teoretični izpit je pisen. Ovrednoti se ga s številčnimi ocenami od 5 do 10, pri čemer je ocena 5 negativna, ostale ocene pa pozitivne.                                                                                                                                                                                                                                                                                      | 70,00 %             | written exam marked from 6 to 10 (positive marks) or 5 (negative mark)                                                                                                                         |
| Ocena izpolnjenega delovnega zvezka OD KAMNA DO RIBE ali KAKO PELJATI UČENCA VARNO ČEZ VODO.<br>Ovrednoti se ga s številčnimi ocenami od 5 do 10, pri čemer je ocena 5 negativna, ostale ocene pa pozitivne.                                                                                                                                                                                                                 | 10,00 %             | notebook marked from 6 to 10 (positive marks) or 5 (negative mark)                                                                                                                             |
| Praktični del izpita je sestavljen iz: • prikazov treh plavalnih tehnik na osnovni ravni in ene poljubne na nadaljevalni ravni, šestih postopkov reševanja in enega plavanja pod vodo (preizkuse se vrednoti le z dvema ocenama, opravi in ni opravi), • plavanja 400 metrov prosto (preizkus se glede na dosežen čas vrednoti s številčnimi ocenami od 5 do 10, pri čemer bo ocena 5 negativna, ostale ocene pa pozitivne). | 20,00 %             | <ul style="list-style-type: none"> <li>demonstration of swimming techniques at basic and advanced level</li> <li>demonstration of rescue techniques</li> <li>swimming 400 freestyle</li> </ul> |

|                              |                        |
|------------------------------|------------------------|
| <b>Ocenjevalna lestvica:</b> | <b>Grading system:</b> |
|                              |                        |

#### Reference nosilca/Lecturer's references:

KAPUS, Jernej, MEKJAVIČ, Igor B., MCDONNELL, Adam, UŠAJ, Anton, VODIČAR, Janez, NAJDENOV, Peter, JAKOVLJEVIČ, Miroljub, JAKI MEKJAVIČ, Polona, ŽVAN, Milan, DEBEVEC, Tadej. Cardiorespiratory responses of adults and children during normoxic and hypoxic exercise. International journal of sports medicine, ISSN 0172-4622, 2017, vol. 38, no. 8, str. 627-636, tabele, graf. prikazi.  
<https://www.thieme-connect.com/products/ejournals/abstract/10.1055/s-0043-109376>, doi: 10.1055/s-0043-109376.

KAPUS, Jernej, UŠAJ, Anton, JERANKO, Samo, DAIČ, Jure. The effects of seasonal training on heart rate and oxygen saturation during face-immersion apnea in elite breath-hold diver : a case report. The Journal of sports medicine and physical fitness, ISSN 1827-1928, jan.-feb. 2016, vol. 56, iss. 1/2, str. 162-170, tabeli, graf.

prikazi. <http://www.minervamedica.it/en/journals/sports-med-physical-fitness/article.php?cod=R40Y9999N00A150150>.

KAPUS, Jernej, UŠAJ, Anton, KAPUS, Venceslav, ŠTRUMBELJ, Boro. The difference in respiratory and blood gas values during recovery after exercise with spontaneous versus reduced breathing frequency. *Journal of Sports Science and Medicine : free electronic journal*, ISSN 1303-2968. [Online ed.], sept. 2009, vol. 8, issue 3, str. 452-457, tabele, graf. prikazi. <http://www.jssm.org/vol8/n3/19/v8n3-19text.php>, <http://www.jssm.org/vol8/n3/19/v8n3-19pdf>.

KAPUS, Jernej, KAPUS, Venceslav, ŠTRUMBELJ, Boro, UŠAJ, Anton. Can high intensity workloads be simulated at moderate intensities by reduced breathing frequency?. *Biology of Sport*, ISSN 0860-021X, 2010, vol. 27, no. 3, str. 163-168, ilustr., tabele

KAPUS, Jernej, UŠAJ, Anton, ŠTRUMBELJ, Boro, KAPUS, Venceslav. Can blood gas and acid-base parameters at maximal 200 meters front crawl swimming be different between former competitive and recreational swimmers?. *Journal of Sports Science and Medicine : free electronic journal*, ISSN 1303-2968. [Online ed.], march 2008, vol. 7, issue 1, str. 106-113, ilustr., tabele. <http://www.jssm.org/vol7/n1/16/v7n1-16text.php>

KAPUS, Jernej, UŠAJ, Anton, KAPUS, Venceslav, ŠTRUMBELJ, Boro. Assessment of ventilation during swimming using backward extrapolation of the ventilation recovery curve. *Kinesiology : international scientific journal of kinesiology and sport*, ISSN 1331-1441. [English ed.], 2004, let. 36, št. 1, str. 69-74, tabele, graf. prikazi.

KAPUS, Jernej, MORAVEC, Tadeja, LOMAX, Mitch. Effects of head position on the duration of breaststroke swimming in preschool swimming beginners = Vpliv položaja glave med prsnim na plavalno zmogljivost predšolskih začetnikov. *Kinesiologia Slovenica : scientific journal on sport*, ISSN 1318-2269. [Print ed.], 2018, letn. 24, št. 2, str. 17-27, ilustr. <https://www.kinsi.si/en/current-issue/2018101823305072>.

UŠAJ, Anton, MEKJAVIČ, Igor B., KAPUS, Jernej, MCDONNELL, Adam, JAKI MEKJAVIČ, Polona, DEBEVEC, Tadej. Muscle oxygenation during hypoxic exercise in children and adults. *Frontiers in physiology*. 2019, vol. 10, str- 1385-1-1285-12. ISSN 1664-042X. DOI: 10.3389/fphys.2019.01385.

LOMAX, Mitch, KAPUS, Jernej, WEBB, Samuel, UŠAJ, Anton. The effect of inspiratory muscle fatigue on acidbase status and performance during race-paced middle-distance swimming. *Journal of sports sciences*. 2019, vol. 37, iss. 13, str. 1499-1505, ilustr. ISSN 1466-447X.

<https://doi.org/10.1080/02640414.2019.1574250>, DOI: 10.1080/02640414.2019.1574250.

LOMAX, Mitch, KAPUS, Jernej, BROWN, Peter, FAGHY, M. Impact of weekly swimming training distance on the ergogenicity of inspiratory muscle training in well trained youth swimmers. *Journal of strength and conditioning research*, ISSN 1533-4287, 2018, ilustr. [https://journals.lww.com/nsca-jscr/Abstract/publishahead/Impact\\_of\\_Weekly\\_Swimming\\_Training\\_Distance\\_on\\_The.95637.aspx](https://journals.lww.com/nsca-jscr/Abstract/publishahead/Impact_of_Weekly_Swimming_Training_Distance_on_The.95637.aspx), doi: 10.1519/JSC.0000000000002375.

# PLES 1

## UČNI NAČRT PREDMETA/COURSE SYLLABUS

|                                   |           |
|-----------------------------------|-----------|
| <b>Predmet:</b>                   | Ples 1    |
| <b>Course title:</b>              | Dancing 1 |
| <b>Članica nosilka/UL Member:</b> | UL FŠ     |

| Študijski programi in stopnja                                                            | Študijska smer                  | Letnik    | Semestri    | Izbirnost |
|------------------------------------------------------------------------------------------|---------------------------------|-----------|-------------|-----------|
| Kineziologija, prva stopnja, univerzitetni<br>(od študijskega leta 2025/2026 dalje)      | Ni členitve (študijski program) |           | 2. semester | izbirni   |
| Športna vzgoja, prva stopnja, univerzitetni<br>(od študijskega leta 2025/2026 dalje)     | Ni členitve (študijski program) | 1. letnik | 1. semester | obvezni   |
| Športno treniranje, prva stopnja, univerzitetni<br>(od študijskega leta 2025/2026 dalje) | Ni členitve (študijski program) |           | 1. semester | izbirni   |

|                                                            |         |
|------------------------------------------------------------|---------|
| <b>Univerzitetna koda predmeta/University course code:</b> | 0089380 |
| <b>Koda učne enote na članici/UL Member course code:</b>   | 612     |

| Predavanja<br>/Lectures | Seminar<br>/Seminar | Vaje<br>/Tutorials | Klinične vaje<br>/Clinical tutorials | Druge oblike študija<br>/Other forms of study | Samostojno delo<br>/Individual student work | ECTS |
|-------------------------|---------------------|--------------------|--------------------------------------|-----------------------------------------------|---------------------------------------------|------|
| 15                      |                     | 45                 |                                      |                                               | 60                                          | 4    |

|                                   |               |
|-----------------------------------|---------------|
| <b>Nosilec predmeta/Lecturer:</b> | Petra Zaletel |
|-----------------------------------|---------------|

|                                    |                    |
|------------------------------------|--------------------|
| <b>Vrsta predmeta/Course type:</b> | obvezni/compulsory |
|------------------------------------|--------------------|

|                          |                      |             |
|--------------------------|----------------------|-------------|
| <b>Jeziki/Languages:</b> | Predavanja/Lectures: | Slovenščina |
|                          | Vaje/Tutorial:       | Slovenščina |

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|------------------------------------------------------------------------------|--------------------------|
| <b>Pogoji za vključitev v delo oz. za opravljanje študijskih obveznosti:</b> | <b>Prerequisites:</b>    |
| Ni posebnih pogojev                                                          | No special prerequisites |

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| <b>Vsebina:</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                   | <b>Content (Syllabus outline):</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |
| <p>Teoretične vsebine zajemajo:</p> <ul style="list-style-type: none"> <li>Vpetost plesa v kulturo, umetnost in šport</li> <li>Oris različnih plesnih zvrsti; zgodovinskega razvoja, glavnih značilnosti, načina tekmovanja, sodniška pravila</li> <li>Osnovne zakonitosti glasbe in ritma</li> <li>Plesno gibanje, plesna tehnika: osnovni pojmi in definicije (prostor, čas, dinamika), povezave in stičišča z drugimi športnimi, kulturnimi in umetniškimi področji</li> </ul> | <p>Theoretical content includes:</p> <ul style="list-style-type: none"> <li>Integration of dance into culture, art and sport</li> <li>Outline of different dance disciplines; historical development, main characteristics, competition methods, judging rules</li> <li>Basic characteristics of music and rhythm</li> <li>Dance movement, dance technique: basic concepts and definitions (space, time, dynamics), connections and intersections with other sports, cultural and artistic fields</li> </ul> |

|                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |
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| <ul style="list-style-type: none"> <li>Otrok in ples (vključenost plesa v učne načrte ŠŠV, izbirne vsebine, občolska dejavnost, šolska športna tekmovanja)</li> <li>Ples - povezave in stičišča z drugimi športnimi, kulturnimi in umetniškimi področji</li> <li>Vpliv plesa na gibalne, funkcionalne, miselne sposobnosti, osebnostne, vedenjske lastnosti, čustvovanje, medsebojne odnose, na zdravje itd.</li> <li>Ustvarjalni procesi v plesu (nastajanje koreografije, estetika gibanja).</li> </ul> <p>Praktična znanja temeljijo na spoznavanju in osvajanju plesnega gibanja (tehnika in osnovne zakonitosti gibanja posameznih plesnih zvrsti), plesne dinamike (prostor, čas, energija; posameznik, par, skupina), osvajanju metodičnih in didaktičnih procesov na različnih stopnjah poučevanja, še posebej pa na samostojnem ustvarjalnem delu v različnih plesnih zvrsteh:</p> <ul style="list-style-type: none"> <li>družabni ples svetovni plesni program za različne starostne stopnje</li> <li>otroški plesi</li> <li>moderne tekmovalne plesne zvrsti (jazz, hiphop, pop, latino)</li> <li>sodobni ples (ustvarjanje z gibom, z ritmom, s soplesalci)</li> <li>ples in zdravje – preventiva, kurativa, terapija v šoli</li> <li>scenski ples (balet, sodobni ples, modern)</li> <li>metode in tehnike sproščanja, joga.</li> </ul> | <ul style="list-style-type: none"> <li>Child and dance (inclusion of dance in the curricula of primary and secondary schools, elective content, extracurricular activities, school sports competitions)</li> <li>Dance - connections and intersections with other sports, cultural and artistic fields</li> <li>The impact of dance on motor, functional, mental abilities, personality, behavioral characteristics, emotions, interpersonal relationships, health, etc.</li> <li>Creative processes in dance (creation of choreography, aesthetics of movement).</li> </ul> <p>Practical knowledge is based on learning and mastering dance movement (technique and basic laws of movement of individual dance disciplines), dance dynamics (space, time, energy; individual, couple, group), mastering methodological and didactic processes at different levels of teaching, and especially on independent creative work in various dance styles;</p> <ul style="list-style-type: none"> <li>social dance world dance program for different age levels</li> <li>children's dances</li> <li>modern competitive dance disciplines (jazz, hiphop, pop, latin)</li> <li>contemporary dance (creation with movement, with rhythm, with fellow dancers)</li> <li>dance and health - prevention, curative, therapy in school</li> <li>stage dance (ballet, contemporary dance, modern)</li> <li>relaxation methods and techniques, yoga.</li> </ul> |
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### Temeljna literatura in viri/Readings:

- Zaletel, P. (2024). Video učni pripomoček za poučevanje ritmično – plesnih aktivnosti, UL FŠ, spletni dostop na <https://ples.fakultetazasport.si>
2. Zagorc, M. (2001). Ples: družabnost, šport, umetnost. Ljubljana, Domus.
3. Zagorc, M. (2006). Ples - ustvarjanje z gibom in ritmom. Ljubljana, Fakulteta za šport, Inštitut za šport.
4. Zagorc, M., Vihtelič, A., Kralj, N., Jeram, N. (2013). Ples v vrtcu. Ljubljana, Zavod RS za šolstvo.
5. Ambrož, T., Zagorc, M., Kocbek, R. (2004). Svetovni plesni program. Ljubljana, Plesna zveza Slovenije.
6. Zaletel, P., Tušak, M., Zagorc, M. (2006). Plesalec - športnik in umetnik : znanstvena monografija. Ljubljana, Fakulteta za šport, Javna agencija za raziskovalno dejavnost RS.
7. Zaletel, P. (2014). Vpliv 45-urnega programa predmeta ples na morfološki status in samopodobo študentov Fakultete za šport. Šport, 62 (3/4), 141-147.
8. Zaletel, P., Pruš, D. (2022). Ples v šoli – vpliv na celovit razvoj otroka in mladostnika. V: Kovač, M. (ur.), Plavčak, M. (ur.), Dobovičnik, Luka (ur.). Zbornik 35. strokovnega in znanstvenega posveta športnih pedagogov Slovenije : [Debeli rtič, 14. in 15. oktober 2022]. Prebold: Zveza društev športnih pedagogov Slovenije, 23-35.

### Cilji in kompetence:

- Študenti poznajo zakonitosti glasbe in ritma
- Študenti poznajo teoretične in praktične tehnične zakonitosti izvajanja osnovnih elementov in povezav različnih plesnih zvrsti, ki so sestavni del učnih načrtov OŠ in SŠ
- Študenti poznajo metodične zakonitosti poučevanja posameznega plesa

### Objectives and competences:

- Students know the characteristics of music and rhythm
- Students know the theoretical and practical technical principles of implementing the basic elements and connections of different dance genres, which are an integral part of the elementary and secondary school curricula

|                                                                                                                                                                                                                                                                     |                                                                                                                                                                                                                                                                                                                                                             |
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| <ul style="list-style-type: none"> <li>• Študenti poznajo organizacijsko vpetost plesa v prostor športa, kulture in umetnosti</li> <li>• Študentje so seznanjeni s temeljnimi pravili v športnem plesu ter osnovami sojenja za potrebe šolskih tekmovanj</li> </ul> | <ul style="list-style-type: none"> <li>• Students know the methodological principles of teaching particular dance</li> <li>• Students know the organizational integrity of dance in the space of sport, culture and art</li> <li>• Students are introduced to the basic rules of dance sports and the basics of judging for school competitions.</li> </ul> |
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#### **Predvideni študijski rezultati:**

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| Znanje in razumevanje:                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                |
| <ul style="list-style-type: none"> <li>• teoretično in praktično znanje ritma, glasbe in osnovnih prvin različnih plesnih zvrsti (otroški plesi, družabni plesi, moderni tekmovalni plesi jazz, hip-hop, pop, latino ter ustvarjanje v gibanju)</li> <li>• sposobnosti izvedbe osnovnih plesno-gibalnih elementov iz različnih plesnih zvrsti in sposobnost njihovega povezovanja v preproste koreografije, primerne za različne starostne stopnje</li> <li>• poznavanje izbirnih vsebin in športnointeresnih dejavnosti v šolah, v društvih, plesnih šolah, rekreacijskih in zdravstvenih oz. rehabilitacijskih centrih.</li> <li>• naučiti se ohranjati in razvijati kulturno tradicijo, vzgajati odnos do plesa kot športa in umetnosti ter kakovostnega preživljanja prostega časa.</li> <li>• naučiti se organizirati plesna tekmovanja in prireditve</li> </ul> |

#### **Intended learning outcomes:**

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| Knowledge and understanding:                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |
| <ul style="list-style-type: none"> <li>• Theoretical and practical knowledge of rhythm, music and basic elements of various dance disciplines (children's dances, ballroom dances, modern competitive dances jazz, hip-hop, pop, Latin and creation in movement)</li> <li>• Knowledge and understanding of the diversity of dance disciplines</li> <li>• Ability to perform basic dance and movement elements from various dance disciplines and the ability to combine them into simple choreographies suitable for different age levels</li> <li>• Knowledge of elective content and sports and leisure activities in schools, clubs, dance schools, recreational and health or rehabilitation centers.</li> <li>• Learn to preserve and develop cultural tradition, cultivate an attitude towards dance as a sport and art and quality leisure time.</li> <li>• Learn to organize dance competitions and events</li> </ul> |

#### **Metode poučevanja in učenja:**

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| predavanja, seminarji, individualne naloge, sodelovalno učenje / poučevanje, aktivno (refleksivno) poučevanje, simulacije, igre vlog |
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#### **Learning and teaching methods:**

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| lectures, seminars, individual tasks, collaborative learning / teaching, active (reflexive) teaching, simulations, role plays |
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#### **Načini ocenjevanja:**

#### **Delež/Weight**

#### **Assessment:**

|                                                                    |         |                                                                              |
|--------------------------------------------------------------------|---------|------------------------------------------------------------------------------|
| Demonstracija praktičnega znanja, ki je lahko izvedena s kolokviji | 60,00 % | Demonstration of practical knowledge, which can be carried out in colloquial |
| Teoretični ustni /pisni izpiti                                     | 40,00 % | Theoretical oral / written examinations                                      |

#### **Ocenjevalna lestvica:**

|                                                          |
|----------------------------------------------------------|
| 5 - 10, pri čemer velja, da je pozitivna ocena od 6 - 10 |
|----------------------------------------------------------|

#### **Grading system:**

|                                                                |
|----------------------------------------------------------------|
| 5 - 10, a student passes the exam if he is graded from 6 to 10 |
|----------------------------------------------------------------|

#### **Reference nosilca/Lecturer's references:**

|                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <ul style="list-style-type: none"> <li>• ZALETEL, Petra (2023). E-učenje plesa; video učni pripomoček za učenje plesa. UL, FŠ, spletna stran <a href="https://ples.fakultetazasport.si">https://ples.fakultetazasport.si</a></li> <li>• ZALETEL, Petra, ŠIFRAR, Tina, PRUŠ, Daša, ZAGORC, Meta. Ples 2+3 : od nekaterih plesnih zvrsti do ustvarjalnega giba v šoli : univerzitetni učbenik. Ljubljana: Fakulteta za šport, 2022. 186 str., fotogr. ISBN 978-961-7095-16-6. [COBISS.SI-ID 121256963]</li> <li>• PRUŠ, Daša, MIJATOVIĆ, Dragan, HADŽIĆ, Vedran, OSOJIĆ, Daria, VERŠIĆ, Šime, ZENIĆ, Nataša, JEZDIMIROVIĆ, Tatjana, DRID, Patrik, ZALETEL, Petra. (Low) energy availability and its association with injury occurrence in competitive dance : cross-sectional analysis in female dancers. Medicina. 2022, vol. 58, no. 7, art. 853, str. 1-12. ISSN 1648-9144. <a href="https://www.mdpi.com/1648-9144/58/7/853">https://www.mdpi.com/1648-9144/58/7/853</a>,</li> </ul> |
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[https://mdpi-res.com/d\\_attachment/medicina/medicina-58-00853/article\\_deploy/medicina-58-00853.pdf?version=1656243256](https://mdpi-res.com/d_attachment/medicina/medicina-58-00853/article_deploy/medicina-58-00853.pdf?version=1656243256), DOI: 10.3390/medicina58070853. [COBISS.SI-ID 112934659]

- SEKULIĆ, Damir, PRUŠ, Daša, ZEVRNJA, Ante, PERIĆ, Mia, ZALETEL, Petra. Predicting injury status in adolescent dancers involved in different dance styles : a prospective study. *Children*. 2020, vol. 7, iss. 12, art. 297, str. 1-14, ilustr. ISSN 2227-9067. [https://www.mdpi.com/2227-9067/7/12/297?utm\\_source=releaseissue&utm\\_medium=email&utm\\_campaign=releaseissue\\_children&utm\\_term=titlelink53](https://www.mdpi.com/2227-9067/7/12/297?utm_source=releaseissue&utm_medium=email&utm_campaign=releaseissue_children&utm_term=titlelink53), <https://www.mdpi.com/2227-9067/7/12>, Repozitorij Univerze v Ljubljani – RUL, DOI: 10.3390/children7120297. [COBISS.SI-ID 44894979]
- URŠEJ, Eva, ZALETEL, Petra. Injury occurrence in modern and hip-hop dancers : a systematic literature review = Pojavljanje poškodb pri plesalcih modernega plesa in hiphopa : sistematični pregled literature. *Zdravstveno varstvo : Slovenian journal of public health*. [Tiskana izd.]. 2020, letn. 59, št. 3, str. 195-201, ilustr. ISSN 0351-0026. Digitalna knjižnica Slovenije - dLib.si, DOI: 10.2478/sjph-2020-0025. [COBISS.SI-ID 21447171]

# PSIHOLOGIJA

## UČNI NAČRT PREDMETA/COURSE SYLLABUS

|                                   |             |
|-----------------------------------|-------------|
| <b>Predmet:</b>                   | Psihologija |
| <b>Course title:</b>              | Psychology  |
| <b>Članica nosilka/UL Member:</b> | UL FŠ       |

| Študijski programi in stopnja                   | Študijska smer                  | Letnik    | Semestri  | Izbirnost |
|-------------------------------------------------|---------------------------------|-----------|-----------|-----------|
| Kineziologija, prva stopnja, univerzitetni      | Ni členitve (študijski program) | 1. letnik | Celoletni | obvezni   |
| Športna vzgoja, prva stopnja, univerzitetni     | Ni členitve (študijski program) | 1. letnik | Celoletni | obvezni   |
| Športno treniranje, prva stopnja, univerzitetni | Ni členitve (študijski program) | 1. letnik | Celoletni | obvezni   |

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| <b>Univerzitetna koda predmeta/University course code:</b> | 0045065 |
| <b>Koda učne enote na članici/UL Member course code:</b>   | 561     |

| Predavanja<br>/Lectures | Seminar<br>/Seminar | Vaje<br>/Tutorials | Klinične vaje<br>/Clinical<br>tutorials | Druge oblike<br>študija<br>/Other forms<br>of study | Samostojno<br>delo<br>/Individual<br>student work | ECTS |
|-------------------------|---------------------|--------------------|-----------------------------------------|-----------------------------------------------------|---------------------------------------------------|------|
| 60                      | 15                  | 15                 |                                         |                                                     | 90                                                | 6    |

|                                   |                               |
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| <b>Nosilec predmeta/Lecturer:</b> | Matej Tušak, Saša Cecić Erpič |
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| <b>Vrsta predmeta/Course type:</b> | obvezni/compulsory |
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| <b>Jeziki/Languages:</b> | Predavanja/Lectures: | Slovenščina |
|                          | Vaje/Tutorial:       | Slovenščina |

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

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| a) pogoj za vključitev v delo je vpis v letnik študija<br>(b) opravljen seminar in vaje so pogoj za pristop k končnemu izpitu | <b>Prerequisites:</b> |
|-------------------------------------------------------------------------------------------------------------------------------|-----------------------|

**Vsebina:**

**Content (Syllabus outline):**

|                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |  |
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| Modul razvojna psihologija: <ul style="list-style-type: none"><li>• Psihologija vseživljenjskega razvoja: temeljne zakonitosti</li><li>• Kronološka delitev razvojnih (pod)obdobij od otroštva do konca življenja, opis temeljnih značilnosti (pod) obdobj</li><li>• Temeljne vrste razvojnih sprememb (npr. progresivne, regresivne, količinske, kakovostne)</li><li>• Temeljni pristopi k preučevanju razvojnih sprememb in temeljni dejavniki razvoja</li><li>• Klasične in novejšje razvojno-psihološke teorije: pregled, primerjava, dileme in kritike</li></ul> |  |
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| <ul style="list-style-type: none"> <li>• Značilnosti tekmovalnega športa mladih, razvojnopsihološka pripravljenost za šport, zgodnja – pozna športna specializacija, prednosti in slabosti športa mladih</li> <li>• Razvoj športne kariere, značilnosti stopenj in specifičnosti</li> <li>• Individualne razlike v razvoju</li> <li>• Razvoj grobe in fine motorike, biološki razvoj (dejavniki, mejniki, vpliv okolja oz. učenja in dednosti)</li> <li>• Kognitivni (spoznavni) razvoj: zaznavanje, pozornost, razvoj mišljenja in govora; razvoj igre in risbe, klasične teorije (Piaget, Vigotsky) in izsledki novejših študij</li> <li>• Socialno-čustveni razvoj: klasične teorije (Freud, Erikson) in novejši izsledki raziskav, razvoj navezanosti, spremembe na področju čustvovanja (npr. razpoloženje, izražanje čustev, obrambni mehanizmi), razvoj čustev, teorija socialnega učenja, razvoj socialnih odnosov (npr. v družini, vrstniški skupini, razvoj psihološkega osamosvajanja), vloga vrstnikov (razvoj prijateljstva), socialna kognicija in socialna kompetentnost</li> <li>• Moralni razvoj: Kohlbergova teorija in kritike, konvencionalna in moralna pravila, spremembe in razvoj v zavzemanju socialne perspektive, razumevanju pravilnosti in nepravilnosti vedenja, razvojno specifične oblike egocentrizma</li> <li>• Osebnost: razvoj in oblikovanje osebnostnih značilnosti (npr. potez, osebnostnih profilov), oblikovanje identitete (npr. dejavniki vpliva, različne dimenzije identitete); odstopanja in težave v razvoj</li> <li>• Značilnosti dela z otroki in mladostniki v različnih razvojnih obdobjih – poudarek na delu v kontekstu športne vzgoje v vrtcu oz. šoli</li> <li>• Značilnosti dela športnega pedagoga z otroki in mladostniki z nekaterimi posebnimi potrebami (npr. hiperkinetična motnja, avtizem, vedenjska problematika)</li> <li>• Motivacija za športno vzgojo v obdobju otroštva in adolescence; vpliv pedagoga in načini dela z otroki/mladostniki iz posameznega razvojnega obdobja</li> </ul> <p>Modul obča psihologija:</p> <ul style="list-style-type: none"> <li>• Predstavitev in definicija področja psihologije</li> <li>• Zgodovina psihologije.</li> <li>• Modeli in koncepti obče psihologije</li> <li>• Psihologija osebnosti</li> <li>• Motivacija in vrednote</li> <li>• Biofeedback pri učenju</li> <li>• Psihološki vidiki transformacijskih procesov</li> <li>• Učitelj in trener v športu</li> <li>• Otrok in družina</li> <li>• Raziskave na področju psihologije in aplikacija v športni praksi</li> </ul> |  |
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| <ul style="list-style-type: none"> <li>• Športna vzgoja kot zdravstveno preventivna dejavnost</li> <li>• Sodelovanje športnega pedagoga in staršev</li> </ul> |  |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------|--|

### Temeljna literatura in viri/Readings:

Modul razvojna psihologija:

- Cecić Erpič, S. (2015). Razvojna psihologija za športne pedagoge in trenerje. Študijsko gradivo. Ljubljana: Univerza v Ljubljani, Fakulteta za šport.
- Cecić Erpič, S. (2015). Razvojna psihologija: Vaje. Študijsko gradivo. Ljubljana: Univerza v Ljubljani, Fakulteta za šport.
- Cecić Erpič, S. (v pripravi). Izbrana poglavja razvojne psihologije za športne pedagoge in trenerje. Ljubljana: Fakulteta za šport.
- Marjanovič Umek, L. in Zupančič, M. (ur.) (2004). Razvojna psihologija. Ljubljana: ZIFF.
- Cecić Erpič, S. (2002). Konec športne kariere: Razvojno psihološki in športno psihološki vidiki. Ljubljana: Fakulteta za šport.
- Škof, B., Zabukovec, V., Cecić Erpič, S., & Boben, D. (2005). Pedagoško-psihološki vidiki športne vzgoje. Ljubljana: Fakulteta za šport.
- Cecić Erpič, S. (2013). Athletes' careers in Slovenia: The remarkable sporting achievements of a small country. V N. Stambulova & T. Ryba (ur.), Athletes' careers across cultures, str. 173-184. London: Routledge.
- Cecić Erpič, S. (2007). Psihološki razvoj v obdobju poznega otroštva in mladostništva. V Škof, B. in Bačanac, L. (ur.), Šport po meri otrok in mladostnikov : pedagoško-psihološki in biološki vidiki kondicijske vadbe mladih (str. 72-87). Ljubljana: Fakulteta za šport, Inštitut za šport.
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Ali v angleškem jeziku:

- Rice, F. P. (2001). Human development. Upper Saddle River, NJ: Prentice Hall.
- Papalia, D.E., Wendkos Olds, S., & Feldman, R.D. (2006). Human development. New York: McGraw Hill Higher Education.
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Modul obča psihologija:

- Tušak in Tušak (2008). Psihologija v športu. Psihologija in šport. Ljubljana
- Pečjak, V. (1983). Psihologija spoznavanja. Ljubljana: Državna založba Slovenije.
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- Kajtna in Tušak (2007). Trener. FŠ, Ljubljana.
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- Kajtna in Tušak (2005). Psihologija športne rekreacije. IŠ, FŠ, Ljubljana.
- Tušak (2003). Strategije motiviranja v športu. IŠ, FŠ, Ljubljana.

Literatura se sproti dopolnjuje z novimi znanstvenimi in strokovnimi viri. Študenti dobijo študijska gradiva na spletni strani in/ali v fotokopirnici fakultete.

### Cilji in kompetence:

Modul razvojna psihologija:

### Objectives and competences:

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- poznavanje: kritično vrednotenje in uporaba razvojno-psiholoških teorij v pedagoškem delu
- poznavanje in razumevanje dejavnikov razvoja ter značilnosti razvojnih obdobj
- pridobivanje vpogleda v metodologijo znanstvenega preučevanja psihičnega razvoja
- sposobnost opazovanja, raziskovanja in spremljanja razvoja otrok in mladostnikov
- razvoj spretnosti za uporabo pridobljenega znanja pri strokovnem delu z različno starimi otroki in mladostniki
- prepoznavanje in upoštevanje individualnih razlik in posebnosti v različnih razvojnih obdobjih otroštva in mladostništva
- poznavanje šole kot socialnega sistema in razumevanje odnosov med šolo in socialnimi okoljem (delo s starši, sodelovanje z drugimi pedagogi)
- razgledanost, sposobnost za sintetično in analitično razmišljanje, refleksivnost, samokritičnost
- sposobnost za sodelovanje in komuniciranje z drugimi (učitelji, otrokom oz. mladostnikom, starši, drugimi strokovnjaki)
- usposobiti študente za delo z otroki in mladimi – posredovati jim široko znanje s področja razvojne psihologije
- Študentke/študenti poznajo in razumejo razvojna (pod)obdobja od otroštva do vključno mladostništva, značilne dejavnosti posameznikov v teh (pod)obdobjih, temeljne zakonitosti in dejavnike vseživljenjskega razvoja ter razlikujejo med laičnimi in znanstvenimi razlagami (pod)obdobj; razumejo in prepoznavajo temeljne vrste sprememb v otroštvu in mladostništvu; povezave med področji razvoja, uporabljajo ustrezne razvojnopsihološke pojme pri opisu razvojnih značilnosti in razlagi normativnih razvojnih sprememb.

**Modul obče psihologije:**

- seznaniti študente z osnovnimi koncepti teoretične psihologije
- seznaniti se s koncepti učenja in spreminjanja vedenja v športu
- spoznati se s področjem psihologije osebnosti
- spoznati in se naučiti osnovna znanja s področja motivacije in vrednot - spoznati značilnosti prosocialnega in antisocialnega vedenja
- naučiti študente osnovnih spoznanj socialne psihologije in psihologije skupin
- usposobiti študente za psihološko ustrezno samostojno delo v vlogi trenerja, športnega pedagoga ali kineziologa
- usposobiti študente za uporabo osnovnih psiholoških spoznanj pri učnem procesu in treningu
- seznaniti študente s osnovami socialne psihologije in psihologijo skupin
- spoznati delovanje skupine in posameznika znotraj skupine ter ostalih psiholoških značilnosti skupinskih procesov

|                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |  |
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| <ul style="list-style-type: none"> <li>- spoznati pojme in dejavnike konformiranja, agresivnosti, avtoritarnosti, permisivnosti, sprejemanja in zavračanja avtoritete itd.</li> <li>- spoznati nastanek agresivnega vedenja v šoli in možnosti njegovega preprečevanja</li> <li>- spoznati in razjasniti procese vodenja</li> <li>- spoznati značilnosti aplikacije psiholoških znanj v praksi pri športni vzgoji</li> <li>- seznaniti se s stresom in borbo proti stresu</li> <li>- spoznati značilnosti relaksacijskih tehnik, uporabnih pri urah športne vzgoje</li> <li>- spoznati značilnosti psiholoških vidikov odnosa učitelj-učenec-starši</li> <li>- naučiti študente prepoznati psihološke in športno psihološke probleme in poiskati način, kako jih začeti reševati</li> <li>- usposobiti študente za osnovno delo na področju motiviranja učencev za področje športne vzgoje</li> <li>- seznaniti študente z osnovnimi koncepti psihologije dela</li> <li>- spoznati značilnosti transformacijskega procesa</li> <li>- spoznati krivulje dela in dejavnike, ki vplivajo na delovno učinkovitost</li> <li>- natančneje definirati pomeni sposobnosti, učenja, motivacije, spretnosti in znanja</li> <li>- spoznati osnovne zakonitosti nastanka stresa in dejavnikov stresa</li> <li>- naučiti se učinkovito uporabljati spoznanja psihologije dela v športni praksi.</li> </ul> |  |
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| <b>Predvideni študijski rezultati:</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  | <b>Intended learning outcomes:</b> |
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| <p><i>Znanje in razumevanje</i></p> <p><i>Modul razvojna psihologija</i></p> <p>Študentke/študenti znajo opisati in razložiti temeljne vrste razvojnopsiholoških sprememb v otroštvu in mladostništvu, razumejo vlogo genetskih in okoljskih dejavnikov v psihičnem razvoju, povezave in interakcije med njimi ter zakonitosti vseživljenjskega razvoja po temeljnih področjih, poznajo najpomembnejše normativne dogodke in procese, njihov pomen v obravnavanih razvojnih obdobjih ter njihovo vlogo v razvojnopsiholoških izhodih.</p> <p><i>Modul obča psihologija</i></p> <p>Študentje razumejo in poznajo področje psihologije in poznajo njene teoretične in aplikativne discipline. Poznajo koncepte razvojne, obče in socialne psihologije. Poznajo posamezna podpodročja in znajo detektirati problem. Študentje razumejo in poznajo področje psihologije dela in poznajo njeno aplikativno vrednost. Poznajo koncepte sposobnosti, znanja, motivacije, učenja in kognicije.</p> <p><i>Uporaba</i></p> <p><i>Modul razvojna psihologija</i></p> <p>Znajo uporabiti razvojnopsihološka in druga znanja pri analizi posameznih primerov iz pedagoške prakse ter argumentirati svoja stališča in odločitve; znajo uporabiti razvojnopsihološka spoznanja pri</p> |                                    |

|                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |  |
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| <p>navezovanju stikov, v komunikaciji in pri strokovnem delu z različno starimi posamezniki; okvirno predvidijo in utemeljijo morebitne težave v obdobjih otroštva in mladostništva; so sposobni kompetentno sodelovati v strokovni diskusiji o otroštvu in mladostništvu.</p> <p><i>Modul obča psihologija</i></p> <p>Znajo uporabiti znanje s področja psihologije v športu, šoli, vrtcih, pri delu z ljudmi s posebnimi potrebami in na področju športne rekreacije. So usposobljeni za reševanje enostavnih socialno-psiholoških problemov v procesu učenja in znajo uporabiti psihološke značilnosti pri učinkovitem delu pri športni vzgoji. Znajo uporabiti znanje s področja psihologije dela, bazično znanje na področju stresa in psiholoških značilnosti športne rekreacije in telesne aktivnosti.</p> <p><i>Refleksija</i></p> <p>Se zavedajo omejitev znanja in razumevanja področja, znajo povezovati znanja in raziskovati teme znotraj predmeta psihologija. Razumejo nabor psiholoških tem kot rezervoar izkušenj, iz katerega bodo črpali ustvarjalne možnosti za delo na področju športne aktivnosti in vzgoje. Se zavedajo omejitev znanja in razumevanja področja, znajo povezovati obstoječa znanja predvsem z ostalimi kineziološkimi predmeti ter ostalimi psihološkimi vedami. So kritični do lastnega in zdravorazumskega pojmovanja psiholoških značilnosti vseživljenjskega razvoja, so kritični pri vrednotenju sovplivanja različnih dejavnikov na posameznikov razvoj, so kritični pri vrednotenju posameznih primerov iz pedagoške prakse (tuja in lastna ravnanja; delovanje šole in vrtca kot inštitucije); razvijejo znanstveno distanco do razvojnopsiholoških spoznanj v obdobjih otroštva in mladostništva; razvojnopsihološke pojave in procese so sposobni primerjati z več perspektiv in različnih razlagalnih modelov.</p> <p><i>Prenosljive spretnosti</i></p> <p>Sposobnost povezovanja teoretičnih okvirov z možnostmi aplikacije teh. Zmožnost zaznavanja praktičnih problemov v luči teoretičnih spoznanj. Osnovno dojetje možnosti samorefleksije v toku aplikativnega dela. Razvijajo spretnosti za strokovno delo s posamezniki različnih starosti, kritičen odnos do laičnih razlag psiholoških pojavov in procesov, spretnosti prepoznavanja strokovnega problema, iskanja relevantnih virov, zbiranja zanesljivih in veljavnih empiričnih podatkov in poročanja o opravljenem strokovnem delu (pisno in ustno), logično in kritično mišljenje.</p> |  |
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| <b>Metode poučevanja in učenja:</b>                                                                                                                                                                                                                               | <b>Learning and teaching methods:</b> |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------|
| <p><i>Modul razvojna psihologija</i></p> <p>Predavanja, refleksija o aktivnostih na predavanjih in vajah. Diskusije, delo v skupinah (sodelovalno učenje), izkustveno učenje (pri vajah), pisna poročila (vaje), raziskovalno delo, skupinske in individualne</p> |                                       |

|                                                                                                                                                                                                                                                                                                                                                                               |  |
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| konzultacije, samostojni študij znanstvene in strokovne literature.<br><i>Modul obča psihologija</i><br>Predavanja, praktična aktivnost na seminarjih, študij literature, refleksija o aktivnostih na predavanjih in seminarjih, izdelava seminarskega dela. Raziskovalno delo, skupinske in individualne konzultacije, samostojni študij znanstvene in strokovne literature. |  |
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| Načini ocenjevanja:                                                                                                                                                                                                                                                                                                                                                                                                                                     | Delež/Weight | Assessment: |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------|-------------|
| Pisni izpit - modul Obča psihologija                                                                                                                                                                                                                                                                                                                                                                                                                    | 50,00 %      |             |
| Pisni izpit - modul Razvojna psihologija                                                                                                                                                                                                                                                                                                                                                                                                                | 50,00 %      |             |
| Modul razvojna psihologija Pozitivno ocenjena poročila z vaj ter zadostna prisotnost na vajah so pogoj za pristop k pisnemu izpitu. Poročila se ocenjujejo z oceno: opravil, ni opravil. Pisni izpit. Modul obča psihologija Pozitivno ocenjena seminarska naloga ter zadostna prisotnost na seminarju sta pogoj za pristop k izpitu. Končna ocena je sestavljena iz 30% točk, doseženih na seminarski nalogi ter 70% točk, doseženih na pisnem izpitu. |              |             |

| Ocenjevalna lestvica: | Grading system: |
|-----------------------|-----------------|
|                       |                 |

#### Reference nosilca/Lecturer's references:

##### *Modul razvojna psihologija*

Cecić Erpič, S. (2015). Razvojna psihologija: Vaje. Študijsko gradivo. Ljubljana: Univerza v Ljubljani, Fakulteta za šport.

Cecić Erpič, S. (2015). Razvojna psihologija za športne pedagoge in trenerje. Študijsko gradivo. Ljubljana: Univerza v Ljubljani, Fakulteta za šport.

Cecić Erpič, S. (v pripravi). Izbrana poglavja iz razvojne psihologije za športne pedagoge in trenerje. Ljubljana: Fakulteta za šport.

Cecić Erpič, S. (2002). Konec športne kariere: Razvojno psihološki in športno psihološki vidiki. Ljubljana: Fakulteta za šport.

Cecić Erpič, S. (2013). Athletes' careers in Slovenia: The remarkable sporting achievements of a small country. V N. Stambulova & T. Ryba (ur.), *Athletes' careers across cultures*, str. 173-184. London: Routledge.

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Cecić Erpič, S. (2005). Psihološki vidiki usmerjanja otrok v kakovostni in vrhunski šport. V Jurak, G. (ur.), *Športno nadarjeni otroci in mladina v slovenskem šolskem sistemu* (str. 37-53). Ljubljana: Fakulteta za šport, Inštitut za kineziologijo.

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- Tušak, M., Kovač, M., & Rebersak Cizelj, M. (2001). *Psihologija športa mladib*. Ljubljana: Zavod za šport Slovenije,
- Tušak, M., Marinšek, M., & Tušak, M. (2009). *Družina in športnik*. Ljubljana: Fakulteta za šport, Inštitut za šport.
- Tušak, M. (2003). *Strategije motiviranja v športu*. Ljubljana: Fakulteta za šport, Inštitut za šport.
- Tušak, M., & Kandare, M. (2004). *Jaz - športnik: Samopodoba in identiteta športnikov*. Ljubljana: Fakulteta za šport, Inštitut za šport.
- Tušak, M., & Blatnik, P. (2017). *Živeti s stresom: Tehnike samopomoči*. Maribor: Poslovna založba MB.
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- Tušak, M., Kovač, M., & Rebersak Cizelj, M. (2001). *Psihologija športa mladib*. Ljubljana: Zavod za šport Slovenije,
- Černohorski, B., Pustovrh, J., & Tušak, M. (2006). Impact of psychological dimensions of psychosomatic status on potential competitive performance in cross-country skiing. *Kinesiology*, 38, 2, 143-157.
- Burnik, S., Jug, S., Kajtna, T., & Tušak, M. (2005). Differences in personality traits of mountain climbers and non-athletes in Slovenia. *Acta Universitatis Palackianae Olomucensis. Gymnica*, 35, 2, 13-18.
- Tušak, M. (1999). *Motivacija in šport: Ključ do uspeha*. Ljubljana: Filozofska fakulteta.
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# ROKOMET 1

## UČNI NAČRT PREDMETA/COURSE SYLLABUS

|                                   |            |
|-----------------------------------|------------|
| <b>Predmet:</b>                   | Rokomet 1  |
| <b>Course title:</b>              | Handball 1 |
| <b>Članica nosilka/UL Member:</b> | UL FŠ      |

| Študijski programi in stopnja                   | Študijska smer                  | Letnik    | Semestri    | Izbirnost |
|-------------------------------------------------|---------------------------------|-----------|-------------|-----------|
| Kineziologija, prva stopnja, univerzitetni      | Ni členitve (študijski program) |           | 1. semester | izbirni   |
| Športna vzgoja, prva stopnja, univerzitetni     | Ni členitve (študijski program) | 2. letnik | 1. semester | obvezni   |
| Športno treniranje, prva stopnja, univerzitetni | Ni členitve (študijski program) |           | 1. semester | obvezni   |

|                                                            |         |
|------------------------------------------------------------|---------|
| <b>Univerzitetna koda predmeta/University course code:</b> | 0042628 |
| <b>Koda učne enote na članici/UL Member course code:</b>   | 565     |

| Predavanja<br>/Lectures | Seminar<br>/Seminar | Vaje<br>/Tutorials | Klinične vaje<br>/Clinical<br>tutorials | Druge oblike<br>študija<br>/Other forms<br>of study | Samostojno<br>delo<br>/Individual<br>student work | ECTS |
|-------------------------|---------------------|--------------------|-----------------------------------------|-----------------------------------------------------|---------------------------------------------------|------|
| 15                      | 0                   | 45                 | 0                                       | 0                                                   | 60                                                | 4    |

|                                   |              |
|-----------------------------------|--------------|
| <b>Nosilec predmeta/Lecturer:</b> | Marko Šibila |
|-----------------------------------|--------------|

|                                    |  |
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| <b>Vrsta predmeta/Course type:</b> |  |
|------------------------------------|--|

|                          |                      |             |
|--------------------------|----------------------|-------------|
| <b>Jeziki/Languages:</b> | Predavanja/Lectures: | Slovenščina |
|                          | Vaje/Tutorial:       | Slovenščina |

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

Vpis v 2. letnik prvostopenjskega študija.

### Prerequisites:

Enrolment in the 2nd year of the Bachelor degree study.

### Vsebina:

- Rokomet pri pouku šolske športne vzgoje
- Elementarne igre in igre s prirejenimi pravili, primerne za uvajanje začetnikov v rokometno igro
- Metode učenja in treniranja rokometne igre
- Organizacijske metode in oblike vadbe
- Osnovni individualni, skupinski in moštveni tehnično taktični elementi rokometne igre, ki jih morajo poznati in obvladati igralci za potrebe učinkovite igre v obrambi in napadu
- Značilnosti rokometne igre - struktura rokometne igre
- Mini rokomet

### Content (Syllabus outline):

- Handball in school
- Elementary games and games with adjusted rules, suitable for introducing of children to handball game
- Teaching methods and training of handball
- Organisational methods and types of practising
- Basic individual, groups and team technical-tactical elements of handball game, which players need to know for efficient playing in defence and attack
- Characteristics of handball game-structure of handball game
- Mini handball

|                                                                                                                                                                                                                                                                                                                                                         |                                                                                                                                                                                                                                                                                                                                                                  |
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| <ul style="list-style-type: none"> <li>• Temelji igre z osebno obrambo</li> <li>• Rokometni vratar</li> <li>• Pravna (uradna) in prirejena pravila rokometne igre</li> <li>• Organiziranost rokometu v svetu in pri nas</li> <li>• Zgodovina razvoja rokometu v svetu in pri nas</li> <li>• Začetni in nadaljnji izbor nadarjenih za rokomet</li> </ul> | <ul style="list-style-type: none"> <li>• Basics of individual defence</li> <li>• Goalkeeper</li> <li>• Official and adjusted rules of handball game</li> <li>• Organisation of handball in Slovenia and abroad</li> <li>• History of the development of handball in Slovenia and abroad</li> <li>• Initial and further selection of talented children</li> </ul> |
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### Temeljna literatura in viri/Readings:

|                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                |
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| <ul style="list-style-type: none"> <li>• Šibila, M. (2004). <i>Rokomet : izbrana poglavja</i>. Dopolnjena izd. Ljubljana: Fakulteta za šport, Inštitut za šport.</li> <li>• Repenšek, D. in M. Bon (2007). <i>Rokomet. Osnove pravil, sojenje in organizacija tekem</i>. Ljubljana: Fakulteta za šport.</li> <li>• Šibila, M. in P. Pori (2009). <i>Rokometni praktikum za trenerje pripravnikov</i>. Ljubljana: Fakulteta za šport, Inštitut za šport.</li> <li>• Šibila, M., U. Mohorič in A. Frešer (2015). <i>Mali rokomet : priročnik za nižje razrede osnovne šole in športna društva</i>. Ljubljana: Rokometna zveza Slovenije.</li> <li>• Šibila, M. (2019). <i>Model igre in treninga mladih rokometašev starih od 10 do 14 let</i>. Ljubljana: Rokometna zveza Slovenije.</li> </ul> |
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### Cilji in kompetence:

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| <p>Cilji:</p> <ul style="list-style-type: none"> <li>• Študente poučiti o zgodovinskem razvoju rokometu v svetu in na slovenskem</li> <li>• Študente seznaniti z metodami uvajanja začetnikov v rokometno igro</li> <li>• Študente naučiti pravil rokometne igre, sodniških znakov in uporabo le teh v praksi (zna soditi na nižjem zahtevnostnem nivoju)</li> <li>• Študente spoznati z metodami učenja in vadbe v mlajših starostnih kategorijah (loči učenje in vadbo od treniranja)</li> <li>• Študente seznaniti s strukturo rokometne igre</li> <li>• Študente naučiti osnovnih individualnih, skupinskih in moštvenih tehnično taktičnih elementov rokometne igre, ki jih morajo poznati in obvladati igralci za potrebe učinkovite igre v obrambi in napadu</li> <li>• Študente seznaniti z mini rokometom</li> <li>• Študente seznaniti z vlogo rokometnega vratarja,</li> </ul> <p>Kompetence:</p> <ul style="list-style-type: none"> <li>• Študenti bodo delno usposobljeni za strokovno pravilno in učinkovito poučevanje/vadbo rokometu v okviru rednega pouka športa (športne vzgoje) v osnovni in srednji šoli.</li> <li>• Študenti bodo delno usposobljeni za izvajanje in spremljanje vadbe v rokometnih šolah in društvih.</li> </ul> |
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### Objectives and competences:

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| <ul style="list-style-type: none"> <li>• Students learn about historical development of handball in Slovenian and abroad</li> <li>• Students learn about the methods for introducing the children in handball game</li> <li>• Students learn about the rules of handball game, refereeing signals and the use of them in practice</li> <li>• Students learn about teaching methods and exercises for younger age groups</li> <li>• Students learn about the structure of handball game</li> <li>• Students learn the basic individual, group and team technical-tactical elements of handball game, which players need to master for efficient game in defence and attack</li> <li>• Students learn about mini handball</li> <li>• Students learn about the role of handball goalkeeper and the specifics of training process within the team</li> </ul> <p>Competences:</p> <ul style="list-style-type: none"> <li>• Students will be partially qualified for correct and effective teaching/training of youth basketball in the framework of physical education in primary schools as well as secondary schools.</li> <li>• Students will be partially qualified for correct and effective teaching/training of youth basketball in the framework of sport (basketball) schools and clubs.</li> </ul> |
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### Predvideni študijski rezultati:

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| <p><b>Znanje in razumevanje:</b></p> <p>Študenti bodo usvojili osnove rokometne igre ter spoznali njen vpliv na gibalni, umski, čustveni in socialni razvoj otrok.</p> <p>Študenti bodo usvojili in razumeli naj bi temeljne zakonitosti upravljanja učno-vzgojnega/vadbenega procesa rokometu ter strategije prilagajanja ciljev,</p> |
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### Intended learning outcomes:

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| <p><b>Knowledge and Understanding:</b></p> <p>Students will learn the basics of handball game and become familiar with its effects on the motor, mental, emotional, and social development of children.</p> <p>Students will understand the basic laws of managing the handball educational/training process and the strategies for adjusting objectives, content, forms,</p> |
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| <p>vsebin, oblik, metod in sredstev učno-vzgojnega/vadbenega procesa različnim starostnim skupinam učencev in vadbenim pogojem.</p> <p><b>Prenesljive/ključne spretnosti in drugi atributi:</b></p> <p>Razvije didaktične spretnosti za delo z učenci in učenkami v osnovni šoli. Razvija svoje sposobnosti opazovanja in komuniciranja z otroci, drugimi učitelji ter starši. Študent se usposobi tudi za nadaljnje spremljanje razvoja in napredka rokomet kot športne panoge ob uporabi sodobne in aktualne literature.</p> | <p>methods and means of educational/training process to different age groups of pupils and training conditions. <b>Transferable/Key Skills and other attributes:</b></p> <p>Students develop teaching skills for working with male and female pupils in elementary school. They'll develop their skills of observation and communication with children, parents and other teachers. Students are trained to be able for further monitor the development and progress of handball as a sport using a modern and contemporary literature.</p> |
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| <b>Metode poučevanja in učenja:</b>                                                                                                                                                                                                                                                                                                                                                              | <b>Learning and teaching methods:</b>                                                                                                                                                                                                                                                                                                                                                                                                         |
| <ul style="list-style-type: none"> <li>Teoretična znanja bodo posredovana v obliki predavanj.</li> <li>Praktična znanja in spretnosti bodo posredovana v obliki praktične vadbe (demonstracija, razlaga). Uporabljene bodo sintetična, analitična kakor tudi kombinirana metoda. Praktične vsebine bodo posredovane v obliki spretnostnih vaj z žogo, tehnično-taktičnih vaj in igre.</li> </ul> | <ul style="list-style-type: none"> <li>The theoretical knowledge will be imparted in the form of lectures.</li> <li>Practical knowledge and skills will be imparted in the framework of practical sessions (demonstration, explanation). The synthetic, analytic, and combined methods will be applied. The practical content will be imparted in the form of agility exercises with ball, technical-tactical exercises, and play.</li> </ul> |

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| <b>Načini ocenjevanja:</b>                                                                                                                                                                                                                                | <b>Delež/Weight</b> | <b>Assessment:</b>                                                                                                                                                                                                                                           |
| Preverjanje teoretičnega znanja na zaključnem izpitu (pisno ali ustno izpraševanje). Raven teoretičnega znanja bomo večinoma ocenjevali s pomočjo vprašalnika polodprtega ali odprtega tipa na deset-stopenjski lestvici (pozitivna ocena od 6 do 10).    | 50,00 %             | Final examination of theoretical knowledge (written exam). The level of theoretical knowledge will be assessed mainly using a questionnaire with half open-ended and closed-ended questions on a ten-point scale (positive grade from 6 to 10).              |
| Kolokvij iz rokometnih spretnosti in praktičnih znanj. Študenti bodo demonstrirali prepisane rokometne gibalne naloge in igre, ki bodo ocenjene s pomočjo deset-stopenjske lestvice oz. po posebnih kriterijih in opisnikih (pozitivna ocena od 6 do 10). | 50,00 %             | Preliminary exam of basketball skills and practical knowledge. Students will demonstrate the prescribed basketball motor tasks and play that will be assessed using a ten-point scale and/or special and descriptive criteria (positive grade from 6 to 10). |

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| <b>Ocenjevalna lestvica:</b> | <b>Grading system:</b> |
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| <b>Reference nosilca/Lecturer's references:</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |
| <p><b>prof. dr. Marko Šibila:</b></p> <ul style="list-style-type: none"> <li><b>prof. dr. Marko Šibila:</b> Več kot 400 enot znanstvenih, pedagoških in strokovnih del s področja rokomet (od leta 1986 naprej).</li> <li>Asistent pri predmetu Teorija in metodika rokomet (od 1986 do 1997); docent za področje »kineziologija v polistrakturnih acikličnih in kompleksnih športih« (od 1997 do 2006); izredni profesor za področje »znanost o športu – Kineziologija (od 2006 do 2016).</li> <li>Rokometni trener od 1986 naprej (različni slovenski in vrhunski tuji rokometni klubi in državne reprezentance).</li> <li>Predsednik in član strokovnega sveta Rokometne zveze Slovenije (RZS).</li> <li>Član strokovnega sveta Republike Slovenije za šport.</li> <li>Predsednik Združenja rokometnih trenerjev Slovenije.</li> <li>Vodja usposabljanja trenerjev različnih stopenj v rokometu.</li> <li>Vodja in predavatelj na številnih tečajih za različne trenerske nazive v rokometu tako doma kot v tujini.</li> </ul> |

- Predavatelj na številnih seminarjih stalnega strokovnega izpopolnjevanja za vzgojiteljice, razredne učiteljice in profesorje športne vzgoje.
- Predavatelj Evropske rokometne zveze (EHF) od leta 1994.

# SKOKI NA PROŽNIH PONJAVAH

## UČNI NAČRT PREDMETA/COURSE SYLLABUS

|                                   |                           |
|-----------------------------------|---------------------------|
| <b>Predmet:</b>                   | Skoki na prožnih ponjavah |
| <b>Course title:</b>              | Jumping on trampolines    |
| <b>Članica nosilka/UL Member:</b> | UL FŠ                     |

| Študijski programi in stopnja                   | Študijska smer                  | Letnik | Semestri    | Izbirnost |
|-------------------------------------------------|---------------------------------|--------|-------------|-----------|
| Kineziologija, prva stopnja, univerzitetni      | Ni členitve (študijski program) |        | 2. semester | izbirni   |
| Športna vzgoja, prva stopnja, univerzitetni     | Ni členitve (študijski program) |        | 2. semester | izbirni   |
| Športno treniranje, prva stopnja, univerzitetni | Ni členitve (študijski program) |        | 2. semester | izbirni   |

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| <b>Univerzitetna koda predmeta/University course code:</b> | 0082401 |
| <b>Koda učne enote na članici/UL Member course code:</b>   | 696     |

| Predavanja<br>/Lectures | Seminar<br>/Seminar | Vaje<br>/Tutorials | Klinične vaje<br>/Clinical<br>tutorials | Druge oblike<br>študija<br>/Other forms<br>of study | Samostojno<br>delo<br>/Individual<br>student work | ECTS |
|-------------------------|---------------------|--------------------|-----------------------------------------|-----------------------------------------------------|---------------------------------------------------|------|
| 15                      |                     | 45                 | 0                                       | 0                                                   | 60                                                | 4    |

|                                   |                      |
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| <b>Nosilec predmeta/Lecturer:</b> | Ivan Čuk, Maja Pajek |
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| <b>Vrsta predmeta/Course type:</b> | splošni izbirni |
|------------------------------------|-----------------|

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| <b>Jeziki/Languages:</b> | Predavanja/Lectures: | Slovenščina |
|                          | Vaje/Tutorial:       | Slovenščina |

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| <b>Pogoji za vključitev v delo oz. za opravljanje študijskih obveznosti:</b> | <b>Prerequisites:</b> |
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### Vsebina:

Skoki na prožnih ponjavah sodijo v akrobatiko, vendar so se z leti razvili v samostojno športno panogo, kjer med drugimi le-ti športniki tekmujejo tudi na OI. Vsebine so skoki na mali, dvojni mali in veliki prožni ponjavi.

Osnovne vsebine skokov na prožnih ponjavah so skoki v smereh gor, dol, naprej, nazaj, levo, desno, kombinirano z vrtenjem okoli čelne, dolžinske in globinske osi oz. kombiniranimi vrtenji v brezoporni fazi.

Skoki na prožnih ponjavah odlično razvijajo otrokom sposobnost zavestne kontrole položaja telesa in gibanja telesa v prostoru. Zaradi svojih značilnosti je nujna kot osnovna priprava za vse

### Content (Syllabus outline):

Trampolining is part of acrobatics, but over the years developed into an independent sport, where among others athletes compete at the Olympic Games. The contents are jumping on mini, double mini and large trampoline.

Basic content jumps on trampoline are jumping in the directions up, down, forward, backward, left, right, combined with turning around the longitudinal, sagittal axis and combined rotations in flight phase.

Trampoline is excellent to develop conscious control of body position and body movement in space. Because of their characteristics is essential as a basic

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| ostale športne panoge. Je ena od športnih panog gimnastike, pri katerih se vadeči giblje in vrti v vseh oseh v položajih opore in v letu. | unit for all other sports. It is one of the sports of gymnastics, where body moves and rotates in all axes in flight and support. |
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### Temeljna literatura in viri/Readings:

- Bolkovič, Kristan (2004). Akrobatika. Fakulteta za šport. Ljubljana
- Čuk (1984). Velika prožna ponjava. *Trener učitelj vadit.* let. 20, št. 12, str. 3-33.
- Federation internationale de gymnastics: Code of points – Acrobatic gymnastics 2009 - 2012
- Čuk, Bolkovič, Bučar-Pajek, Turšič, Bricelj (2006). Teorija in metodika športne gimnastike - vaje. Fakulteta za šport. Ljubljana
- Bricelj, Gorečan, Bolkovič, Čuk (2008). *Skoki z male prožne ponjave*. Ljubljana: Fakulteta za šport, Inštitut za šport.
- Bolkovič, Čuk, Kokole, Kovač, Novak, Šibanc, Pajek (2018). Izrazoslovje pri telovadbi. Ljubljana: Fakulteta za šport, Inštitut za šport.
- Schmidt (1991). Motor learning and performance: from principles to practice. Champaign: Human Kinetics Books.
- Kovač et al (2001). C-program gimnastike (Akrobatika). Gimnastična zveza Slovenije, Ljubljana

### Cilji in kompetence:

- Poznavanje didaktike skokov na prožnih ponjavah
- Načrtovanje, izvedba in kontrola izvedbe skokov na prožnih ponjavah
- Znanje demonstracije posameznih skokov na prožnih ponjavah
- Organizacijske sposobnosti in znanja za izvedbo šolskih in zunajšolskih športnih programov, katerih osnova so skoki na prožnih ponjavah skupinska akrobatika
- Prepoznavanje nadarjenih in njihovo usmerjanje v skoke na prožnih ponjavah

### Objectives and competences:

- Knowing bowling didactics
- Knowledge of teaching jumps
  - Planning, implementation, execution and control jumps
  - Knowledge of individual jumps demonstrations
  - Organizational skills and knowledge to carry out school and extracurricular sports programs, based on any trampoline acrobatics group
  - Identifying talent and guidance in trampoline

### Predvideni študijski rezultati:

- Znanje in razumevanje:
- Teoretično in praktično znanje pravilne tehnike kegljanja (ki nam kaže znanje zavestne kontrole položajev in gibanj telesa), znanje metodičnih postopkov, izrazoslovja, prepoznavanje in odpravljanje težav v drži telesa ter prepoznavanje napak v tehniki vadbe.
  - Razumevanje osnovnih pojmov in izrazov, ki so potrebni za opise gibanj, razumevanje gibalnega učenja, zakonitosti delovanja stabilizacije telesa in didaktičnih načel.
  - Pridobljeno znanje uporabiti pri urah športne vzgoje v šoli, ŠŠD, interesnih športnih dejavnostih, športnih društvih. (vzpostavljane in ohranjanje in pomembno zavedanje pravilne telesne drže), ki se odraža v slabi ŠŠD, interesnih športnih dejavnostih, športnih društvih.
  - Uporaba vadbe pri razvoju preciznosti, koordinacije, ravnotežja, moči in gibljivosti.
  - Uporaba osnovnih pojmov in izrazov v praksi in pri prebiranju strokovne literature.

### Intended learning outcomes:

- Knowledge and understanding:
- Theoretical and practical knowledge of proper techniques of bowling (which shows a conscious knowledge of the control positions and movements of the body), knowledge of methodological procedures, terminology, identifying and correcting problems in body posture and identify errors in exercise technique.
  - Understand the basic concepts and terms which are necessary for describing trends, understanding the locomotor learning, the legality of stabilization of the body and didactic principles.
  - Acquired knowledge to use in hours of physical education at school, SSD, activities of interest, sport clubs. (establishing and maintaining awareness and importance of correct posture), which is reflected in low SSD, activities of interest, sport clubs.
  - The use of exercise in the development of precision, coordination, balance, strength and flexibility.
  - Use basic concepts and terms used in practice and in reading the literature.
  - Self-assessment of the implementation of various positions and movements, monitor their own

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| <ul style="list-style-type: none"> <li>• Samoocenjevanje izvajanja različnih položajev in gibanj, spremljanje lastnega napredka, ugotavljanja napak pri izvajanju.</li> <li>• Z vadbo pridobljena znanja so tesno povezana z znanjem anatomije in fiziologije ter in se lahko uporabijo pri učenju tehnike in metodike vseh drugih športnih panog, ki jim je značilen met.</li> <li>• Spretnosti uporabe domače in tuje literature in drugih virov, zbiranja in interpretiranja podatkov, uporaba IKT in drugih didaktičnih pripomočkov, uporaba različnih postopkov, poročanje (ustno in pisno), identifikacija in reševanje problemov, kritična analiza, sinteza, pisanje člankov, refleksij na prebrano literaturo, delo v timih, socialne spretnosti ipd.</li> </ul> | <p>progress, identifying errors in implementation.</p> <p>- By exercising the skills are closely linked with knowledge of anatomy and physiology as well and can be used in teaching techniques and methodology of all other sports, which is characterized by the throw.</p> <p>- Skills of domestic and foreign literature and other sources, gathering and interpreting data, the use of ICT and other teaching materials, use of different procedures, reporting (verbal and written), identification and problem solving, critical analysis, synthesis, writing, thinking to read literature, work in teams, social skills, etc..</p> |
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#### **Metode poučevanja in učenja:**

predavanja, seminarji, individualne naloge, aktivno (refleksivno) poučevanje, simulacije, igre vlog, hospitacije, nastopi, pedagoška praksa itd.

#### **Learning and teaching methods:**

lectures, seminars, individual assignments, active (reflective) teaching, simulations, role plays, practical, performances, teaching practice, etc..

#### **Načini ocenjevanja:**

#### **Delež/Weight**

#### **Assessment:**

|                                                                                                                                                                                                                               |         |                                                    |
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| Demonstracija praktičnega znanja                                                                                                                                                                                              | 40,00 % | Demonstration of practical knowledge               |
| Teoretični ustni /pisni izpiti, lahko tudi kreditno ovrednotenje posameznih (preverljivih) študijskih dosežkov; od 6-10 (pozitivno) oz. 5 (negativno) oz. opravi / ni opravi; ob upoštevanju Statuta UL in fakultetnih pravil | 60,00 % | theoretical knowledge - oral/written examinations; |

#### **Ocenjevalna lestvica:**

5 - 10, pri čemer velja, da je pozitivna ocena od 6 - 10

#### **Grading system:**

5 - 10, a student passes the exam if he is graded from 6 to 10

#### **Reference nosilca/Lecturer's references:**

1. Čuk (1984). Velika prožna ponjava. Trener učitelj vadit, 20(12), 3-33.
2. Čuk. (1988). Skoki na veliki prožni ponjavi. V: Traunšek, R. (ur.), Binter, R., Pregelj, A., Peterka, J., Čuk, I. in Vajngerl, B. Množični program gimnastike : športna gimnastika : akrobatika : skoki z male prožne ponjave : skoki na veliki prožni ponjavi : športno ritmična gimnastika, (Gimnastika 2000). Ljubljana: Gimnastična zveza
3. Slovenije.
4. Kovač, M., Čuk, I., Pajek, M., Avkhadiyeva, G, Gorečan, S. in Jakše, B. (2001). C program gimnastike : priročnik za
5. vadiatelje, trenerje, športne pedagoge in študente Fakultete za šport. Ljubljana: Gimnastična zveza Slovenije, Fakulteta za šport, Zavod za šport Slovenije.
6. Čuk, I. (2001). Skoki na veliki prožni ponjavi. V: Kovač, M. (ur.), Pajek, M. (ur.), Čuk, I. (ur.) C program gimnastike : priročnik za vadiatelje, trenerje, športne pedagoge in študente Fakultete za šport. Ljubljana: Gimnastična zveza Slovenije, Fakulteta za šport, Zavod za šport Slovenije.
7. Bricelj, A., Gorečan, S., Bolkovič, T. in Čuk, I. (2008). Skoki z male prožne ponjave. Ljubljana: Fakulteta za šport.
8. Čuk, I., Bolkovič, T., Kokole, J., Kovač, M., Novak, D., Šibanc, K. in Pajek, M. (2018). Izrazoslovje pri telovadbi. Ljubljana: Fakulteta za šport.
9. Čuk, I., Atiković, A., Bolkovič, T., Nadarevič, F., Bučar Pajek, M., Jakše, B. in Bricelj, A. Teorija i metodika sportske gimnastike - vježbe. Tuzla: Fakultet za tjelesni odgoj i sport.

10. Čuk, I., Bolkovič, T., Jakše, B. in Pajek, M. (2023). Orodna telovadba z ritmično izraznostjo 1 - vaje. Ljubljana: Fakulteta za šport.
11. Čuk, I., Bolkovič, T., Kokole, J., Kovač, M., Novak, D., Šibanc, K. in Pajek, M. (2018). Izrazoslovje pri telovadbi. Ljubljana: Fakulteta za šport.
12. Pajek, M., Vajngerl B., Čuk, I. in Šibanc K. (2022). Orodna telovadba z ritmično izraznostjo 2. Ljubljana: Fakulteta za šport.

# SKVOŠ

## UČNI NAČRT PREDMETA/COURSE SYLLABUS

|                                   |        |
|-----------------------------------|--------|
| <b>Predmet:</b>                   | Skvoš  |
| <b>Course title:</b>              | Squash |
| <b>Članica nosilka/UL Member:</b> | UL FŠ  |

| Študijski programi in stopnja                   | Študijska smer                  | Letnik | Semestri    | Izbirnost |
|-------------------------------------------------|---------------------------------|--------|-------------|-----------|
| Kineziologija, prva stopnja, univerzitetni      | Ni členitve (študijski program) |        | 1. semester | izbirni   |
| Športna vzgoja, prva stopnja, univerzitetni     | Ni členitve (študijski program) |        | 1. semester | izbirni   |
| Športno treniranje, prva stopnja, univerzitetni | Ni členitve (študijski program) |        | 1. semester | izbirni   |

|                                                            |         |
|------------------------------------------------------------|---------|
| <b>Univerzitetna koda predmeta/University course code:</b> | 0045150 |
| <b>Koda učne enote na članici/UL Member course code:</b>   | 1208    |

| Predavanja<br>/Lectures | Seminar<br>/Seminar | Vaje<br>/Tutorials | Klinične vaje<br>/Clinical tutorials | Druge oblike študija<br>/Other forms of study | Samostojno delo<br>/Individual student work | ECTS |
|-------------------------|---------------------|--------------------|--------------------------------------|-----------------------------------------------|---------------------------------------------|------|
| 15                      |                     | 45                 |                                      |                                               | 60                                          | 4    |

|                                   |                |
|-----------------------------------|----------------|
| <b>Nosilec predmeta/Lecturer:</b> | Goran Vučković |
|-----------------------------------|----------------|

|                                    |                                   |
|------------------------------------|-----------------------------------|
| <b>Vrsta predmeta/Course type:</b> | splošni izbirni/general selective |
|------------------------------------|-----------------------------------|

|                          |                      |             |
|--------------------------|----------------------|-------------|
| <b>Jeziki/Languages:</b> | Predavanja/Lectures: | Slovenščina |
|                          | Vaje/Tutorial:       | Slovenščina |

|                                                                              |                          |
|------------------------------------------------------------------------------|--------------------------|
| <b>Pogoji za vključitev v delo oz. za opravljanje študijskih obveznosti:</b> | <b>Prerequisites:</b>    |
| Ni posebnih pogojev                                                          | No special requirements. |

|                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Vsebina:</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      | <b>Content (Syllabus outline):</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |
| Skvoš sodi med popularnejše igre z loparji. Gre za kompleksno športno igro posameznikov in dvojic. Za razliko od ostalih znanih iger z loparji se skvoš igra v zaprtem prostoru. To neposredno vpliva na tehniko in taktiko v igri. Eno od ključnih opravil v trenerskem delu je objektivno analiziranje bodisi tehnike ali taktike v posamezni športni igri. Zato mora trener biti sposoben demonstrirati tehnične elemente in različne taktične prijeme. Obenem mora imeti sposobnosti zaznavanja napak in diagnosticiranja športnikovega nastopa bodisi na treningu ali tekmovanju ter z ustrezno povratno informacijo vplivati na izboljšanje športnega nastopa. | Squash is a complex game for individual or doubles and can be counted as a very popular racquet sport. Squash can be only played in typical closed courts, which has a direct impact on technique and tactics. One of the main objective of coaching in any sport is to objectively analyse sport performance from both technical and tactical perspective. Hence coach need to be able to demonstrate proper technical elements and impose different tactics. They also have to be capable of observing and evaluating sport performance from both of this aspects and accordingly adjust training to achieve athletes' improvements in overall performance |

|                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p>Osnovni cilj programa je študente spoznati s posameznimi tehničnimi elementi in temeljnimi principi taktike. Študente želimo seznaniti in jih naučiti ustreznih metodičnih postopkov pri usvajanju znanj v skvošu, da bodo sposobni voditi športno-vzgojni proces v šoli ali klubu.</p> <p><b>Teoretični del:</b></p> <ul style="list-style-type: none"> <li>• Pravila igre.</li> <li>• Razumevanje povezanosti tehničnih elementov v celoto.</li> <li>• Osnovna taktična načela.</li> <li>• Metodični postopki in njihova implementacija pri podajanju vsebin, odkrivanju napak in popravljanju le teh.</li> <li>• Načrtovanje vsebin za pedagoški ali trenažni proces.</li> </ul> <p><b>Praktični del:</b></p> <ul style="list-style-type: none"> <li>• Učenje tehničnih elementov (različni udarci in gibanje) in njihovo povezovanje v smiselno celoto.</li> <li>• Razlike v tehniki glede na akcijo v sprednjem, srednjem ali zadnjem delu igrišča.</li> <li>• Izvajanje posameznih taktičnih načel.</li> </ul> <p>Sposobnost vodenja praktičnih vsebin (priprava učnih vsebin, demonstracija, odkrivanje in popravljanje napak, podajanje žog).</p> | <p>The main goal of the program is for students to learn and understand the general principal of the squash technique and tactics. They will learn different learning methods to be able to provide and guide optimal educational or training course in school or clubs</p> <p><b>Theoretical part:</b></p> <ul style="list-style-type: none"> <li>• Rules of the game.</li> <li>• Technical elements and their aggregation into the whole action.</li> <li>• Fundamental tactical principals.</li> <li>• Methodological process of learning and its implementation while explaining new subjects, discovering mistakes and giving feedback for corrections.</li> <li>• Planning the course material for educational process in school or clubs.</li> </ul> <p><b>Practice:</b></p> <ul style="list-style-type: none"> <li>• Practising different striking technique and movement.</li> <li>• Differences in technique regarding the front, middle and back of the court action.</li> <li>• Implementation of basic tactical principles.</li> <li>• Learning to plan content of the practical course, demonstration, discovering mistakes and giving proper feedback, feeding the ball.</li> </ul> |
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#### Temeljna literatura in viri/Readings:

|                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <ul style="list-style-type: none"> <li>• MURRAY, Stafford (urednik), HUGHES, Michael David (urednik), JAMES, Nic (urednik), VUČKOVIĆ, Goran (urednik). <i>Squash : the science of sport</i>, (The science of sport.). Ramsbury: The Crowood Press, 2016. 240 str., ilustr. [COBISS.SI-ID <a href="#">4931505</a>]</li> <li>• VUČKOVIĆ, Goran (avtor, izvajalec). <i>Osnovna tehnika v squashu : gibanje, postavitve in osnovni udarci</i>. Ljubljana: Fakulteta za šport, Inštitut za šport, 2006. 1 video DVD (ca 56 min), barve, zvok. [COBISS.SI-ID <a href="#">231655936</a>]</li> <li>• VUČKOVIĆ, Goran. <i>Osnove squasha</i>. Ljubljana: samozal., 2000. 136 str., ilustr. [COBISS.SI-ID <a href="#">109945344</a>]</li> </ul> |
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#### Cilji in kompetence:

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| <p>Osnovni cilj programa je seznaniti študente s temeljnimi značilnostmi skvoša in igralnimi situacijami. Obenem želimo študente naučiti pravilne tehnike, ki zajema ustrezno postavljanje, gibanje in izvedbo različnih udarcev ter osnovne taktične principe. V tej smeri bodo študentje usvojili metodične postopke učenja tehničnih vsebin, jih znali demonstrirati, razumeli pomen odkrivanja napak in izvedbe korekcijskih postopkov ter znali načrtovati športno-vzgojni proces. Tega bodo lahko izvajali v procesu učenja v šoli ali interesnih dejavnostih v šoli in klubih.</p> | <p><b>Objectives and competences:</b></p> <p>The basic objective of the program is for students to learn and understand fundamental characteristics of the squash and typical game situations. Students will learn squash technique, which evolves proper positioning on the court, movement and striking technique and basic tactics. In due course students will get acquainted with learning methods, being able to demonstrate, observe the action and resolve mistakes and planning educational course either in school or sport clubs.</p> |
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#### Predvideni študijski rezultati:

|                                                                                                                                                                      |                                                                                                                                                                                                             |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p>Znanje in razumevanje:</p> <ul style="list-style-type: none"> <li>• Študenti poznajo pravila Skvoša in so sposobni razumeti tipične igralne situacije.</li> </ul> | <p><b>Intended learning outcomes:</b></p> <p>Knowledge and understanding:</p> <ul style="list-style-type: none"> <li>• Students understand the rules of the game and typical playing situations.</li> </ul> |
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| <ul style="list-style-type: none"> <li>• Sposobni so prikazati pravilno tehniko in sicer z vidika ustreznega postavljanja igralcev v igrišču, gibanja in izvedbe različnih udarcev.</li> <li>• Sposobni analizirati izvedbo tehničnih elementov, diagnosticirati napake, ob ustrezni povratni informaciji izvesti korekcijske vaje za odpravo napak.</li> <li>• Sposobni analizirati osnovno taktiko igre, diagnosticirati napake, ob ustrezni povratni informaciji izvesti korekcijske vaje za odpravo napak.</li> <li>• Sposobni načrtovati populaciji ustrezen vadbeni načrt bodisi v šoli ali klubih.</li> </ul> | <ul style="list-style-type: none"> <li>• They are able to demonstrate technical element such as proper positioning on the court, movement and execution of different strokes.</li> <li>• They are able to identify technical issues of the participants, give them the right feedback and additional exercise to apply corrections in technical performance.</li> <li>• They are able to understand and present basic tactics, examine and evaluate tactical problems, give participants proper feedback and additional exercise to improve their tactical performance.</li> <li>• They are able to plan proper educational course according to participants' level in either school or clubs.</li> </ul> |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|

|                                                 |                                           |
|-------------------------------------------------|-------------------------------------------|
| <b>Metode poučevanja in učenja:</b>             | <b>Learning and teaching methods:</b>     |
| Predavanja, seminarji, seminarska naloga, vaje. | Lectures, seminars, coursework, tutorial. |

|                            |                     |                         |
|----------------------------|---------------------|-------------------------|
| <b>Načini ocenjevanja:</b> | <b>Delež/Weight</b> | <b>Assessment:</b>      |
| Ustno izpraševanje         |                     | Oral examination        |
| Praktični prikaz           |                     | Practical demonstration |

|                              |                        |
|------------------------------|------------------------|
| <b>Ocenjevalna lestvica:</b> | <b>Grading system:</b> |
|                              |                        |

#### Reference nosilca/Lecturer's references:

Goran Vučković je diplomiral na Fakulteti za šport leta 1999, magistriral leta 2002 in doktoriral leta 2005. Njegovo strokovno in znanstveno-raziskovalno delo je pogosto usmerjeno v preučevanje igralnih značilnosti v različnih igrah z loparji. Kot športnik je bil 3x državni prvak Slovenije v skvošu, kasneje pa se je posvetil trenerskemu delu in še danes vodi strokovni svet na Squash zvezi Slovenije in je selektor reprezentanc.

MURRAY, Stafford, JAMES, Nic, HUGHES, Michael David, PERŠ, Janez, MANDELJC, Rok, VUČKOVIĆ, Goran. Effects of rule changes on physical demands and shot characteristics of elite-standard men's squash and implications for training. *Journal of sports sciences*, 2016, vol. 34, iss. 23, str. 2170-2174, [COBISS.SI-ID [4922033](#)]

VUČKOVIĆ, Goran, JAMES, Nic, HUGHES, Michael David, MURRAY, Stafford, MILANOVIĆ, Zoran, PERŠ, Janez, SPORIŠ, Goran. A new method for assessing squash tactics using 15 court areas for ball locations. *Human movement science*, Apr. 2014, vol. 34, str. 81-90, [COBISS.SI-ID [4504497](#)]

VUČKOVIĆ, Goran, JAMES, Nic, HUGHES, Michael David, MURRAY, Stafford, SPORIŠ, Goran, PERŠ, Janez. The effect of court location and available time on the tactical shot selection of elite squash players. *JSSM (Online)*. [Online ed.], march 2013, vol. 12, issue 1, str. 66-73, [COBISS.SI-ID [4338609](#)]

VUČKOVIĆ, Goran, PERŠ, Janez, JAMES, Nic, HUGHES, Michael David. Measurement error associated with the SAGIT/Squash computer tracking software. *European journal of sport science*, mar. 2010, vol. 10, issue 2, str. 129-140, ilustr., graf. prikazi [COBISS.SI-ID [3769777](#)]

VUČKOVIĆ, Goran, JAMES, Nic. The distance covered by winning and losing players in elite squash matches. *Kinesiol. Slov. (Print)*. [Print ed.], 2010, vol. 16, no. 1/2, str. 44-50, ilustr., tabela. [COBISS.SI-ID [3956657](#)]

VUČKOVIĆ, Goran, PERŠ, Janez, JAMES, Nic, HUGHES, Michael David. Tactical use of the T area in squash by players of differing standard. *J. sports sci.* [Print ed.], 2009, vol. 27, no. 8, str. 863-871, ilustr. [COBISS.SI-ID [3637937](#)]

VUČKOVIĆ, Goran. Vpliv sprememb pravil na igralne značilnosti v vrhunskem squashu. *Šport*, 2012, letn. 59 [i. e. 60], št. 1/2, str. 110-113, ilustr. [COBISS.SI-ID [262706176](#)]

VUČKOVIĆ, Goran. Taktična izbira udarcev in njihova igralna učinkovitost pri vrhunskih igralcih squasha. *Šport*, 2011, letn. 59, št. 3/4, str. 120-125, ilustr., tabela. [COBISS.SI-ID [4146353](#)]

VUČKOVIĆ, Goran, JAMES, Nic. Razlike v taktičnem gibanju med zmagovalci in poraženci nizov pri najboljših slovenskih igralcih squasha. *Šport*, 2008, let. 56, št. 3/4, str. 80-83, ilustr. [COBISS.SI-ID [3445425](#)]

VUČKOVIĆ, Goran. Modelne značilnosti igranja vrhunskih igralcev squasha. *Šport*, 2007, letn. 55, št. 1, str. 50-56, ilustr., tabele. [COBISS.SI-ID [2978481](#)]

VUČKOVIĆ, Goran. Taktični pomen območja T pri različno kakovostnih igralcih squasha. *Šport*, 2007, letn. 55, št. 4, str. 81-84, ilustr., tabele. [COBISS.SI-ID [3225521](#)]

VUČKOVIĆ, Goran. Rotacija kolkov in ramen pri maksimalnem in submaksimalnem vzdolžnem udarcu v squashu. *Šport*, 2004, letn. 52, št. 4, str. 5-10, ilustr., tabele, graf. prikazi. [COBISS.SI-ID [2249393](#)]

VUČKOVIĆ, Goran, DEŽMAN, Brane, ERČULJ, Frane, KOVAČIČ, Stanislav, PERŠ, Janez. Comparative movement analysis of winning and losing players in men's elite squash. *Kinesiologia Slovenica*, 2003, letn. 9, št. 2, str. 74-84, ilustr., tabele. [COBISS.SI-ID [1988529](#)]

VUČKOVIĆ, Goran, DEŽMAN, Brane, ERČULJ, Frane. Funkcionalne sposobnosti in obremenjenost igralcev squasha. *Šport*, 2003, letn. 51, št. 4, str. 24-27, priloga, tabele, graf. prikazi. [COBISS.SI-ID [1965489](#)]

# SOCIALNE VEŠČINE ZA UČITELJE IN TRENERJE

## UČNI NAČRT PREDMETA/COURSE SYLLABUS

|                                   |                                          |
|-----------------------------------|------------------------------------------|
| <b>Predmet:</b>                   | Socialne veščine za učitelje in trenerje |
| <b>Course title:</b>              | Social skills for teachers and coaches   |
| <b>Članica nosilka/UL Member:</b> | UL FŠ                                    |

| Študijski programi in stopnja                   | Študijska smer                  | Letnik | Semestri    | Izbirnost |
|-------------------------------------------------|---------------------------------|--------|-------------|-----------|
| Kineziologija, prva stopnja, univerzitetni      | Ni členitve (študijski program) |        | 2. semester | izbirni   |
| Športna vzgoja, prva stopnja, univerzitetni     | Ni členitve (študijski program) |        | 2. semester | izbirni   |
| Športno treniranje, prva stopnja, univerzitetni | Ni členitve (študijski program) |        | 2. semester | izbirni   |

|                                                            |         |
|------------------------------------------------------------|---------|
| <b>Univerzitetna koda predmeta/University course code:</b> | 0045114 |
| <b>Koda učne enote na članici/UL Member course code:</b>   | 679     |

| Predavanja<br>/Lectures | Seminar<br>/Seminar | Vaje<br>/Tutorials | Klinične vaje<br>/Clinical<br>tutorials | Druge oblike<br>študija<br>/Other forms<br>of study | Samostojno<br>delo<br>/Individual<br>student work | ECTS |
|-------------------------|---------------------|--------------------|-----------------------------------------|-----------------------------------------------------|---------------------------------------------------|------|
| 15                      | 0                   | 45                 |                                         |                                                     | 60                                                | 4    |

**Nosilec predmeta/Lecturer:** Saša Cecić Erpič

**Vrsta predmeta/Course type:** splošni izbirni

|                          |                      |             |
|--------------------------|----------------------|-------------|
| <b>Jeziki/Languages:</b> | Predavanja/Lectures: | Slovenščina |
|                          | Vaje/Tutorial:       | Slovenščina |

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

Pogoji za vpis v študijski letnik

**Vsebina:**

**Content (Syllabus outline):**

**Teoretični del:**

- Odnos med učiteljem in učencem (trenerjem in športnikom)
- Model učinkovitega odnosa med učiteljem in učencem (trenerjem in športnikom)
- Dejavniki učinkovite komunikacije
- Značilnosti učinkovite komunikacije s starši
- Značilnosti učinkovitega vodenja skupin
- Značilnosti učinkovite komunikacije v zdravstvu in rehabilitaciji
- Stili vodenja in njihova učinkovitost v različnih situacijah
- Konflikti v razredu (oz. v skupini) ter njihovo reševanje

|                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |  |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--|
| <ul style="list-style-type: none"> <li>• Značilnosti medosebne komunikacije s težavnimi sogovorniki in strategije za učinkovito sodelovanje</li> <li>• Sodobne teorije motivacije s poudarkom na teoriji motivacijske klime</li> <li>• Dejavniki, ki vplivajo na pozitivno motivacijsko klimo</li> </ul> <p><b>Praktični del:</b></p> <ul style="list-style-type: none"> <li>• Izdelava seminarske naloge na izbrano tematiko s področja socialnih veščin in medosebne komunikacije, ki bo vsebovala ustrezen metodološki pristop in bo vsebinsko ustrezna.</li> <li>• Predstavitev seminarske naloge.</li> </ul> <p>Vaje: študenti bodo s praktičnim delom spoznali značilnosti učinkovite medosebne komunikacije. Vaje bodo namenjene razvoju učinkovitih socialnih veščin in njihovi uporabi v šolskem, športnem in kineziološkem kontekstu.</p> |  |
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#### Temeljna literatura in viri/Readings:

|                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |  |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--|
| <ul style="list-style-type: none"> <li>• Cecić Erpič, S. (2015). Socialne veščine za učitelje in trenerje: Izbrane vsebine. Študijsko gradivo. Ljubljana: Univerza v Ljubljani, Fakulteta za šport.</li> <li>• Bečaj, J. (1996). Trening večje učinkovitosti za učitelje. Ljubljana: Svetovalni center za otroke, mladostnike in starše.</li> <li>• Škof, B., Zabukovec, V., Cecić Erpič, S. in Boben, D. (2005). Pedagoško-psihološki vidiki športne vzgoje. Ljubljana: Fakulteta za šport.</li> <li>• Zabukovec, V. in Boben, D. (2000). Učitelji in stili vodenja. Ljubljana: Center za psihodiagnostična sredstva.</li> <li>• Gordon, T. (2003). Teacher effectiveness training. New York: Three rivers press.</li> <li>• Jowett, S. in Lavalley, D. (2007). Social psychology in sport. Champaign (IL): Human Kinetics</li> </ul> |  |
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#### Cilji in kompetence:

|                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |                                      |
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| <p>Učiteljeva (trenerjeva) učinkovitost je odvisna od kakovosti odnosa med njim in učencem (oz. športnikom oz. vadečim v kineziološkem kontekstu). Glede na to, da je šola (oz. tekmovalni šport) kompleksen socialni sistem, kjer se prepletajo odnosi med učiteljem (trenerjem), učenci (športniki), starši, sodelavci in drugimi, na učinkovitost pedagoškega dela (tako v šolskem kot v športnem kontekstu) v pomembni meri vpliva tudi raven učiteljevih/trenerjevih socialnih veščin. Enako se dogaja v kontekstu rehabilitacije ter dela s kronično bolnimi, kjer deluje kineziolog. Med takšne socialne veščine sodijo učinkovita komunikacija, vodenje skupin, uporaba učinkovitih stilov vodenja, delo s težavnimi sogovorniki, reševanje konfliktov in spretnosti, pomembne za oblikovanje pozitivne motivacijske klime.</p> <p>Cilj predmeta je študentom predstaviti vsebine vezane na socialne veščine, ki so potrebne za učinkovito delo v šoli, tekmovalnem športu in kineziološkem kontekstu. Predmet daje študentom temeljna socialno-psihološka znanja s področja socialnih veščin v medosebnih formalnih odnosih v kontekstu šole, športa in kineziologije.</p> <p><i>Specifične kompetence predmeta:</i></p> | <h4>Objectives and competences:</h4> |
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|                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |  |
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| <p>Poznavanje osnov socialno-psiholoških teorij socialnega vplivanja in temeljnih socialnih veščin.</p> <p>Razumevanje pomena oblikovanja kakovostnega odnosa z učenci (športniki) za učinkovito pedagoško delo.</p> <p>Razumevanje dejavnikov in mehanizmov različnih formalnih medosebnih odnosov (do učencev/športnikov, staršev, sodelavcev, vadečih..).</p> <p>Razumevanje, razlikovanje in kritična distanca do različnih oblik medosebnega komuniciranja.</p> <p>Razumevanje in analiza dejavnikov, ki vplivajo na učinkovito komunikacijo v različnih kontekstih.</p> <p>Razumevanje teorije stilov vodenja in analiza mehanizmov učinkovitosti posameznih stilov.</p> <p>Razumevanje in poznavanje teorij motivacije, s poudarkom na teoriji motivacijske klime in analiza dejavnikov, ki nanjo pomembno vplivajo.</p> <p>Poznavanje in razumevanje značilnosti konfliktov v formalnih medosebnih odnosih, dejavnikov, ki nanje vplivajo in strategij za učinkovito reševanje.</p> <p>Razumevanje značilnosti medosebne komunikacije s težavnimi sogovorniki ter spoznavanje strategij za učinkovito sodelovanje in komuniciranje.</p> |  |
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| <b>Predvideni študijski rezultati:</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         | <b>Intended learning outcomes:</b> |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------|
| <ul style="list-style-type: none"> <li>• Študenti poznajo in razumejo značilnosti učinkovitih medosebnih odnosov v kontekstu šole, športa in kineziologije, s poudarkom na odnosu učenec-učitelj (športnik-trener oz. kineziolog - vadeči).</li> <li>• Študenti znajo uporabiti socialne veščine za učinkovito pedagoško in kineziološko delo.</li> <li>• Poznajo dejavnike pozitivne motivacijske klime in njen pomen za učinkovito delo v šoli in športu.</li> <li>• Znanje o socialnih veščinah lahko uporabijo: <ul style="list-style-type: none"> <li>• v pedagoškem delu v izobraževalnih ustanovah in v športu</li> <li>• pri strokovnem delu na področjih športne rekreacije in kineziologije</li> </ul> </li> <li>• pri raziskovalnem delu na področju športne vzgoje, športnega treniranja in sorodnih znanosti.</li> <li>• Študenti bodo usposobljeni za strokovno in raziskovalno delo in bodo sposobni kritične presoje, hkrati pa aktivnega vključevanja v pedagoško delo v kontekstu šole in športa</li> <li>• Študenti razvijajo spretnosti socialnih veščin, to je učinkovitega medosebnega komuniciranja. Znajo poiskati ter uporabiti relevantno literaturo in vire podatkov, seznanjeni so s pomembnejšimi načini lastnega zbiranja podatkov. Razvijajo zmožnosti učinkovitega pisnega in ustnega komuniciranja ter uporabe informacijsko-komunikacijske tehnologije in informacijskih sistemov. Poznajo nekatere pomembnejše načine analize podatkov ter znajo predstaviti dobljene rezultate.</li> </ul> |                                    |

**Metode poučevanja in učenja:**

**Learning and teaching methods:**

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|------------------------------------------------------------------------------------------|--|
| Predavanja, raziskovalni seminarji, projektno delo, individualne naloge, kabinetne vaje. |  |
|------------------------------------------------------------------------------------------|--|

| Načini ocenjevanja:                                                                                                                                                                                                                          | Delež/Weight | Assessment: |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------|-------------|
| Pozitivno ocenjena seminarska naloga ter zadostna prisotnost sta pogoj za pristop k pisnemu izpitu. Seminarske naloge se ocenjujejo z opravi/ ni opravi. Pisni izpit: 5 (negativno), 6 (zadostno), 7(dobro), 8-9 (prav dobro), 10 (odlično). | 100,00 %     |             |

| Ocenjevalna lestvica: | Grading system: |
|-----------------------|-----------------|
|                       |                 |

#### Reference nosilca/Lecturer's references:

- Cecić Erpič, S. (2015). Socialne veščine za učitelje in trenerje: Izbrane vsebine. Študijsko gradivo. Ljubljana: Fakulteta za šport.
- Cecić Erpič, S., Prevc, P., & Tomažin, K. (2016). Physical activity intervention for non-active adults from economically challenged families: "Will for movement and movement for will". V N. Mešl & T. Kodele (ur.), Co-creating processes of help : collaboration with families in the community, str. 126-143. Ljubljana: Faculty of Social Work.
- Cecić Erpič, S., Tomažin, K., & Prevc, P. (2016). "Gibanje za voljo in volja za gibanje": Multidisciplinarna intervencija za povečanje telesne dejavnosti in kakovosti življenja odraslih iz družin s številnimi izzivi. V T. Kodele & N. Mešl (ur.), Družine s številnimi izzivi: Soustvarjanje pomoči v skupnosti, str. 135-155. Ljubljana: Fakulteta za socialno delo.
- Cecić Erpič, S. (2013). The role of teachers in promoting students` motivation for physical education and physical activity: A review of the recent literature from a self-determination perspective. International journal of physical education, 50, 2, 2-12.
- Cecić Erpič, S. (2011). Motivation for physical education: A review of the recent literature from an achievement goal and self-determination perspective. International journal of physical education, 48, 2, 2-14.

# SOCIOLOGIJA ŠPORTNE VZGOJE

## UČNI NAČRT PREDMETA/COURSE SYLLABUS

|                                   |                                 |
|-----------------------------------|---------------------------------|
| <b>Predmet:</b>                   | Sociologija športne vzgoje      |
| <b>Course title:</b>              | Sociology of physical education |
| <b>Članica nosilka/UL Member:</b> | UL FŠ                           |

| Študijski programi in stopnja               | Študijska smer                  | Letnik    | Semestri    | Izbirnost |
|---------------------------------------------|---------------------------------|-----------|-------------|-----------|
| Športna vzgoja, prva stopnja, univerzitetni | Ni členitve (študijski program) | 2. letnik | 1. semester | obvezni   |

|                                                     |         |
|-----------------------------------------------------|---------|
| Univerzitetna koda predmeta/University course code: | 0042640 |
| Koda učne enote na članici/UL Member course code:   | 1107    |

| Predavanja<br>/Lectures | Seminar<br>/Seminar | Vaje<br>/Tutorials | Klinične vaje<br>/Clinical<br>tutorials | Druge oblike<br>študija<br>/Other forms<br>of study | Samostojno<br>delo<br>/Individual<br>student work | ECTS |
|-------------------------|---------------------|--------------------|-----------------------------------------|-----------------------------------------------------|---------------------------------------------------|------|
| 15                      | 0                   | 30                 | 0                                       | 0                                                   | 45                                                | 3    |

|                            |               |
|----------------------------|---------------|
| Nosilec predmeta/Lecturer: | Mojca Doupona |
|----------------------------|---------------|

|                             |                    |
|-----------------------------|--------------------|
| Vrsta predmeta/Course type: | obvezni/compulsory |
|-----------------------------|--------------------|

|                   |                      |             |
|-------------------|----------------------|-------------|
| Jeziki/Languages: | Predavanja/Lectures: | Slovenščina |
|                   | Vaje/Tutorial:       | Slovenščina |

|                                                                              |                       |
|------------------------------------------------------------------------------|-----------------------|
| <b>Pogoji za vključitev v delo oz. za opravljanje študijskih obveznosti:</b> | <b>Prerequisites:</b> |
|------------------------------------------------------------------------------|-----------------------|

|                                                                                                                                                               |  |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------|--|
| pogoj za vključitev v delo je vpis v letnik študija;<br>- za pristop k izpitu so potrebne opravljene obveznosti seminarja<br>- opravljena raziskovalna naloga |  |
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|                 |                                    |
|-----------------|------------------------------------|
| <b>Vsebina:</b> | <b>Content (Syllabus outline):</b> |
|-----------------|------------------------------------|

|                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |  |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--|
| <ul style="list-style-type: none"><li>• Uporaba raziskovalnih metod v sociologiji športa</li><li>• Sociološki vidiki športne vzgoje</li><li>• Nasilje pri športni vzgoji: (učitelj – učenec - učenci)</li><li>• Socialno razlikovanje in socialna mobilnost ter njihov odraz in izraz kot posledica vključitve v športno vzgojo</li><li>• Skupine in skupinska dinamika: male skupine v športni vzgoji</li><li>• Dvojna kariera</li><li>• Šport na univerzi: ali tekmovalni šport pomaga pri doseganju izobrazbe?</li></ul> |  |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--|

### Temeljna literatura in viri/Readings:

|                                                                                                          |
|----------------------------------------------------------------------------------------------------------|
| Doupona Topič, M., K. Petrović (2007). Šport in družba (sociološki vidik). Fakulteta za šport, Ljubljana |
|----------------------------------------------------------------------------------------------------------|

Coakley, J. (2015). *Sports in Society. Issues & Controversies*. McGraw Hill Higher Education.  
 Doupona Topič M. (2004). *Ženske in šport*. Ljubljana: Fakulteta za šport  
 Raziskovalna dela s področja sociologije športa.

#### Cilji in kompetence:

Predmet da študentu tista znanja, ki mu bodo v prvi vrsti omogočila umestitev sociologije športne vzgoje kot vede v proučevanje športne vzgoje v družbi. Da naj mu sociološko razsežnost fenomena športne vzgoje v svetu in doma. Vzpodbudi naj študenta, da si zastavlja vprašanja in kritično razmišlja o športni vzgoji kot delu družbenega življenja. Seznani naj študenta, da se bo sposoben s pomočjo obravnavane literature (knjig), interneta (člankov) učiti o sociologiji športne vzgoje.

#### Objectives and competences:

#### Predvideni študijski rezultati:

Znanje in razumevanje:  
 Razumejo vlogo športne vzgoje v družbi.  
 Razumejo pomen raziskovanja in pojasnjevanja odprtih vprašanj športne vzgoje v okviru življenja v posamezni družbi.  
 Sposobnost predvidevanja razvoja športne vzgoje doma in v svetu z vidika sprememb v družbi.

#### Intended learning outcomes:

#### Metode poučevanja in učenja:

predavanja, seminarji

#### Learning and teaching methods:

#### Načini ocenjevanja:

Način (pisni izpit, ustno izpraševanje, naloge, projekt)

#### Delež/Weight

#### Assessment:

#### Ocenjevalna lestvica:

#### Grading system:

#### Reference nosilca/Lecturer's references:

DOUPONA TOPIČ, Mojca, MUJANOVIČ, Šemsudin. Slovenian physical education teachers' satisfaction at work: analysis of some important factors which strongly influence job satisfaction. *Ido Movement for Culture. Journal of Martial Arts Anthropology*, ISSN 2084-3763, 2012, vol. 12, no. 4, str. 1-6,  
 DOUPONA TOPIČ, Mojca. Vpliv socialne stratifikacije na značilnosti športno rekreativne dejavnosti v Sloveniji = The impact of social stratification on the characteristics of sport-recreational activity in Slovenia. *Šport*, ISSN 0353-7455, 2010, letn. 58, št. 1/2, str. 100-104  
 CORRADO, Lupo, TESSITORE, Antonio, CAPRANICA, Laura, RAUTER, Samo, DOUPONA TOPIČ, Mojca. Motivation for a dual-career : Italian and Slovenian student-athletes = Motivacija za dvojno kariero : italijanski in slovenski študenti športniki. *Kinesiologia Slovenica*, 2013

# SPECIALNA ŠPORTNA VZGOJA

## UČNI NAČRT PREDMETA/COURSE SYLLABUS

|                                   |                            |
|-----------------------------------|----------------------------|
| <b>Predmet:</b>                   | Specialna športna vzgoja   |
| <b>Course title:</b>              | Special physical education |
| <b>Članica nosilka/UL Member:</b> | UL FŠ                      |

| Študijski programi in stopnja               | Študijska smer                  | Letnik    | Semestri    | Izbirnost |
|---------------------------------------------|---------------------------------|-----------|-------------|-----------|
| Športna vzgoja, prva stopnja, univerzitetni | Ni členitve (študijski program) | 3. letnik | 1. semester | obvezni   |

|                                                            |         |
|------------------------------------------------------------|---------|
| <b>Univerzitetna koda predmeta/University course code:</b> | 0045108 |
| <b>Koda učne enote na članici/UL Member course code:</b>   | 1211    |

| Predavanja<br>/Lectures | Seminar<br>/Seminar | Vaje<br>/Tutorials | Klinične vaje<br>/Clinical tutorials | Druge oblike študija<br>/Other forms of study | Samostojno delo<br>/Individual student work | ECTS |
|-------------------------|---------------------|--------------------|--------------------------------------|-----------------------------------------------|---------------------------------------------|------|
| 40                      | 30                  | 20                 | 0                                    | 0                                             | 90                                          | 6    |

|                                   |                                 |
|-----------------------------------|---------------------------------|
| <b>Nosilec predmeta/Lecturer:</b> | Damir Karpljuk, Mateja Videmšek |
|-----------------------------------|---------------------------------|

|                                    |                    |
|------------------------------------|--------------------|
| <b>Vrsta predmeta/Course type:</b> | obvezni/compulsory |
|------------------------------------|--------------------|

|                          |                      |             |
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| <b>Jeziki/Languages:</b> | Predavanja/Lectures: | Slovenščina |
|                          | Vaje/Tutorial:       | Slovenščina |

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| <b>Pogoji za vključitev v delo oz. za opravljanje študijskih obveznosti:</b> | <b>Prerequisites:</b> |
| Ni posebnih pogojev.                                                         | No special conditions |

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| <b>Vsebina:</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   | <b>Content (Syllabus outline):</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |
| <p>Modul: Osnove športnih dejavnosti mlajših otrok</p> <ul style="list-style-type: none"> <li>Kurikulum za vrtce (področje gibanja), primerjava slovenskega z drugimi kurikuli.</li> <li>Načrtovanje in vodenje športne vzgoje za različne skupine predšolskih otrok v vrtcu, društvu in pri zasebnikih v športu.</li> <li>Medpodročno povezovanje v okviru predšolske športne vzgoje.</li> <li>Organizacijske oblike dejavnosti (vadbena ura, športno popoldne, zimovanje, letovanje itd.) v vrtcu, društvu in pri zasebnikih v športu.</li> <li>Razvijanje ustvarjalnosti otrok v okviru predšolske športne vzgoje.</li> <li>Gibalna igra in otrokov razvoj.</li> <li>Vadba otrok skupaj s starši, aktivno preživljanje prostega časa družine.</li> <li>Normativna izhodišča za oblikovanje športne igralnice in zunanjega igrišča, improvizirani in</li> </ul> | <p>Basics of sports activities for younger children</p> <ul style="list-style-type: none"> <li>The curriculum for kindergartens (area of movement) Slovenian comparison with other curricula.</li> <li>Planning and management of physical education for different groups of children in kindergarten, Society and in private in sport.</li> <li>cross-sectoral integration in the context of pre-school physical education.</li> <li>Organizational forms of activity (training session, sports afternoon, winter holidays, holidays, etc.) In the nursery, club, and in private in sport.</li> <li>Developing creativity of children within pre-school physical education.</li> <li>Physical play and child development.</li> <li>Training of children with their parents, active leisure family.</li> </ul> |

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|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p>standardizirani športni pripomočki in igrala, primerna za predšolske otroke.</p> <ul style="list-style-type: none"> <li>• Varnost pri predšolski športni vzgoji.</li> <li>• Vrednotenje znanja in gibalnih sposobnosti otrok mlajših starostnih skupin.</li> <li>• Telesni in gibalni razvoj otrok mlajših starostnih skupin, povezanost gibalnega področja z drugimi področji otrokovega razvoja (spoznavnim, čustvenim, socialnim).</li> <li>• Struktura motorike otrok mlajših starostnih skupin, gibalne in funkcionalne sposobnosti.</li> </ul> <p>Modul: Osnove športnih dejavnosti otrok in mladine s posebnimi potrebami</p> <ul style="list-style-type: none"> <li>• Opredelitev otrok in mladostnikov s posebnimi potrebami.</li> <li>• Motorični in telesni razvoj otrok s posebnimi potrebami.</li> <li>• Psihosomatske razvojne značilnosti otrok in mladostnikov s posebnimi potrebami.</li> <li>• Gibalne sposobnosti, omejitve in specifičnosti otrok in mladostnikov s posebnimi potrebami.</li> <li>• Spremljanje obremenitev otrok in mladostnikov s posebnimi potrebami.</li> <li>• Zakon o usmerjanju otrok s posebnimi potrebami, Kurikulum za vrtce (področje dejavnosti »Gibanje«) za otroke s posebnimi potrebami.</li> <li>• Načrtovanje športne vzgoje za različne skupine otrok in mladostnikov s posebnimi potrebami.</li> <li>• Promocija zdravstvene vzgoje v vrtcu, osnovni in srednji šoli.</li> <li>• Igre specialne olimpijade, MATP, parolimpijske igre, šport invalidov</li> </ul> | <ul style="list-style-type: none"> <li>• The normative bases for the creation of casino sports and outdoor playground, improvised and standardized sports equipment and playground, suitable for preschool children.</li> <li>• Safety in preschool physical education.</li> <li>• Evaluating the skills and motor abilities of children of younger age groups.</li> <li>• physical and motor development of children of younger age groups, the integration of movement with other fields of child development (cognitive, emotional, social).</li> <li>• The structure of motor abilities of children of younger age groups, movement and functional abilities.</li> </ul> <p>Basics of sports activities for children and youth with special needs</p> <ul style="list-style-type: none"> <li>• Identifying children and adolescents with special needs.</li> <li>• Identifying children and adolescents with special needs.</li> <li>• Motor and physical development of children with special needs.</li> <li>• Psychosomatic developmental characteristics of children and adolescents with special needs.</li> <li>• Motor abilities, limitations and specificity of children and youth with special needs.</li> <li>• Monitoring the burden of children and youth with special needs.</li> <li>• Law on the Placement of Children with Special Needs Curriculum for Kindergarten (section "Movement") for children with special needs.</li> <li>• Design of physical education for different groups of children and youth with special needs.</li> <li>• Promotion of health education in kindergarten, primary and secondary school.</li> <li>• Games Special Olympics, MATP, paralympic games, sports persons with disabilities.</li> </ul> |
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### Temeljna literatura in viri/Readings:

Modul: Osnove športnih dejavnosti mlajših otrok

1. Kurikulum za vrtce (1999). Ljubljana: Ministrstvo za šolstvo in šport, Urad Republike Slovenije za šolstvo.
2. Marjanovič Umek, L., Zupančič, M., Fekonja, U., Kavčič, T., Svetina, M., Tomazo Ravnik, T. in Bratanič, B. (2004). Razvojna psihologija. Ljubljana: Znanstvenoraziskovalni inštitut Filozofske fakultete.
3. Otrok v vrtcu – priročnik h kurikulu za vrtce (2001). Maribor: Založba obzorij.
4. Papalia, D. E., Wendkos Olds, S. in Duskin Feldman, R. (2003). Otrokov svet. Ljubljana: Educy.
5. Pišot, R. in Videmšek, M. (2004). Smučanje je igra. Ljubljana: ZUTS Slovenije.
6. Videmšek, M. in Visinski, M. (2001). Športne dejavnosti za predšolske otroke. Ljubljana: FŠ, Inštitut za šport.
7. Videmšek, M., Strah, N. in Stančević, B. (2001). Igrajmo se skupaj: program športnih dejavnosti za otroke in starše. Ljubljana: FŠ, Inštitut za šport.
8. Videmšek, M. in Jovan, N. (2002). Čarobni svet igral in športnih pripomočkov; predšolska športna vzgoja. Ljubljana: Fakulteta za šport, Inštitut za šport.
9. Videmšek, M., Karpljuk, D. in Berdajs, P. (2003). Mali športnik; gibalne dejavnosti otrok do tretjega leta starosti v okviru družine. Ljubljana: Fakulteta za šport, Inštitut za šport.
10. Videmšek, M., Drašler, A. in Pišot, R. (2003). Gibalna igra kot sredstvo za seznanjanje s tujim jezikom v zgodnjem otroškem obdobju. Ljubljana: Fakulteta za šport, Inštitut za šport.
11. Videmšek, M., Stančević, B. in Sušnik, N. (2006). En, dva, tri, igray se tudi ti! Ljubljana: Fakulteta za šport, Inštitut za šport.

12. Videmšek, M. in Pišot, R. (2007). *Šport za najmlajše*. Ljubljana: Fakulteta za šport, Inštitut za šport.
  13. Videmšek, M. in Stančević, B. (2011). *Ulovimo prosti čas; gibalne igre na prostem za otroke in starše*. Ljubljana: Fakulteta za šport, Inštitut za šport.
- Modul: Osnove športnih dejavnosti otrok in mladine s posebnimi potrebami
1. Karpljuk, D., Usenik, R., Nuzdorfer, P., Videmšek, M., Hadžić, V., Florjančič, M., Lavrenčič, J., Kovačič, J., Slatner, L., Meško, M. (2013) *Športna dejavnost otrok in mladostnikov s posebnimi potrebami*. 1. natis. Draga: CUDV.
  2. Uradni list Republike Slovenije, (2010) *Zakon o usmerjanju otrok s posebnimi potrebami*.
  3. Berčič, H., Tušak, M., Karpljuk, D. in Berčič, H. (ur.).(2003) *Šport, droge in zdravlje odvisnikov*. Ljubljana: Fakulteta za šport, Inštitut za šport.
  4. Karpljuk, D., Hadžić, V., Gjura Kaloper, V., Videmšek, M., Dervišević, E., CeciĆ Erpič, S., Hrovat, A., Adamič, K., Rešetar, V. in Rožman, F. (2004). *Sladkorna bolezen, gibanje in šport*. Ljubljana: Zveza društev diabetikov Slovenije.
  5. Karpljuk, D., Videmšek, M. in Zajc, M. (2003). *Možnosti povezovanja športnih in zdravstvenih vsebin v osnovni šoli*. Ljubljana: Fakulteta za šport.
  6. Karpljuk, D., Gašperšič, Š., Lavrenčič, J., Hadžić, V., Iskra, S. in Videmšek, M. (2005). *Soočanje z osteoporozo*. Krško: Počitniška skupnost.

### Cilji in kompetence:

Modul: Osnove športnih dejavnosti mlajših otrok  
Študenti usvojijo temeljna teoretična in praktična znanja in spretnosti za načrtovanje, vodenje in evalviranje športnovzgojnega procesa za otroke v predšolskem obdobju.

- Poznavanje in razumevanje kurikuluma za vrtce, primerjava slovenskega predšolskega sistema z drugimi.
- Usposobljenost za uresničevanje ciljev s področja gibanja v okviru kurikuluma za vrtce (skrb za skladen telesni razvoj, razvoj gibalnih in funkcionalnih sposobnosti, usvajanje različnih naravnih oblik gibanja, osnovnih elementov različnih športov, prijetno doživljanje športa z igro, seznanjanje s primernim oblačilom in obutvijo, športnimi pripomočki, osnovnimi načeli varnosti, higieno itd.).
- Usposobljenost za načrtovanje in vodenje športno-vzgojnega procesa v različnih organizacijskih oblikah v predšolskem obdobju v vrtcu, društvu in pri zasebnikih v športu.
- Usposobljenost za medpodročno povezovanje v predšolskem obdobju (gibanje, matematika, narava, družba, umetnost, jezik).
- Usposobljenost za razvijanje otrokove ustvarjalnosti in vključevanje igre v metodične postopke učenja osnovnih elementov različnih športov.
- Usposobljenost za obvladovanje in aplikacijo sodobnih didaktičnih tehnologij, improviziranih ter sodobnih standardiziranih športnih pripomočkov in igral v proces športne vzgoje v predšolskem obdobju.
- Usposobljenost za vključevanje staršev v različne organizacijske oblike športne vzgoje.
- Usposobljenost za varovanje zdravja otrok (zagotavljanje telesnega varovanja, preventivno metodično delovanje, prepoznavanje

### Objectives and competences:

*Basics of sports activities for younger children:*

Students acquire basic theoretical and practical knowledge and skills for planning, managing and evaluating športnovzgojnega process for children in preschool age.

- Knowledge and understanding of the curriculum for kindergartens, Slovenian comparison with other pre-school system.
- Ability to achieve the objectives in the field of movement within the curriculum for kindergarten (care for the harmonious physical development, movement and functional abilities, acquisition of various natural forms of movement, the basic elements of different sports, pleasant experience of sport here, pairing with suitable clothing and footwear, sports accessories, the basic principles of safety, hygiene, etc.).
- Ability to design and conduct sports and educational process in different organizational forms in pre-school in kindergarten, Society and in private in sport.
- Ability to cross-sectoral integration in the preschool period (movement, mathematics, nature, society, art, language).
- Ability to develop children's creativity and the integration of games in methodical processes of learning the basic elements of different sports.
- Ability to manage and the application of modern teaching techniques, improvised and contemporary standard sports equipment and play in the process of physical education in the preschool period.
- Ability to involving parents in different organizational forms of sports education.
- Ability to protect the health of children (providing physical protection, preventive orderly functioning, identifying individual peculiarities of children) and prevent factors that could lead to accidents and injuries.

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| <p>individualnih posebnosti otrok) in preprečevanje dejavnikov, ki bi lahko povzročili poškodbe in nezgode.</p> <ul style="list-style-type: none"> <li>• Usposobljenost za poznavanje in razumevanje ter odgovorno uporabo ter spoštovanje zakonskih in varnostnih predpisov, ki regulirajo pogoje in način dela pri učnem procesu (izvedbeni standardi in normativi glede prostora, velikosti skupin, itd. v predšolskem obdobju).</li> <li>• Poznavanje telesnega in gibalnega razvoja mlajših otrok, povezanosti področij otrokovega razvoja (telesno, gibalno, spoznavno, čustveno in socialno področje).</li> <li>• Usposobljenost za razumevanje strukture motorike, gibalnih in funkcionalnih sposobnosti predšolskih otrok.</li> <li>• Usposobljenost za vrednotenje gibalnih sposobnosti in znanja pri otrocih mlajših starostnih skupin.</li> </ul> <p>Modul: Osnove športnih dejavnosti otrok in mladine s posebnimi potrebami</p> <ul style="list-style-type: none"> <li>• Poznavanje Zakona o usmerjanju otrok s posebnimi potrebami in določitev Zakona o osnovni šoli in Zakona o vrtcih).</li> <li>• Poznavanje telesnega in gibalnega razvoja otrok in mladostnikov s posebnimi potrebami, povezanosti področij otrokovega razvoja (telesno, gibalno, spoznavno, čustveno in socialno področje).</li> <li>• Poznavanje problematike specifičnih pristopov, sposobnost za načrtovanje, izvedbo in analizo gibalnih/športnih dejavnosti otrok s posebnimi potrebami, poznavanje trendov deviantnega vedenja, vedenjskih motenj, problematike drog in nezdravega načina življenja.</li> <li>• Usposobljenost za uresničevanje ciljev s področja gibanja v okviru kurikulumu za vrtce in ciljev športne vzgoje (skrb za skladen telesni razvoj, razvoj gibalnih in funkcionalnih sposobnosti, osvajanje različnih naravnih oblik gibanja, osnovnih elementov različnih športov, prijetno doživljanje športa z igro, seznanjanje s primernim oblačilom in obutvijo, športnimi pripomočki, osnovnimi načeli varnosti, higieno itd.) za otroke in učence s posebnimi potrebami.</li> <li>• Usposobljenost za razumevanje strukture motorike, specifične gibalnih in funkcionalnih sposobnosti otrok in učencev s posebnimi potrebami.</li> <li>• Usposobljenost za načrtovanje procesa šolske športne vzgoje otrok s posebnimi potrebami.</li> </ul> <p>Usposobljenost za pedagoško vodenje procesa športne vzgoje otrok in učencev s posebnimi potrebami.</p> | <ul style="list-style-type: none"> <li>• Ability to knowledge and understanding and responsible use of and compliance with statutory and safety regulations, which regulate the conditions and manner of work in the learning process (implementation and standards in terms of space, size, etc. In pre-school).</li> <li>• Knowledge of physical and motor development in young children, the interaction of the areas of child development (physical, physical, cognitive, emotional and social).</li> <li>• Ability to understand the structure of kinesiology, movement and functional abilities of children.</li> <li>• Competence for evaluation of motor abilities and skills in children of younger age groups.</li> </ul> <p><i>Basics of sports activities for children and youth with special needs:</i></p> <ul style="list-style-type: none"> <li>• Knowledge of the Law on the Placement of Children with Special Needs and the determination of the Elementary School and the Kindergarten Act).</li> <li>• Knowledge of physical and motor development of children and youth with special needs, integration areas of child development (physical, motor, cognitive, emotional and social statistics).</li> <li>• Knowledge of problem-specific approaches, the ability to design, implementation and analysis of physical / sporting activities for children with special needs, knowledge of trends deviant behavior, behavioral problems, drug problems and unhealthy lifestyles.</li> <li>• Ability to achieve the objectives in the field of movement within the curriculum for kindergartens and objectives of physical education (concern for harmonious physical development, movement and functional abilities, conquering various natural forms of movement, the basic elements of different sports, sport pleasant experience with the game, pairing with a suitable clothing and footwear, sports accessories, the basic principles of safety, hygiene, etc.) to children and students with special needs.</li> <li>• Ability to understand the structure of kinesiology, the specifics of movement and functional abilities of children and pupils with special needs.</li> <li>• Ability to design the process of school physical education of children with special needs.</li> <li>• Ability to conduct educational process of physical education of children and pupils with special needs.</li> </ul> |
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#### Predvideni študijski rezultati:

Modul: Osnove športnih dejavnosti mlajših otrok

#### Intended learning outcomes:

Basics of sports activities for younger children

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| <p>Poznavanje predšolskega sistema kot celote, Kurikuluma za vrtce, razumevanje in poznavanje temeljnih načrtovalnih strategij in strategij vodenja in evalvacije procesa predšolske športne vzgoje, sposobnost vključevanja igre v metodične postopke učenja osnovnih elementov različnih športov pri predšolskih otrocih, sposobnost izvajanja različnih organizacijskih oblik športne vzgoje mlajših otrok, prepoznavanje in delo z otroki, ki odstopajo od povprečja, vključevanje staršev v športno vadbo, poznavanje pomena celostnega razvoja otroka, posebnosti strukture motorike predšolskega otroka. Poznavanje posebnosti otrokovega razvoja, njegovih sposobnosti, značilnosti, lastnosti, uporaba kurikuluma za vrtce za izdelavo delovnega načrta ter priprav na različnih ravneh, vodenje procesa športne vzgoje otrok različnih starostnih skupin v vrtcu, društvu, zasebnikih v športu, svetovanje staršem. Modul: Osnove športnih dejavnosti otrok in mladine s posebnimi potrebami</p> <p>Razumevanje in poznavanje temeljnih načrtovalnih strategij in strategij vodenja športne vzgoje ter športnih programov za otroke s posebnimi potrebami. Razumevanje načina in možnosti, ki so povezani s pristopi k osebam s posebnimi potrebami in s telesno oz. športno aktivnostjo oseb s posebnimi potrebami ter omejitvami in patologijami. Razumevanje problematike dejavnikov, ki so proizvod vplivov sodobne civilizacije (zdravje, prehrana, bolezni, odvisnosti, stresni dejavniki, športne poškodbe ...).</p> <p>Poznavanje predšolskega in šolskega sistema kot celote, pomena celostnega razvoja otroka s poudarkom na različnih stanjih, boleznih in patologijah v telesnem in duševnem razvoju, posebnosti strukture motorike predšolskega in šolskega otroka s posebnimi potrebami, razumevanje in poznavanje temeljnih načrtovalnih strategij za otroke s posebnimi potrebami. Poznavanje posebnosti razvoja otrok s posebnimi potrebami, njegovih sposobnosti, značilnosti, lastnosti, poznavanje vidikov medpredmetnih povezav ter uporaba dobljenega znanja za izdelavo delovnega načrta ter dolgoročnih in kratkoročnih učnih priprav za otroke s posebnimi potrebami.</p> | <p>Knowledge of pre-school system as a whole, kindergarten curriculum, understanding and knowledge of basic design strategies and the management and evaluation of the process of pre-school physical education, the ability to integrate games in methodical processes of learning the basic elements of different sports in pre-school children, the ability to implement different organizational forms of sports education for young children, identify and work with children who deviate from the average, parents' involvement in sport practice, knowing the importance of a holistic development of the child, the particularities of the structure of motor abilities of preschool children.</p> <p>Knowing the specifics of the child's development, its capabilities, characteristics, properties, use the curriculum for kindergarten to produce the work plan and preparation for the different levels, guide the process of physical education of children of different age groups in kindergarten, club, private sports advice to parents.</p> <p>Basics of sports activities for children and youth with special needs</p> <p>Knowledge and understanding of basic planning strategies and management strategies of physical education and sports programs for children with special needs.</p> <p>Understanding of and opportunities that are associated with approaches to persons with disabilities and physical or sports activity persons with special needs and limitations and pathologies. Understand the problems of the factors that influences the product of modern civilization (health, nutrition, disease, addiction, stress factors, sports injuries ...).</p> <p>Knowledge of pre-school and school system as a whole, the importance of a holistic development of the child with emphasis on various conditions, diseases and pathologies in physical and mental development, the particularities of the structure of kinesiology and pre-school child with special needs, understanding and knowledge of basic planning strategies for children with special needs.</p> <p>Knowledge of the specific features of the development of children with special needs, their abilities, characteristics, qualities, knowledge of aspects of cross-curricular connections, and use the resulting knowledge to produce the work plan and the long-term and short-term preparing lessons for children with special needs.</p> |
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| <b>Metode poučevanja in učenja:</b><br>Predavanje, seminarji, vaje              | <b>Learning and teaching methods:</b><br>lectures, seminars, tutorials                                                                                                                                           |                                |                                                                  |
| <b>Načini ocenjevanja:</b><br>pisni izpit od 6-10 (pozitivno) oz. 5 (negativno) | <table> <tr> <td data-bbox="692 1966 900 2069"> <b>Delež/Weight</b><br/> 70,00 % </td><td data-bbox="900 1966 1437 2069"> <b>Assessment:</b><br/> Written exam 6-10 (positive), 5 (negative) </td></tr> </table> | <b>Delež/Weight</b><br>70,00 % | <b>Assessment:</b><br>Written exam 6-10 (positive), 5 (negative) |
| <b>Delež/Weight</b><br>70,00 %                                                  | <b>Assessment:</b><br>Written exam 6-10 (positive), 5 (negative)                                                                                                                                                 |                                |                                                                  |

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| seminarska naloga | 30,00 % | a seminar work |
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### Ocenjevalna lestvica:

### Grading system:

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### Reference nosilca/Lecturer's references:

**Prof. dr. MATEJA VIDEMŠEK**, rojena 8. 2. 1964 v Ljubljani.

Doktorica kinezioloških znanosti (UL, FŠ; 1996), magistrica kinezioloških znanosti (UL, FŠ; 1991), profesorica športne vzgoje (UL, FŠ; 1987), redna profesorica na Fakulteti za šport (2010).

#### **Pedagoško delo:**

Predstojnica Katedre za predšolsko športno vzgojo, nosilka predmetov Elementarna športna vzgoja in Osnove športnih dejavnosti na dodiplomskem študiju, predmeta Športna vzgoja mlajših otrok na podiplomskem študiju ter predmeta Specialna športna dejavnost na doktorskem študiju. Vodi seminarje za vzgojiteljice in športne pedagoge v okviru stalnega strokovnega spopolnjevanja in tečaje za usposabljanje strokovnih delavcev za Temeljno športno vzgojo za otroke do 6. leta. Avtorica oz. soavtorica 13 univerzitetnih učbenikov (2 izdana v tujini). 183 študentom je bila mentorica pri izdelavi diplomskega dela na univerzitetnem študiju, 20 študentom na bolonjskem študiju 1. stopnje ter mentorica pri raziskovalni nalogi, ki je prejela fakultetno Prešernovo nagrado. Bila je mentorica 4 podiplomskim študentkam in somentorica 1 podiplomski študentki, ki jim je bilo zaradi posebnih dosežkov dovoljen neposredni prehod z magistrskega na doktorski študij. Bila je mentorica 1 študentu pri izdelavi magistrske naloge in 4 študentom pri izdelavi doktorske disertacije.

#### **Znanstveno delo:**

Avtorica ali soavtorica 116 izvirnih znanstvenih člankov, 6 znanstvenih monografij, 55 delov znanstvenih monografij ter 75 znanstvenih prispevkov na mednarodnih konferencah. Članica programske skupine oziroma raziskovalnega programa »Bio-psiho-socialni konteksti kineziologije.

#### **Strokovno in organizacijsko delo:**

Predstojnica katedre za predšolsko športno vzgojo; pri pripravi kurikula za vrtce je vodila delovno skupino za področje gibanja v okviru področne kurikularne komisije. Je avtorica ali soavtorica 22 strokovnih monografij, 80 strokovnih člankov ter 46 strokovnih prispevkov na domačih in tujih konferencah.

*Njena bibliografija obsega 926 enot.*

#### **Nagrade in priznanja:**

Univerzitetna študentska Prešernova nagrada (UL, 1988)

#### **Najpomembnejša dela:**

VIDEMŠEK, Mateja, ŠTIHEC, Jože, KARPLJUK, Damir, MEŠKO, Maja, GREGORC, Jera, VIDEMŠEK, Naja. Analiza poškodb otrok pri gibalnih dejavnostih v vrtcu = Analysis of injuries among children in kindergartens during physical activities. Zdravstveno varstvo, ISSN 0351-0026. Sept. 2014, letn. 53, št. 3, str. 237-247.

PEČAVER, Anja, PUNGERŠEK, Maja, VIDEMŠEK, Mateja, KARPLJUK, Damir, ŠTIHEC, Jože, MEŠKO, Maja. Analysis of didactic approaches to teaching young children to swim. The sport journal, ISSN 1543-9518, Feb. 2014. <http://thesportjournal.org/article/analysis-of-didactic-approaches-to-teaching-young-children-to-swim>.

VIDEMŠEK, Mateja, ŠTIHEC, Jože, MEŠKO, Maja, MLINAR, Suzana, KARPLJUK, Damir, VIDEMŠEK, Mateja (ur.), ŠTIHEC, Jože (ur.), MEŠKO, Maja (ur.). Poškodbe otrok in mladostnikov pri športni vzgoji in v prostem času. Ljubljana: Fakulteta za šport, Inštitut za kineziologijo, 2010. 78 str.

VIDEMŠEK, Mateja, ŠTIHEC, Jože, KARPLJUK, Damir, STARMAN, Anja. Sport activity and eating habits of people who were attending special obesity treatment programme. Coll. Antropol., 2008, vol. 32, no.3, str. 315-321.

VIDEMŠEK, Mateja, ŠTIHEC, Jože, KARPLJUK, Damir. Differences in motor skills among five and a half year old boys and girls. 1.2[poglavje]. V: VIDEMŠEK, Mateja (ur.), ŠTIHEC, Jože (ur.), KARPLJUK, Damir (ur.). Analysis of preschool physical education. Ljubljana: Faculty of Sport, Institute of Kinesiology, 2008, str. 28-45.

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VIDEMŠEK, Mateja, POSEGA, Tjaša, ŠTIHEC, Jože, KARPLJUK, Damir. Opinion of children, parents and coaches on alpine skiing competitions for children. *Int. j. phys. educ.*, 2007, vol. 44, issue 2, str. 74-82.  
VIDEMŠEK, Mateja, ŠTIHEC, Jože, KARPLJUK, Damir. Determination of differences in runs between boys and girls aged 5.5. *Acta Univ. Palacki. Olomuc., Gymn.*, 2005, vol. 35, no. 2, str. 105-111.

Modul: Osnove športnih dejavnosti otrok in mladine s posebnimi potrebami

**PROF. DR. DAMIR KARPLJUK** je na Fakulteti za šport in diplomiral leta 1994, magistriral leta 1996, doktoriral pa leta 1999. V naziv docent je bil izvoljen leta 2001, v naziv izredni profesor za področje znanost o športu – kineziologija leta 2006, v naziv **redni profesor** pa 21. 6. 2011.

Je **predstojnik** Katedre za športno dejavnost posameznikov s posebnimi potrebami. Njegova bibliografija obsega preko 824 bibliografskih enot.

**Znanstveno-raziskovalno** delo je usmeril na področje pedagogike in didaktike športa, športne dejavnosti oseb s posebnimi potrebami, predšolske športne vzgoje in borilnih športov. Sodeloval je v raziskovalnih projektih, ki so bili usmerjeni na proučevanje otrok in mladine, kot tudi posameznikov s posebnimi potrebami ter oseb odvisnih od drog. Ima 104 izvirne znanstvene članke, 4 znanstvene monografije in 2 univerzitetna učbenika z recenzijo. Njegova bibliografija obsega 982 enot.

### Nagrade in priznanja

- Za nadpovprečne študijske rezultate, Nagrada Roka Petroviča, Sklad Roka Petroviča, Fakulteta za šport, Ljubljana, 1994
- Special award of ph.d. Section, Hungarian University of physical education on the 13th International congress on sport sciences, 17. May, 1998, Budapest for article Intensity of Effort of Preschool Children during their Physical Educational Class

### Najpomembnejša dela

**KARPLJUK, D.** (2001). *Vadba za boljše zdravje*. Krško: Dren, 51 str.

BERČIČ, Herman, TUŠAK, Matej, **KARPLJUK, Damir**, BERČIČ, Herman (ur.). *Šport, droge in zdravje odvisnikov*. Ljubljana: Fakulteta za šport, Inštitut za šport, 2003. 232 str.

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**KARPLJUK, Damir**, HADŽIČ, Vedran, GJURA KALOPEK, Vlasta, VIDEMŠEK, Mateja, DERVIŠEVIČ, Edvin, CECIĆ ERPIČ, Saša, HROVAT, Andreja, ADAMIČ, Klemen, REŠETAR, Vanja, ROŽMAN, Franc. *Sladkorna bolezen, gibanje in šport*. Ljubljana: Zveza društev diabetikov Slovenije, 2004. VII, 124 str.

**KARPLJUK, Damir**, GASPERŠIČ, Štefka, LAVRENČIČ, Jasna, HADŽIČ, Vedran, ISKRA, Stane, VIDEMŠEK, Mateja, HADŽIČ, Vedran (ur.). *Soočanje z osteoporozo*. Krško, 2005. 76 str.

**KARPLJUK, Damir**, DERVIŠEVIČ, Edvin, VIDEMŠEK, Mateja, HADŽIČ, Vedran. The effects of walking on blood glucose levels in type 2 diabetes. *Acta Univ. Carol., Kintanthropol.*, 2005, vol. 41, no. 1, str. 37-51.

**KARPLJUK, Damir**, VIDEMŠEK, Mateja, HADŽIČ, Vedran, MASLEŠA, Samo, MLINAR, Suzana, KONDRIC, Miran, ŠTIHEC, Jože, TURK, Petra. Sport activity of the residential care home by Savinja, residents. V: SMAJLOVIĆ, Nusret (ur.). *Zbornik naučnih i stručnih radova*. Sarajevo: Univerzitet, Fakultet sporta i tjelesnog odgoja, 2007, str. 431-435.

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TURK, Petra, VIDEMŠEK, Mateja, MLINAR, Suzana, **KARPLJUK, Damir**. Sport activities in a residential care home. *Int. j. phys. educ.*, 2008, vol. 45, issue 2, str. 87-97. VIDEMŠEK, Mateja, CVETKOVIČ, Jasmina, MLINAR, Suzana, MEŠKO, Maja, ŠTIHEC, Jože, **KARPLJUK, Damir**. Analiza gibalne dejavnosti in zdravstvenih težav oseb po 65. letu starosti v Sloveniji = Analysis of physical activity and health problems of people aged over 65 in Slovenia. *Šport (Ljublj.)*, 2008, let. 56, št. 3/4, str. 38-42.

**KARPLJUK, Damir**, LAVRENČIČ, Jasna. *Spletna knjižnica telesnih vaj*. Ljubljana: Inštitut za varovanje zdravja Republike Slovenije, 2009. 16 str.

VIDEMŠEK, Mateja, KARPLJUK, Damir, GREGORC, Jera, MEŠKO, Maja. Gibalna/športna dejavnost predšolskih otrok s posebnimi potrebami. *Šport*, ISSN 0353-7455, 2012, letn. 59 [i. e. 60], št. 1/2, str. 183-191-, ilustr. [COBISS.SI-ID [9257289](#)] **KARPLJUK, Damir**, USENIK, Rok, NUZDORFER, Petra (avtor, fotograf), VIDEMŠEK, Mateja, HADŽIČ, Vedran, FLORJANČIČ, Matjaž, LAVRENČIČ, Jasna, KOVAČIČ, Jožica, SLATNER, Lidija, MEŠKO, Maja. *Športna dejavnost otrok in mladostnikov s posebnimi potrebami*. 1. natis. Draga: CUDV, 2013. 108 str.

ZALETETL, Petra, BREKALO, Mate, **KARPLJUK**, Damir, VIDEMŠEK, Mateja. Analysis of the effects of a three-month long weight loss programme on overweight women. *Acta kinesiologica*, ISSN 1840-2976, jun. 2014, vol. 8, issue 1, str. 15-20.

# SPLOŠNI IZBIRNI PREDMET

## UČNI NAČRT PREDMETA/COURSE SYLLABUS

|                                   |                         |
|-----------------------------------|-------------------------|
| <b>Predmet:</b>                   | Splošni izbirni predmet |
| <b>Course title:</b>              |                         |
| <b>Članica nosilka/UL Member:</b> | UL FŠ                   |

| Študijski programi in stopnja               | Študijska smer                  | Letnik    | Semestri  | Izbirnost |
|---------------------------------------------|---------------------------------|-----------|-----------|-----------|
| Športna vzgoja, prva stopnja, univerzitetni | Ni členitve (študijski program) | 3. letnik | Celoletni | obvezni   |

|                                                            |         |
|------------------------------------------------------------|---------|
| <b>Univerzitetna koda predmeta/University course code:</b> | 0099375 |
| <b>Koda učne enote na članici/UL Member course code:</b>   | 000     |

| Predavanja<br>/Lectures | Seminar<br>/Seminar | Vaje<br>/Tutorials | Klinične vaje<br>/Clinical<br>tutorials | Druge oblike<br>študija<br>/Other forms<br>of study | Samostojno<br>delo<br>/Individual<br>student work | ECTS |
|-------------------------|---------------------|--------------------|-----------------------------------------|-----------------------------------------------------|---------------------------------------------------|------|
| 75                      | 30                  | 60                 |                                         |                                                     | 165                                               | 11   |

**Nosilec predmeta/Lecturer:**

**Vrsta predmeta/Course type:**

**Jeziki/Languages:**

|                      |  |
|----------------------|--|
| Predavanja/Lectures: |  |
| Vaje/Tutorial:       |  |

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

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**Prerequisites:**

**Vsebina:**

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**Content (Syllabus outline):**

**Temeljna literatura in viri/Readings:**

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**Cilji in kompetence:**

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**Objectives and competences:**

**Predvideni študijski rezultati:**

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**Intended learning outcomes:**

**Metode poučevanja in učenja:**

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**Learning and teaching methods:**

**Načini ocenjevanja:**

**Delež/Weight Assessment:**

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**Ocenjevalna lestvica:**

**Grading system:**

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**Reference nosilca/Lecturer's references:**

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# STATISTIKA V ŠPORTU

## UČNI NAČRT PREDMETA/COURSE SYLLABUS

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|-----------------------------------|----------------------|
| <b>Predmet:</b>                   | Statistika v športu  |
| <b>Course title:</b>              | Statistics in sports |
| <b>Članica nosilka/UL Member:</b> | UL FŠ                |

| Študijski programi in stopnja                   | Študijska smer                  | Letnik    | Semestri    | Izbirnost |
|-------------------------------------------------|---------------------------------|-----------|-------------|-----------|
| Kineziologija, prva stopnja, univerzitetni      | Ni členitve (študijski program) | 1. letnik | 2. semester | obvezni   |
| Športna vzgoja, prva stopnja, univerzitetni     | Ni členitve (študijski program) | 2. letnik | 2. semester | obvezni   |
| Športno treniranje, prva stopnja, univerzitetni | Ni členitve (študijski program) | 2. letnik | 2. semester | obvezni   |

|                                                            |         |
|------------------------------------------------------------|---------|
| <b>Univerzitetna koda predmeta/University course code:</b> | 0042637 |
| <b>Koda učne enote na članici/UL Member course code:</b>   | 1038    |

| Predavanja<br>/Lectures | Seminar<br>/Seminar | Vaje<br>/Tutorials | Klinične vaje<br>/Clinical<br>tutorials | Druge oblike<br>študija<br>/Other forms<br>of study | Samostojno<br>delo<br>/Individual<br>student work | ECTS |
|-------------------------|---------------------|--------------------|-----------------------------------------|-----------------------------------------------------|---------------------------------------------------|------|
| 30                      |                     | 30                 |                                         |                                                     | 60                                                | 4    |

|                                   |                           |
|-----------------------------------|---------------------------|
| <b>Nosilec predmeta/Lecturer:</b> | Jožef Šimenko, Tim Kambič |
|-----------------------------------|---------------------------|

|                                    |                    |
|------------------------------------|--------------------|
| <b>Vrsta predmeta/Course type:</b> | obvezni/compulsory |
|------------------------------------|--------------------|

|                          |                      |             |
|--------------------------|----------------------|-------------|
| <b>Jeziki/Languages:</b> | Predavanja/Lectures: | Slovenščina |
|                          | Vaje/Tutorial:       | Slovenščina |

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

Pogoj za opravljanje izpita je aktivno sodelovanje in zadostna prisotnost na predavanjih in vajah (100% udeležba).

### Prerequisites:

Exam prerequisites are active participation and attendance at lectures and tutorials (100 % attendance).

### Vsebina:

- Osnovni pojmi (vrste statistike; populacija, vzorec, statistična enota)
- Vrste in merski nivo spremenljivk
- Tabelarični in grafični prikaz podatkov
- Rangi in kvantili (urejanje podatkov, razvrščanje podatkov, absolutni in relativni rangi, kvantili, grafičen prikaz)
- Srednje vrednosti (pomen, mere, odnosi med srednjimi merami, grafični prikaz)
- Razpršenost (pomen, mere, grafični prikaz)
- Osnovne standardizirane vrednosti (z- vrednost in T-vrednost)

### Content (Syllabus outline):

- Basic statistical terms (types of statistics, population, sample, statistical unit)
- Types and measure levels of variables
- Presentation of tables and figures
- Ranks and Quantiles (data editing, data sorting, absolute and relative rank, quantiles, figure presentation)
- Mean values (importance, measures, relation between measures, figure presentation)
- Dispersion (importance, measures, figure presentation)
- Standardized values (z- and T-values)

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| <ul style="list-style-type: none"> <li>• Normalna porazdelitev (značilnosti, grafični prikaz, koeficienti asimetrije in sploščenosti)</li> <li>• Osnove vzorčenja in ocenjevanje parametrov (namen in pomen, vrste in načini vzorčenja, vzorčne porazdelitve, napake pri vzorčenju; točkovne in intervalne ocene)</li> <li>• Testiranje hipotez (namen, zapis hipotez, tveganje za napako I. in II. vrste)</li> <li>• Testiranje enega vzorca ali deleža (uporaba, vrste in oblike testov, interpretacija rezultatov)</li> <li>• Enovzorčni t-test za povprečje</li> <li>• Enovzorčni t-test za delež</li> <li>• Testiranje razlik med dvema ali več neodvisnih skupin (uporaba, vrste in oblike testov, moč vpliva, interpretacija rezultatov)</li> <li>• t-test za neodvisne vzorce in neparametrične oblike</li> <li>• enosmerna analiza variance (ANOVA) in neparametrične oblike + post-hoc testi</li> <li>• dvovzorčni t-test za delež</li> <li>• Testiranje razlik med dvema ali več zaporednih meritev (uporaba, vrste in oblike testov, moč vpliva, interpretacija rezultatov)</li> <li>• t-test za odvisne vzorce in neparametrične oblike</li> <li>• ANOVA za odvisne vzorce in neparametrične oblike + post-hoc testi</li> <li>• Testiranje (ne)odvisnosti ene ali dveh opisnih spremenljivk (uporaba, vrste tabel in grafov, vrste in oblike testov, interpretacija rezultatov)</li> <li>• Enosmerni <math>\chi^2</math></li> <li>• Dvosmerni <math>\chi^2</math>, Fisherjev test</li> <li>• Korelacija dveh spremenljivk (uporaba, lastnosti korelacij, vrste koeficientov, interpretacija, grafični prikaz)</li> <li>• Linearna regresija (namen, grafični prikaz, predpostavke, univariatna in multivariatna regresija, interpretacija ključnih statistik)</li> </ul> | <ul style="list-style-type: none"> <li>• Normality of distribution (characteristics, figure presentation, skewness and kurtosis coefficients)</li> <li>• Basic of sampling and parameter assesment (aims and characteristics, sampling types, distribution of different sample types, sampling errors; point and interval estimates)</li> <li>• Hypothesis testing (importance, notation, propability for I. and II. degree error)</li> <li>• Hypothesis testing for one sample or percentage (use, type and forms of tests, results interpretation)</li> <li>• One-sample mean t-test</li> <li>• One-sample percentage t-test</li> <li>• Hypothesis testing for two or more independent groupse (use, type and forms of tests, effect size, results interpretation)</li> <li>• Independent t-test with non-parametric tests</li> <li>• One-way analysis of variance (ANOVA) with non-parametric tests + post-hoc tests</li> <li>• Two proportions t-test</li> <li>• Hypothesis testing for two or more repeated mesures (use, type and forms of tests, effect size, results interpretation)</li> <li>• Paired-samples t-test with with non-parametric tests</li> <li>• Repeated measures ANOVA with with non-parametric tests + post-hoc tests</li> <li>• Hypothesis testing for (in)dependance (use, types of table and figures, type and forms of tests, results interpretation)</li> <li>• One-way chi-square</li> <li>• Two-way chi-square, Fisher`s exact test</li> <li>• Correlation of both variables (use, characteristics and types of correlations, results interpretation, figure presentation)</li> <li>• Linear regression (use, figure presentation, assumptions, univariate and multivariate regression, interpretation of key results)</li> </ul> |
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### Temeljna literatura in viri/Readings:

- Vincent, W. J. (2012). Statistics in Kinesiology. Champaign (IL): Human Kinetics.
  - Thomas, J.R., Martin, P.E., Etner, J.L., Silveran, S.J. (2015). Research Methods in Physical Activity. Champaign, Illinois, ZDA: Human Kinetics.
  - Field, Andy. (2017). Discovering Statistics Using IBM SPSS Statistics. London, Uk: Sage Publications.
- Zapiski predavanj, vaje in domače naloge v e-obliki (spletna učilnica moodle).

### Cilji in kompetence:

Cilj predmeta je spoznati osnove statistične analize pojavov, ki nastopajo v športu. Študenti se bodo usposobili za samostojno pripravo, grafično in analitično obdelavo podatkov s pomočjo osebnega računalnika ter pravilno razlago dobljenih rezultatov. Zajete bodo osnove tako opisne kot referenčne statistike.

Predmet je povezan z naslednjimi splošnimi in predmetnimi kompetencami vseh programov 1. stopnje:

### Objectives and competences:

Learn how to analyse data of typical situations in sport. Data preparation, graphs and numerical procedures (tests) with PC, correct interpretation of results of descriptive and sample statistics.

|                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |  |
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| <ul style="list-style-type: none"> <li>• Razumevanje in uporaba metod kritične analize in razvoja teorij ter njihova uporaba v reševanju konkretnih delovnih problemov.</li> <li>• Obvladovanje ustreznih diagnostičnih postopkov.</li> <li>• Poznavanje osnov raziskovalnega dela na strokovnem področju, poznavanje raziskovalnih izhodišč v športu.</li> <li>• Sposobnost za načrtovanje, izvedbo in športno-vzgojnega in vadbenega procesa.</li> <li>• Usposobljenost za preverjanje in ocenjevanje znanja in oblikovanje povratnih informacij (ocena, svetovanje otrokom in staršem).</li> <li>• Prepoznavanje nadarjenih in njihovo usmerjanje.</li> <li>• Vodenje in upravljanje tekmovalnih nastopov športnikov.</li> <li>• Vodenje in upravljanje procesa priprave športnikov.</li> </ul> |  |
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| <b>Predvideni študijski rezultati:</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              | <b>Intended learning outcomes:</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |
| <ul style="list-style-type: none"> <li>• Znanje in razumevanje: Poznavanje osnovnih pojmov, zakonitosti in postopkov s področja statistike, merjenja, obdelave, analize in razlage (vrednotenja) podatkov.</li> <li>• Uporaba: Znanje bo uporabno pri operativnem delu strokovnjakov vseh programov (ŠV, ŠR, ŠT).</li> <li>• Refleksija: Lastnega razumevanja teorije in izkušenj v praksi, kritično ovrednotenje skladnosti med teoretičnimi načeli in praktičnim ravnanjem.</li> <li>• Prenosljive spretnosti, ki niso vezane le na en predmet: Sposobnost empirične analize in reševanje problemov, sporazumevanje s strokovnjaki drugih strok, sposobnost razumevanja in kritične presoje strokovne in znanstvene literature, uporaba IKT za iskanje virov in komunikacijo pri reševanju problemov, pisno poročanje.</li> </ul> | <ul style="list-style-type: none"> <li>• Knowledge and understanding: key terms, principles and procedures in data analysis, measurement, data processing, analysis and results evaluation</li> <li>• knowledge, that is useful for all study programmes</li> <li>• reflexion of self-understanding of theory in field work, critical evaluation of concordance between theory and praxis</li> <li>• ability of empirical analysis and problem solving, communicating with experts from other fields, ability to critically evaluate scientific and professional literature, using of information and communications technology in searching resources and problem solving, writing reports.</li> </ul> |

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| <b>Metode poučevanja in učenja:</b>                                                                                                | <b>Learning and teaching methods:</b>                       |
| Predavanja, individualne naloge, laboratorijske vaje, simulacije, e-študij (s sodelovanjem učitelj-šudenti in študentje med sabo). | Lectures, home works, lab tutorial, simulations, e-learning |

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| <b>Načini ocenjevanja:</b> | <b>Delež/Weight</b> | <b>Assessment:</b> |
| Izpit                      | 100,00 %            | Final exam         |

|                                                          |                                                                |
|----------------------------------------------------------|----------------------------------------------------------------|
| <b>Ocenjevalna lestvica:</b>                             | <b>Grading system:</b>                                         |
| 5 - 10, pri čemer velja, da je pozitivna ocena od 6 - 10 | 5 - 10, a student passes the exam if he is graded from 6 to 10 |

|                                                                                                                                                                                                          |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Reference nosilca/Lecturer's references:</b>                                                                                                                                                          |
| doc. dr. Tim Kambič<br>1. <b>Kambic, T.</b> , Hansen, D., Eijsvogels, T.M.H. (2024). Cardiac Rehabilitation — Challenges and Advances. <i>The New England Journal of Medicine</i> , 390 (19): 1834-1835. |

2. **Kambič, T.**, Novaković, M., Lainscak, M. (2022). Effect of a Home-Based, Walking Exercise Behavior Change Intervention vs Usual Care on Walking in Adults With Peripheral Artery Disease. *JAMA* 328(6):584. doi:10.1001/jama.2029750
  3. **Kambic, T.**, Lavie, C.J., Eijssvogels, T.M.H. (2024). Seeking synergy for novel weight- and glucose-lowering pharmacotherapy and exercise training in heart failure patients with preserved ejection fraction. *European Heart Journal*, ehad856 <https://doi.org/10.1093/eurheartj/ehad856>
  4. **Kambic, T.** (2023). Effects of low-load and high-load resistance training combined with aerobic training in patients with coronary artery disease: a dose-dependent randomised, controlled trial (PhD Academy Award). *British Journal of Sports Medicine*, 57 (20): 1337-1338.
  5. **Kambič, T.**, Piepoli, M.F., Lainščak, M. (2022). Exercise intolerance in heart failure: beyond mitochondrial dysfunction. *European Journal of Heart Failure*, 24 (5), 910, doi: 10.1002/ehf.2461.
  6. **Kambic, T.**, Edelmann, F., Lainscak, M (2023). Letter by Kambic et al. Regarding Article, “A Randomized, Controlled Trial of Resistance Training Added to Caloric Restriction Plus Aerobic Exercise Training in Obese Heart Failure with Preserved Ejection Fraction”. *Circulation: Heart failure*, 16(5): e010401. Doi: 10.1161/CIRCHEARTFAILURE.122.010401
  7. **Kambič, T.**, Lainscak, M. (2022). Is blood flow restriction resistance training the missing piece in cardiac rehabilitation of frail patients? *European Journal of Preventive Cardiology*, 30 (2):117-122. <https://doi.org/10.1093/eurjpc/zwac048>
  8. Kambič, T., Šarabon, N., Hadžić, V., Lainščak, M. (2022). Effects of high-load and low-load resistance training in patients with coronary artery disease: a randomized controlled clinical trial. *European Journal of Preventive Cardiology*, 29 (15):e338-e342. <https://doi.org/10.1093/eurjpc/zwac063>
  9. **Kambič, T.**, Hadžić, V., Lainščak, M. (2023). The effects of different types of resistance training in patients with coronary artery disease. *European Journal of Internal Medicine*, 109:141-143.
  10. **Kambič, T.**, Narang, B.J. (2023). Sex and healthy ageing in the respiratory muscle metaboreflex: does oestrogen reduction get on my grandma's nerves? *The Journal of Physiology*, 601 (4): 715-717. <https://doi.org/10.1113/JP284211>
  11. **Kambic, T.**, Burtscher, J. (2024). Making P.E.A.C.E and L.O.V.E in hypoxia: an emerging therapy for accelerated muscle injury regeneration? *The Journal of Physiology*. <https://doi.org/10.1113/JP286241>
  12. **Kambič, T.**, Šarabon, N., Hadžić, V., Lainščak, M. (2021). Objectively Measured Physical Activity in Patients with Coronary Artery Disease: A Cross-Validation Study. *Biosensors*, 11(9), 318.
  13. **Kambič, T.**, Šarabon, N., Lainščak, M., Hadžić, V. (2022). Combined resistance training with aerobic training improves physical performance in patients with coronary artery disease: a randomised controlled, clinical trial. *Frontiers in Cardiovascular Medicine*, 9:909385 <https://doi.org/10.3389/fcvm.2022.909385>
  14. **Kambič, T.**, Šarabon, N., Hadžić, V., Lainščak, M. (2022). Physical activity and sedentary behavior during cardiac rehabilitation in patients with coronary artery disease: a randomized controlled trial. *International Journal of Cardiology*, 370: 75-79. <https://doi.org/10.1016/j.ijcard.2022.10.157>
  15. Derakhti, M., Bremec, D., **Kambič, T.**, ten Siethoff, L., Psilander, N. (2021). Heavy resisted sprint training is superior to unresisted sprint training in adolescent soccer players. *International Journal of Sports Physiology and Performance*, 27 (17): 1343-1351. doi: 10.1123/ijsp.2020-0959
  16. **Kambič, T.**, Novaković, M., Tomažin, K., Strojnik, V., Jug, B. (2019). Blood flow Restriction Resistance Exercise Improves Muscle Strength and Hemodynamics, but not Vascular Function in Coronary Artery Disease Patients: A Pilot Randomized Controlled Trial. *Frontiers in Physiology* <https://doi.org/10.3389/fphys.2019.00656>
  17. **Kambič, T.**, Hadžić, V., Lainščak, M. (2021). Hemodynamic response to high- and low-load resistance exercise in patients with coronary artery disease: a randomized, crossover clinical trial. *International Journal of Environmental Research and Public Health*, 18 (8), 3905. <https://doi.org/10.3390/ijerph18083905>
  18. **Kambič, T.**, Lainščak, M., Hadžić, V. (2020). Reproducibility of isokinetic knee testing using the novel isokinetic SMM iMoment dynamometer. *Plos One* <https://doi.org/10.1371/journal.pone.0237842>
  19. **Kambič, T.**, Šarabon, N., Hadžić, V., Lainščak, M. (2021). The effects of high and low load resistance training in patients with coronary artery disease: a rationale and design of a randomized, controlled, clinical trial. *BMJ Open*, 11(7): e051325. doi: 10.1136/bmjopen-2021-051325
  20. **Kambič, T.**, Novaković, M., Tomažin, K., Strojnik, V., Božič Mijovski, M., Jug, B. (2020). Hemodynamic and Hemostatic Response to Blood Flow Restriction Resistance Exercise in Coronary Artery Disease: A Pilot Randomized Controlled Trial. *Journal of Cardiovascular Nursing* doi: 10.1097/JCN.0000000000000699
- doc. dr. Jožef Šimenko, FHEA
1. **ŠIMENKO, Jožef**, KOVČAN, Bogdan, PORI, Primož, VODIČAR, Janez, VODIČAR, Miha, HADŽIĆ, Vedran. The relationship between army physical fitness and functional capacities in infantry

members of the Slovenian armed forces. *Journal of strength and conditioning research*, Dec. 2021, iss. 12, str. 3506-3512

2. **ŠIMENKO, Jožef**, ČUK, Ivan. Reliability and validity of NX-16 3D body scanner. *International journal of morphology*, 2016, vol. 34, no. 4, str. 1506-1514
3. CEYLAN, Bayram, TAŞKIN, Hasan Basri, **ŠIMENKO, Jožef**. Effect of ischemic preconditioning on acute recovery in elite judo athletes : a randomized, single-blind, crossover trial. *International journal of sports physiology and performance*, 2023, vol.18, iss.2, str. 1-7
4. BLACH, Wiesław, SMOLDERS, Peter, **ŠIMENKO, Jožef**, MAĆKAŁA, Krzysztof. Diagnostics of tissue involved injury occurrence of top-level judokas during the competition : suggestion for prevention. *PeerJ*, 2022, art. e13074, str. 1-20
5. KOVČAN, Bogdan, VODIČAR, Janez, **ŠIMENKO, Jožef**, VIDEMŠEK, Mateja, PORI, Primož, HADŽIĆ, Vedran. Retrospective and cross-sectional analysis of physical training-related musculoskeletal injuries in Slovenian armed forces. *Military medicine*, 2019, vol. 184, iss. 1/2, str. e195-e199
6. MORALES, Jose, ITEYA, Misaki, MULROY, James, KONS, Rafael L., **ŠIMENKO, Jožef**, FUKUDA, David H., ESCOBAR, Raquel, GUERRA, Myriam, PIERANTOZZI, Emanuela, MORAGAS, Marta. Injury risk analysis among judo athletes with intellectual disabilities. *International journal of sports medicine*. 2024, vol. 44, iss. , str. 1-8,
7. NABILPOUR, Maghsoud, SAMANIPOUR, Mohammad Hossein, BRAGAZZI, Nicola Luigi, HADDAD, Monoem, HERRERA-VALENZUELA, Tomás, TAO, Dan, BAKER, Julien S., **ŠIMENKO, Jožef**. An investigation into the associations between psychological skills, anaerobic fitness, and aerobic fitness in elite Iranian taekwondo athletes. *PloS one*. 2023, vol. 18, iss. 7, art. e0288227, str. 1-12,
8. **ŠIMENKO, Jožef**, HADŽIĆ, Vedran. Bilateral throw execution in young judokas for a maximum all year round result. *International journal of sports physiology and performance*, 2022, vol. 17, iss. 5, str. 720-725
9. RAUTER, Samo, **ŠIMENKO, Jožef**. Morphological asymmetries profile and the difference between low- and high-performing road cyclists using 3D scanning. *Biology*, 2021, vol. 10, iss. 11, 13 str
10. CEYLAN, Bayram, KONS, Rafael L., DETANICO, Daniele, **ŠIMENKO, Jožef**. Acute dehydration impairs performance and physiological responses in highly trained judo athletes. *Biology*, 2022, vol. 11, iss. 6, art. 872, str. 1-9
11. PORI, Primož, KOVČAN, Bogdan, VODIČAR, Janez, DERVIŠEVIĆ, Edvin, KARPLJUK, Damir, HADŽIĆ, Vedran, **ŠIMENKO, Jožef**. Predictive validity of the single leg hamstring bridge test in military settings. *Applied sciences*, Feb. 2021, vol. 11, iss. 4, art. 1822, 11 str
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13. EKEN, Özgür, CEYLAN, Halil Ibrahim, KURTOĞLU, Ahmet, **ŠIMENKO, Jožef**. The effect of time of day on Special Judo Fitness Test in active judokas : evaluation in terms of chronotype. *Chronobiology international*. 2023, vol. , iss. , art. , str. 1-11
14. WAŚACZ, Wojciech, RYDZIK, Lukasz, **ŠIMENKO, Jožef**, KĘDRA, Andrzej, BLACH, Wiesław, AMBROŻY, Tadeusz. The development of the Special Brazilian Jiu-Jitsu fitness test : takedown zone (SBJJFT-TZ), Gi formula. *Applied sciences*. 2024, vol. 14, iss. 11, art. 4711, str. 1-17
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17. PEČNIKAR OBLAK, Viktorija, KARPLJUK, Damir, VODIČAR, Janez, **ŠIMENKO, Jožef**. Inclusion of people with intellectual disabilities in judo : a systematic review of literature. *Archives of Budo*, 2020, vol. 16, iss. 1, str. 245-260
18. DOPICO-CALVO, Xurxo, MAYO, Xián, SANTOS, Luis, CARBALLEIRA, Eduardo, **ŠIMENKO, Jožef**, CEYLAN, Bayram, CLAVEL, Iván, IGLESIAS-SOLER, Eliseo. When and how a judo contest ends : analysis of scores, penalties, rounds and temporal units in 2018, 2019 and 2021 World Championships. *Applied sciences*, 2023, vol. 13, iss. 4, art. 2395, str. 1-16
19. DAKIĆ, Miloš, TOSKIĆ, Lazar, ILIĆ, Vladimir, ĐURIĆ, Saša, DOPSAJ, Milivoj, **ŠIMENKO, Jožef**. The effects of massage therapy on sport and exercise performance : a systematic review. *Sports*, ISSN 2075-4663, 2023, iss. 6, art. 110, str. 1-15

20. KAJMOVIĆ, Husnija, KARPLJUK, Damir, KAPO, Safet, ŠIMENKO, Jožef. Comparison of individual penalties according to gender and weight categories of elite judo athletes from four World Championships. *Biology*, 2022, vol. 11, iss. 9, art. 1284, str. 1-11.

# STROKOVNI IZBIRNI PREDMET 1

## UČNI NAČRT PREDMETA/COURSE SYLLABUS

|                                   |                             |
|-----------------------------------|-----------------------------|
| <b>Predmet:</b>                   | Strokovni izbirni predmet 1 |
| <b>Course title:</b>              |                             |
| <b>Članica nosilka/UL Member:</b> | UL FŠ                       |

| Študijski programi in stopnja               | Študijska smer                  | Letnik    | Semestri    | Izbirnost |
|---------------------------------------------|---------------------------------|-----------|-------------|-----------|
| Športna vzgoja, prva stopnja, univerzitetni | Ni členitve (študijski program) | 3. letnik | 1. semester | obvezni   |

|                                                     |         |
|-----------------------------------------------------|---------|
| Univerzitetna koda predmeta/University course code: | 0099374 |
| Koda učne enote na članici/UL Member course code:   | 000     |

| Predavanja<br>/Lectures | Seminar<br>/Seminar | Vaje<br>/Tutorials | Klinične vaje<br>/Clinical<br>tutorials | Druge oblike<br>študija<br>/Other forms<br>of study | Samostojno<br>delo<br>/Individual<br>student work | ECTS |
|-------------------------|---------------------|--------------------|-----------------------------------------|-----------------------------------------------------|---------------------------------------------------|------|
| 45                      |                     | 90                 |                                         |                                                     | 135                                               | 9    |

Nosilec predmeta/Lecturer:

Vrsta predmeta/Course type:

Jeziki/Languages: 

|                      |                      |
|----------------------|----------------------|
| Predavanja/Lectures: | <input type="text"/> |
| Vaje/Tutorial:       | <input type="text"/> |

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

|                      |                                     |
|----------------------|-------------------------------------|
| <input type="text"/> | Prerequisites: <input type="text"/> |
|----------------------|-------------------------------------|

Vsebina: 

|                      |                                                  |
|----------------------|--------------------------------------------------|
| <input type="text"/> | Content (Syllabus outline): <input type="text"/> |
|----------------------|--------------------------------------------------|

Temeljna literatura in viri/Readings:

Cilji in kompetence: 

|                      |                                                  |
|----------------------|--------------------------------------------------|
| <input type="text"/> | Objectives and competences: <input type="text"/> |
|----------------------|--------------------------------------------------|

Predvideni študijski rezultati: 

|                      |                                                  |
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| <input type="text"/> | Intended learning outcomes: <input type="text"/> |
|----------------------|--------------------------------------------------|

Metode poučevanja in učenja: 

|                      |                                                     |
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| <input type="text"/> | Learning and teaching methods: <input type="text"/> |
|----------------------|-----------------------------------------------------|

Načini ocenjevanja: 

|              |                                  |
|--------------|----------------------------------|
| Delež/Weight | Assessment: <input type="text"/> |
|--------------|----------------------------------|

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**Ocenjevalna lestvica:**

**Grading system:**

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**Reference nosilca/Lecturer's references:**

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# ŠAH

## UČNI NAČRT PREDMETA/COURSE SYLLABUS

|                                   |       |
|-----------------------------------|-------|
| <b>Predmet:</b>                   | Šah   |
| <b>Course title:</b>              | Chess |
| <b>Članica nosilka/UL Member:</b> | UL FŠ |

| Študijski programi in stopnja                   | Študijska smer                  | Letnik | Semestri    | Izbirnost |
|-------------------------------------------------|---------------------------------|--------|-------------|-----------|
| Kineziologija, prva stopnja, univerzitetni      | Ni členitve (študijski program) |        | 1. semester | izbirni   |
| Športna vzgoja, prva stopnja, univerzitetni     | Ni členitve (študijski program) |        | 1. semester | izbirni   |
| Športno treniranje, prva stopnja, univerzitetni | Ni členitve (študijski program) |        | 1. semester | izbirni   |

|                                                            |         |
|------------------------------------------------------------|---------|
| <b>Univerzitetna koda predmeta/University course code:</b> | 0536105 |
| <b>Koda učne enote na članici/UL Member course code:</b>   | 1244    |

| Predavanja<br>/Lectures | Seminar<br>/Seminar | Vaje<br>/Tutorials | Klinične vaje<br>/Clinical<br>tutorials | Druge oblike<br>študija<br>/Other forms<br>of study | Samostojno<br>delo<br>/Individual<br>student work | ECTS |
|-------------------------|---------------------|--------------------|-----------------------------------------|-----------------------------------------------------|---------------------------------------------------|------|
| 15                      | 15                  | 30                 |                                         |                                                     | 60                                                | 4    |

|                                   |                         |
|-----------------------------------|-------------------------|
| <b>Nosilec predmeta/Lecturer:</b> | Matej Guid, Matej Tušak |
|-----------------------------------|-------------------------|

|                                    |                           |
|------------------------------------|---------------------------|
| <b>Vrsta predmeta/Course type:</b> | Splošni izbirni/selective |
|------------------------------------|---------------------------|

|                          |                      |                         |
|--------------------------|----------------------|-------------------------|
| <b>Jeziki/Languages:</b> | Predavanja/Lectures: | Angleščina, Slovenščina |
|                          | Vaje/Tutorial:       | Angleščina, Slovenščina |

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

Ni posebnih pogojev za vključitev v predmet. Prednost imajo kandidati, ki so izbrali študijski program Športna vzgoja.

### Prerequisites:

No special requirements. Priority is given to students who have chosen the Physical Education program.

### Vsebina:

- Teoretične vsebine se nanašajo na: osnove splošne šahovske teorije in izrazoslovje; vidiki šaha; pomen šahovske igre pri razvijanju odlik mišljenja in osebnosti; zgodovinski pogled in razvoj; zamisel in pomen uvajanja šaha v vzgojno-izobraževalni sistem; šah kot raziskovalna domena; specifični razvojno-formativni cilji; učitelj kot nosilec poučevanja šaha; pedagoško-psihološki vidik pouka šaha.
- Praktične vsebine se nanašajo na: osnove šaha; pravila in pravila šahovske igre; tekmovalne zvrsti

### Content (Syllabus outline):

- The theoretical content refers to: the basics of general chess theory and terminology; aspects of chess; the significance of chess in developing the excellence of thinking and personality; historical view and development of chess; the idea and importance of introducing chess into the educational system; chess as a research domain; specific development and formative goals; teacher as chess instructor; pedagogical-psychological aspect of chess lessons.

|                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| pri šahu; šahovska notacija; vrednost šahovskih figur; končnica v šahu; osnovne končnice (matiranje, vodenje kmeta k promociji); otvoritev v šahu; računanje razvojnih tempov; osnove strategije in načrtovanje v šahovski partiji; osnove taktike in kombinatorika pri šahovski igri; ocenjevanje šahovskih pozicij; uporaba računalniškega analizatorja; variante šaha; specifična metodično-didaktična priporočila za izvajanje pouka po učnem načrtu in programu; usposabljanje učitelja za organizacijo pouka šaha in krepitev njegove profesionalne kompetence. | <ul style="list-style-type: none"> <li>The practical content refers to: basics of chess; elements and rules of chess; competitive chess games; chess notation; the value of chess pieces; endgames in chess; basic endgames (checkmating, pawn promotion); openings in chess; calculating development tempos; the basics of strategy and planning in chess; the basics of tactics and combinatorics chess; assessment of chess positions; use of a computer analyser; variants of chess; specific methodological and didactic recommendations for the implementation of the curriculum; training the teacher to organize chess lessons and strengthen his professional competences.</li> </ul> |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|

### Temeljna literatura in viri/Readings:

- Praznik, N. (2017). *Šah za osnovne šole 1: učbenik za izbirni predmet in interesno dejavnost šah*. Ljubljana: Kraljevska igra.
- Jelen, I. in sodelavci (2004-2013). *Učna gradiva za izbirni predmet šah*. Slovensko izobraževalno omrežje, Zavod za šolstvo RS.
- Kulač, O. (2011). *Šahovska začetnica. Osnovna stopnja*. Prevod: Georg Mohr. Šahovska zveza Slovenije.
- Igor G. Suhin (2017). *Šah za najmlajše. Pravilnični priročnik za otroke in starše*. Prevod: Sara Špec. Ljubljana: Kraljevska igra.

### Cilji in kompetence:

- Osnovni namen je študentom posredovati osnovna teoretična in praktična znanja za učinkovito izvajanje pouka šaha in za uspešno uporabo šaha kot pedagoškega sredstva pri delu z otroki v šolah.
- Študent zna podati zgodovino šaha, različne vidike šaha, psihološko-socialne in pedagoške odlike šaha pri vzgoji in izobraževanju mladih.
- Študent je usposobljen za poučevanje šahovskih začetnikov po najsodobnejši metodologiji ob uporabi sodobnih sredstev in literature.
- Predmetno-specifične kompetence: spoznavanje, razumevanje, uporabljanje in vrednotenje temeljnih vsebin šahovske igre, razvijanje logičnega in ustvarjalnega mišljenja ter odlik osebnosti; umeščanje vedenj in znanj v sodobni način življenja.

### Objectives and competences:

- The basic goal is to provide students with basic theoretical and practical knowledge for effective implementation of chess lessons and for successful appliance of chess as a pedagogical tool when working with children in schools.
- The student is qualified to present the history of chess, various aspects of chess, psycho-social and pedagogical characteristics of chess in education and training of youngsters.
- The student is qualified to teach chess beginners according to the latest methodology and by applying modern techniques and literature.
- Specific subject competences: recognizing, understanding, applying and evaluating the basic contents of chess, development of logical and creative thinking as well as of personality values; application of the acquired knowledge to the modern way of life.out-of-school activities.

### Predvideni študijski rezultati:

- Poznavanje in razumevanje temeljnih konceptov pri šahovski igri ter metod, pristopov in orodij za poučevanje šaha.

### Intended learning outcomes:

- Knowledge and understanding of basic chess concepts, as well as of methods, approaches and tools for teaching chess.
- Developing the following important characteristics and virtues: perseverance, fighting

|                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <ul style="list-style-type: none"> <li>Razvijanje naslednjih pomembnih značilnosti in vrlin: vztrajnost, borbenost, disciplina, zdrav odnos do sočloveka, vizualizacija, ipd.</li> <li>Razvijanje ustvarjalnosti in odlik spoznavnega sloga, posebej neodvisnega, kritičnega mišljenja.</li> <li>Razvijanje zbranosti, pazljivosti in sprejemanja odgovornosti ter posledic za svoja dejanja.</li> <li>Razvijanje uspešnih strategij razmišljanja, načrtovanja in odločanja.</li> <li>Prenos sposobnosti, navad in veščin, pridobljenih z učenjem šaha, na druga predmetna področja, na splošno sposobnost za učenje in prenos znanj v vsakdanje življenje.</li> </ul> | <p>spirit, discipline, healthy attitude towards fellow men, visualization, etc.</p> <ul style="list-style-type: none"> <li>Developing creativity and excellence of cognitive style, especially of independent, critical thinking.</li> <li>Developing awareness, caution and acceptance of responsibility as well as consequences for one's actions.</li> <li>Developing successful strategies for thinking, planning and decision-making.</li> <li>Transferring abilities, habits and skills acquired through learning of chess to other subject areas, in general the ability to learn and transfer knowledge into daily life.</li> </ul> |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|

#### Metode poučevanja in učenja:

Predavanja in vaje, delo v skupini, individualne naloge, sodelovalno učenje / poučevanje, aktivno (refleksivno) poučevanje, delavnice.

#### Learning and teaching methods:

Lectures and exercises, group work, individual work, cooperative learning / teaching, active (reflective) teaching, workshops.

#### Načini ocenjevanja:

#### Delež/Weight

#### Assessment:

|                                                                            |         |                                                                                 |
|----------------------------------------------------------------------------|---------|---------------------------------------------------------------------------------|
| Teoretični izpit (pisni izpit, ustno izpraševanje, naloge, projekt, drugo) | 50,00 % | Theoretical exam (written exam, oral examination, coursework, project or other) |
| Praktični izpit                                                            | 50,00 % | Practical exam                                                                  |

#### Ocenjevalna lestvica:

#### Grading system:

|  |  |
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#### Reference nosilca/Lecturer's references:

##### prof. dr. Matej Tušak:

TUŠAK, Matej, BLATNIK, Patricia. *Živeti s stresom : tehnike samopomoči*. 1. izd. Maribor: Poslovna založba MB, 2017. 327 str.,

KANDARE, Manca, TUŠAK, Matej. *Premagovanje športnih poškodb : psihološki vidiki rehabilitacije po športni poškodbi*. Ljubljana: Fakulteta za šport, Inštitut za šport, 2010. 185 str.

TUŠAK, Matej, MARINŠEK, Maksimiljana, TUŠAK, Maks. *Družina in športnik*. Ljubljana: Fakulteta za šport, Inštitut za šport, 2009. 224 str.

TUŠAK, Matej (urednik, avtor), MASTEN, Robert, ŽIBERT, Vasja, SVETINA, Matija, TUŠAK, Maks, DIMEC ČASAR, Tjaša, IVANOVSKI DONKO, Ana, MARINŠEK, Maksimiljana, VODIČAR, Janez. *Stres in zdravje : znanstvena monografija*. Ljubljana: Fakulteta za šport, Inštitut za kineziologijo, 2008. 165 str.

KAJTNA, Tanja, TUŠAK, Matej. *Trener : športna psihologija in trenerji*. Ljubljana: Fakulteta za šport, Inštitut za šport, 2007. 291 str.

TUŠAK, Matej. *Strategije motiviranja v športu*. Ljubljana: Fakulteta za šport, Inštitut za šport, 2003. 277 str.

TUŠAK, Matej, TUŠAK, Maksimiljana, TUŠAK, Maks. *Vloga družine in staršev v športu*. Zalog: Klub M. T., 2003. 167 str.

TUŠAK, Matej. *Motivacija in šport : ključ do uspeha*. Ljubljana: Filozofska fakulteta, Oddelek za psihologijo, 1999. 271 str.

TUŠAK, Matej, KANDARE, Manca. *Jaž - športnik : samopodoba in identiteta športnikov*. Ljubljana: Fakulteta za šport, Inštitut za šport, 2004. 189 str.

TUŠAK, Maks, TUŠAK, Matej. *Psihologija športa*, (Razprave Filozofske fakultete). 3. dopolnjena izd. Ljubljana: Znanstveni inštitut Filozofske fakultete, 2003. 456 str.,

VODIČAR, Janez, KOVAČ, Eva, TUŠAK, Matej. Effectiveness of athletes' pre-competition mental preparation = Učinkovitost psihične priprave na športnikova predtekmovalna stanja. *Kinesiologia Slovenica : scientific journal on sport*, ISSN 1318-2269. [Print ed.], 2012, vol. 18, no. 1, str. 22-37,

KOTNIK, Bogdan, TUŠAK, Matej, DOUPONA TOPIČ, Mojca, LESKOŠEK, Bojan. Some psychological traits of Slovenian olympians (Beijing 2008) - a gender comparison = Psihološke značilnosti slovenskih olimpijcev (Peking 2008) - primerjava med spoloma. *Kinesiologia Slovenica : scientific journal on sport*, ISSN 1318-2269. [Print ed.], 2012, vol. 18, no. 2, str. 5-18,

KOTNIK, Bogdan, ZUPET, Petra, VODIČAR, Janez, TUŠAK, Matej. Značilnosti reagiranja v stresni situaciji in dejavniki uspeha slovenskih vrhunskih športnikov na olimpijskih igrah = The way of reacting in a stressful situation and factors of success of the Slovene top athletes in the olympic games. *Sanitas et labor*, ISSN 1580-5972, št. 1, apr. 2010, str. 91-106.

DOLENC, Petra, TUŠAK, Matej, DIMEC ČASAR, Tjaša, PIŠOT, Rado. Psihološki učinki skrajne gibalne neaktivnosti v pogojih simulirane breztežnosti. *Psihološka obzorja*, ISSN 1318-1874. [Tiskana izd.], 2009, letn. 18, št. 1, str. 49-61.

KOTNIK, Bogdan, ZUPET, Petra, VODIČAR, Janez, TUŠAK, Matej. Značilnosti reagiranja v stresni situaciji in dejavniki uspeha slovenskih vrhunskih športnikov na OI = The way of reacting in stress situations and factors of success in elite Slovenian athletes on olympic games. *Sanitas et labor*, ISSN 1580-5972, 2009, letn. 8, št. 1, str. 31-46, tabela.

DOLENC, Petra, TUŠAK, Matej, DIMEC ČASAR, Tjaša, PIŠOT, Rado. Anxiety, emotional regulation and concentration during 35-day bed rest. *Review of Psychology : international journal of Croatian Psychological Association*, ISSN 1330-6812, 2008, vol. 15, no. 1/2, str. 11-16.

DOLENC, Petra, TUŠAK, Matej, DIMEC ČASAR, Tjaša, PIŠOT, Rado. Vpliv popolne gibalne neaktivnosti na psihično zdravje in počutje zdravih mladih preiskovancev = Effects of complete physical inactivity on psychical health and well-being in healthy young subjects. *Zdravstveno varstvo : Slovenian journal of public health*, ISSN 0351-0026. [Tiskana izd.], 2008, letn. 47, št. 2, str. 53-59.

MASTEN, Robert, TUŠAK, Matej, KANDARE, Manca. Impact of identity on anxiety in athletes. *Kinesiology : international scientific journal of kinesiology and sport*, ISSN 1331-1441. [English ed.], dec. 2006, vol. 38, no. 2, str. 126-134, tabeli.

JAKŠE, Boštjan, KAJTNA, Tanja, TUŠAK, Matej. Stili vodenja vrhunskih trenerjev v ekipnih in individualnih športih = Leadership styles of top coaches of team and individual sports. *Šport : revija za teoretična in praktična vprašanja športa*, ISSN 0353-7455, 2006, letn. 54, št. 1, str. 71-74, tabela.

TUŠAK, Matej, KANDARE, Manca, BEDNARIK, Jakob. Is athletic identity an important motivator?. *International journal of sport psychology*, ISSN 0047-0767, 2005, letn. 36, št. 1, str. 39-49,

TUŠAK, Matej, KANDARE, Manca. Analisi della motivazione e dell'abbandono nei giovani nuotatori in Slovenia. *Movimento : rivista di psicologia e scienze del movimento e dello sport*, ISSN 0393-9405, sett./dic. 2004, vol. 20, n. 3, str. 92-97

KAJTNA, Tanja, TUŠAK, Matej, KUGOVNIK, Otmar. Osebnost in motivacija športnikov in športnic. *Psihološka obzorja*, ISSN 1318-1874. [Tiskana izd.], 2003, letn. 12, št. 1, str. 67-84

KANDARE, Manca, TUŠAK, Matej. Nekateri psihološki dejavniki športne identitete. *Šport : revija za teoretična in praktična vprašanja športa*, ISSN 0353-7455, 2003, letn. 51, št. 3, str. 22-28

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TUŠAK, Matej. Psihološki vidiki stresa in načini obvladovanja stresa = Psychological aspects of stress and stress-coping strategies. V: POPLAS-SUSIČ, Tonka (ur.), VAJD, Rajko (ur.). *[Zbornik predavanj]*, 11. Schrottovi

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**Doc. dr. Matej Guid** ima naslova mojster FIDE in trener FIDE. / Assist. prof. Matej Guid holds the titles of FIDE Master and FIDE Instructor.

Pet najpomembnejših del / Five most important works:

GUID, Matej, BRATKO, Ivan. Computer analysis of world chess champions. *ICGA journal*, ISSN 1389-6911, Jun. 2006, vol. 29, no. 2, str. 65-73, ilustr. [COBISS.SI-ID 5402708]

GUID, Matej, BRATKO, Ivan. Using heuristic-search based engines for estimating human skill at chess. *ICGA journal*, ISSN 1389-6911, 2011, vol. 34, no. 2, str. 71-81, ilustr. [COBISS.SI-ID 8654932]

IQBAL, Azlan, HEIJDEN, Harold van der, GUID, Matej, MAKHMALI, Ali. Evaluating the aesthetics of endgame studies : a computational model of human aesthetic perception. *IEEE transactions on computational intelligence and AI in games*, ISSN 1943-068X. Sep. 2012, vol. 4, no. 3, str. 178-191, ilustr. [COBISS.SI-ID 9326420]

JANKO, Vito, GUID, Matej. A program for Progressive chess. *Theoretical computer science*, ISSN 0304-3975, Sep. 2016, vol. 644, str. 76-91, ilustr. [COBISS.SI-ID 1537028035]

GUID, Matej. *Learn and master Progressive Chess*. Ljubljana: Založba UL FRI, 2017. Ilustr. ISBN 978-961-6209-96-0. [COBISS.SI-ID 293222144]

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<http://www.sicris.si/search/rsr.aspx?lang=slv&id=21209>



# ŠPORT IN DRUŽBA

## UČNI NAČRT PREDMETA/COURSE SYLLABUS

|                                   |                   |
|-----------------------------------|-------------------|
| <b>Predmet:</b>                   | Šport in družba   |
| <b>Course title:</b>              | Sport and society |
| <b>Članica nosilka/UL Member:</b> | UL FŠ             |

| Študijski programi in stopnja               | Študijska smer                  | Letnik    | Semestri    | Izbirnost |
|---------------------------------------------|---------------------------------|-----------|-------------|-----------|
| Kineziologija, prva stopnja, univerzitetni  | Ni členitve (študijski program) | 3. letnik | 2. semester | obvezni   |
| Športna vzgoja, prva stopnja, univerzitetni | Ni členitve (študijski program) | 3. letnik | 2. semester | obvezni   |

|                                                            |         |
|------------------------------------------------------------|---------|
| <b>Univerzitetna koda predmeta/University course code:</b> | 0042656 |
| <b>Koda učne enote na članici/UL Member course code:</b>   | 1170    |

| Predavanja<br>/Lectures | Seminar<br>/Seminar | Vaje<br>/Tutorials | Klinične vaje<br>/Clinical tutorials | Druge oblike študija<br>/Other forms of study | Samostojno delo<br>/Individual student work | ECTS |
|-------------------------|---------------------|--------------------|--------------------------------------|-----------------------------------------------|---------------------------------------------|------|
| 30                      | 0                   | 15                 | 0                                    | 0                                             | 45                                          | 3    |

|                                   |               |
|-----------------------------------|---------------|
| <b>Nosilec predmeta/Lecturer:</b> | Mojca Doupona |
|-----------------------------------|---------------|

|                                    |                    |
|------------------------------------|--------------------|
| <b>Vrsta predmeta/Course type:</b> | obvezni/compulsory |
|------------------------------------|--------------------|

|                          |                      |             |
|--------------------------|----------------------|-------------|
| <b>Jeziki/Languages:</b> | Predavanja/Lectures: | Slovenščina |
|                          | Vaje/Tutorial:       | Slovenščina |

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

|                                                                                                                                                                                                                       |  |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--|
| <ul style="list-style-type: none"> <li>- pogoj za vključitev v delo je vpis v letnik študija;</li> <li>- za pristop k izpitu so potrebne opravljene obveznosti vaj</li> <li>- opravljena seminarska naloga</li> </ul> |  |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--|

### Vsebina:

### Content (Syllabus outline):

|                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              |  |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--|
| <ul style="list-style-type: none"> <li>• Fenomenologija športa</li> <li>• Družbena vloga športa</li> <li>• Družbene teorije</li> <li>• Šport kot sestavina materialne in duhovne kulture</li> <li>• Šport in socialno okolje</li> <li>• Vpliv gibalnih aktivnosti na procese socializacije</li> <li>• Odklonsko vedenje v športu</li> <li>• Družina – primarna družbena skupina – šport v družini</li> <li>• Šport in javno mnenje</li> <li>• Mediji in šport: ali lahko preživijo drug brez drugega</li> <li>• Šport in politika</li> </ul> |  |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--|

|                                                                                                                                                        |  |
|--------------------------------------------------------------------------------------------------------------------------------------------------------|--|
| <ul style="list-style-type: none"> <li>• Spol, šport in vzgoja</li> <li>• Etična vprašanja v športu</li> <li>• Olimpizem in olimpijske igre</li> </ul> |  |
|--------------------------------------------------------------------------------------------------------------------------------------------------------|--|

### Temeljna literatura in viri/Readings:

Doupona Topič, M., K. Petrović (2007). Šport in družba (sociološki vidik). Fakulteta za šport, Ljubljana  
 Coakley, J. (2015). Sports in Society. Issues & Controversies. McGraw Hill Higher Education.  
 Doupona Topič M. (2004). Ženske in šport. Ljubljana: Fakulteta za šport  
 Raziskovalna dela s področja sociologije športa.

### Cilji in kompetence:

Predmet da študentu tista znanja, ki mu bodo v prvi vrsti omogočila umestitev sociologije kot vede v proučevanje športa v družbi. Da naj mu sociološko razsežnost fenomena športa v svetu in doma. Vzpodbudi naj študenta, da si zastavlja vprašanja in kritično razmišlja o športu kot delu družbenega življenja. Seznani naj študenta, da se bo sposoben s pomočjo obravnavane literature (knjig), interneta (člankov) učiti o športu in družbi.

### Objectives and competences:

### Predvideni študijski rezultati:

Znanje in razumevanje:  
 Razumejo družbeno vlogo športa.  
 Razumejo pomen raziskovanja in pojasnjevanja odprtih vprašanj športa v okviru življenja v posamezni družbi.  
 Sposobnost predvidevanja razvoja športa doma in v svetu z vidika sprememb v družbi.

### Intended learning outcomes:

### Metode poučevanja in učenja:

predavanja, vaje

### Learning and teaching methods:

### Načini ocenjevanja:

### Delež/Weight

### Assessment:

### Ocenjevalna lestvica:

### Grading system:

### Reference nosilca/Lecturer's references:

DOUPONA TOPIČ, Mojca. *Objektivnost v športnem novinarstvu*. Ljubljana: Fakulteta za šport, 2010. 175 str.,  
 DOUPONA TOPIČ, Mojca, COAKLEY, Jay. Complicating the relationship between sport and national identity: the case of post-socialist Slovenia. *Sociology of sport journal*, ISSN 0741-1235, 2010, vol. 27, no. 4, str. 371-389.  
 RAUTER, Samo, DOUPONA TOPIČ, Mojca. Runners as sport tourists : the experience and travel behavio[u]rs of Ljubljana marathon participants. *Collegium antropologicum*, ISSN 0350-6134, 2014, vol. 38, no. 3, str. 909-915

# ŠPORT NA MIVKI: NOGOMET IN ROKOMET

## UČNI NAČRT PREDMETA/COURSE SYLLABUS

|                                   |                                     |
|-----------------------------------|-------------------------------------|
| <b>Predmet:</b>                   | Šport na mivki: nogomet in rokomet  |
| <b>Course title:</b>              | Beach Sports: Football and Handball |
| <b>Članica nosilka/UL Member:</b> | UL FŠ                               |

| Študijski programi in stopnja                   | Študijska smer                  | Letnik | Semestri    | Izbirnost |
|-------------------------------------------------|---------------------------------|--------|-------------|-----------|
| Kineziologija, prva stopnja, univerzitetni      | Ni členitve (študijski program) |        | 2. semester | obvezni   |
| Športna vzgoja, prva stopnja, univerzitetni     | Ni členitve (študijski program) |        | 2. semester | izbirni   |
| Športno treniranje, prva stopnja, univerzitetni | Ni členitve (študijski program) |        | 2. semester | izbirni   |

|                                                            |         |
|------------------------------------------------------------|---------|
| <b>Univerzitetna koda predmeta/University course code:</b> | 0119620 |
| <b>Koda učne enote na članici/UL Member course code:</b>   | 1237    |

| Predavanja<br>/Lectures | Seminar<br>/Seminar | Vaje<br>/Tutorials | Klinične vaje<br>/Clinical<br>tutorials | Druge oblike<br>študija<br>/Other forms<br>of study | Samostojno<br>delo<br>/Individual<br>student work | ECTS |
|-------------------------|---------------------|--------------------|-----------------------------------------|-----------------------------------------------------|---------------------------------------------------|------|
| 15                      |                     | 45                 |                                         |                                                     | 60                                                | 4    |

**Nosilec predmeta/Lecturer:** Marta Bon

**Vrsta predmeta/Course type:** splošni izbirni/general selective

|                          |                      |             |
|--------------------------|----------------------|-------------|
| <b>Jeziki/Languages:</b> | Predavanja/Lectures: | Slovenščina |
|                          | Vaje/Tutorial:       | Slovenščina |

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

Ni posebnih pogojev za vključitev v predmet.

**Prerequisites:**

No special requirements to select the subject on UNI Bachelor's study programs.

**Vsebina:**

**NOGOMET NA MIVKI :**

- Zgodovina in filozofija
- Mere in stvarne značilnosti igrišča, golov in žog za različne starostne kategorije in glede na spol.
- Sestava moštva in rekviziti ekip in sodnikov.
- Dolžina in časovna struktura tekem.
- Doseganje zadetkov in odločitve glede rezultata na tekmah.
- Izvajanje strelav in metov določenih s pravili
- Odnos do nasprotnikov: predpisi in omejitve glede odnosa do nasprotnika.
- Tehnične in disciplinske kazni.
- Poimenovanja in simboli glede na osnovno igro.

**Content (Syllabus outline):**

**BEACH FOOTBALL:**

- History and philosophy.
- Size and physical characteristics of the playing field, goals and balls for the different categories of age and gender.
- Composition and equipment of teams and referees.
- Length and time structure of beach football matches.
- Scoring and result decision in a beach football match.
- Execution throws and shots.

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| <ul style="list-style-type: none"> <li>• Faze igre .</li> <li>• Namenski in mehanski vidiki prenosa žoge . <ul style="list-style-type: none"> <li>• Postopek prilagajanja na specifiko žoge.</li> <li>• Posebnosti odboja.</li> <li>• Uporaba podaj.</li> <li>• Napake in vzroki.</li> </ul> </li> <li>• Namenski in mehanski vidiki specifičnih gibalnih vzorcev napadalcev. <ul style="list-style-type: none"> <li>• Tek z ali brez žoge</li> <li>• Skoki z ali brez žoge</li> <li>• Obrati z ali brez žoge</li> <li>• Kontrola telesa z ali brez žoge</li> <li>• Napake in vzroki.</li> </ul> </li> <li>• Pravila igre glede delovanja branilcev v razmerju do napadalcev (omejitve predpisane s Pravili).</li> <li>• Delovanja branilcev.</li> <li>• Osnove kolektivne organizacije branjenja .</li> <li>• Osnovna poimenovanja branilcev: <ul style="list-style-type: none"> <li>• Struktura obrambe: zavzemanje optimalnega prostora (cone) delovanja in delitev obrambnih nalog med branilci.</li> <li>• Kolektivno delovanje v obrambi: pričakovana pomoč in sodelovanje.</li> </ul> </li> <li>• Postopen protinapad: menjave igralcev in osnovni koncept.</li> <li>• Vratar</li> <li>• Splošni pojmi vratarjevega delovanja v napadu.</li> <li>• Osnove kolektivne organizacije napada : <ul style="list-style-type: none"> <li>• Napad s številčno prednostjo.</li> <li>• Osnovni pojmi glede specifičnih napadalnih pozicij.</li> </ul> </li> </ul> <p>Streli za odločitev zmagovalca v primeru neodločenega izida po koncu rednega dela tekma (Shoot-out).</p> <p><b>ROKOMET NA MIVKI:</b></p> <ul style="list-style-type: none"> <li>• Zgodovina in filozofija</li> <li>• Mere in tvarne značilnosti igrišča, golov in žog za različne starostne kategorije in glede na spol.</li> <li>• Sestava moštva in rekviziti ekip in sodnikov.</li> <li>• Dolžina in časovna struktura tekem.</li> <li>• Doseganje zadetkov in odločitev glede rezultata na tekmah .</li> <li>• Izvajanje strel in metov določenih s pravili</li> <li>• Odnos do nasprotnikov: predpisi in omejitve glede odnosa do nasprotnika.</li> <li>• Tehnične in disciplinske kazni.</li> <li>• Poimenovanja in simboli glede na osnovno igro.</li> <li>• Faze igre.</li> <li>• Namenski in mehanski vidiki prenosa žoge . <ul style="list-style-type: none"> <li>• Postopek prilagajanja na specifiko žoge.</li> <li>• Posebnosti odboja.</li> <li>• Uporaba podaj.</li> <li>• Napake in vzroki.</li> </ul> </li> <li>• Namenski in mehanski vidiki specifičnih gibalnih vzorcev napadalcev . <ul style="list-style-type: none"> <li>• Tek z ali brez žoge</li> <li>• Skoki z ali brez žoge</li> <li>• Obrati z ali brez žoge</li> </ul> </li> </ul> | <ul style="list-style-type: none"> <li>• Behaviour toward opponents: regulations and limits regarding contrasts.</li> <li>• Technical and disciplinary punishment.</li> <li>• Nomenclature and symbols in beach football regarding football.</li> <li>• Phases of play.</li> <li>• Specific characteristics of basis motor skills carried out on the sand.</li> <li>• Intentional and mechanical aspects of transporting the ball.</li> <li>• Process of adaptation to the ball</li> <li>• Bounce specificity</li> <li>• Use of aerial passes</li> <li>• Mistakes and causes</li> <li>• Mechanical and intentional aspects of specific movements in attacking players.</li> <li>• Run with/without a ball.</li> <li>• Jumps with/without a ball.</li> <li>• Spin with/without a ball.</li> <li>• Postural control and balance.</li> <li>• Mistakes and causes.</li> <li>• Intentional and mechanical aspects in specific throws.</li> <li>• Basic aspects of inflight shot.</li> <li>• Players' movements prior to shoot.</li> <li>• Mistakes and causes.</li> <li>• Rules of the game aspects in beach football when opposing attackers' movements.</li> <li>• Movements of defence players.</li> <li>• Bases of collective organization of defence in beach football</li> <li>• Basic notions of specific defence positions in beach football:</li> <li>• Structure: take up the effective area and control attackers by distributing tasks.</li> <li>• Collective functioning: expected assistance and collaboration.</li> <li>• Defensive fast break: substitutions and basic aspects.</li> <li>• The goalkeeper.</li> <li>• General notions of the goalkeeper's offensive participation</li> <li>• Bases of collective organization of attack:</li> <li>• Attack in numerical superiority</li> <li>• Basic notions of specific attacking positions:</li> </ul> <p><b>BEACH HANDBALL</b></p> <ul style="list-style-type: none"> <li>• History and philosophy.</li> <li>• Size and physical characteristics of the playing field, goals and balls for the different categories of age and gender.</li> <li>• Composition and equipment of teams and referees.</li> <li>• Length and time structure of beach handball matches.</li> <li>• Scoring and result decision in a beach handball match.</li> <li>• Execution throws and shots.</li> </ul> |
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| <ul style="list-style-type: none"> <li>• Kontrola telesa z ali brez žoge</li> <li>• Napake in vzroki.</li> <li>• Pravila igre glede delovanja branilcev v razmerju do napadalcev (omejitve predpisane s Pravili).</li> <li>• Delovanja branilcev . <ul style="list-style-type: none"> <li>• Proti obratom v zraku.</li> <li>• Proti podajam v zrak za strel nad vratarjevim prostorom.</li> </ul> </li> <li>• Osnove kolektivne organizacije branjenja .</li> <li>• Osnovna poimenovanja branilcev: <ul style="list-style-type: none"> <li>• Struktura obrambe: zavzemanje optimalnega prostora (cone) delovanja in delitev obrambnih nalog med branilci.</li> <li>• Kolektivno delovanje v obrambi: pričakovana pomoč in sodelovanje.</li> </ul> </li> <li>• Postopen protinapad: menjave igralcev in osnovni koncept.</li> <li>• Vratar</li> <li>• Splošni pojmi vratarjevega delovanja v napadu.</li> <li>• Osnove kolektivne organizacije napada : <ul style="list-style-type: none"> <li>• Napad s številčno prednostjo.</li> <li>• Osnovni pojmi specifičnih napadalnih pozicij: <ul style="list-style-type: none"> <li>• Krilo</li> <li>• Pivot</li> <li>• Srednji napadalec</li> <li>• Specialist</li> </ul> </li> </ul> </li> </ul> <p>Streli za odločitev zmagovalca v primeru neodločenega izida po koncu rednega dela tekma (Shoot-out).</p> | <ul style="list-style-type: none"> <li>• Behaviour toward opponents: regulations and limits regarding contrasts.</li> <li>• Technical and disciplinary punishment.</li> <li>• Nomenclature and symbols in beach handball regarding handball.</li> <li>• Phases of play.</li> <li>• Specific characteristics of basis motor skills carried out on the sand.</li> <li>• Intentional and mechanical aspects of transporting the ball.</li> <li>• Process of adaptation to the ball</li> <li>• Bounce specificity</li> <li>• Use of aerial passes</li> <li>• Mistakes and causes</li> <li>• Mechanical and intentional aspects of specific movements in attacking players.</li> <li>• Run with/without a ball.</li> <li>• Jumps with/without a ball.</li> <li>• Spin with/without a ball.</li> <li>• Postural control and balance.</li> <li>• Mistakes and causes.</li> <li>• Intentional and mechanical aspects in specific throws.</li> <li>• Basic aspects of inflight shot.</li> <li>• Basic aspects of spin-shot.</li> <li>• Players' movements prior to shoot.</li> <li>• Mistakes and causes.</li> <li>• Rules of the game aspects in beach handball when opposing attackers' movements.</li> <li>• Movements of defence players.</li> <li>• Counter-spin</li> <li>• Counter-in flight</li> <li>• Bases of collective organization of defence in beach handball</li> <li>• Basic notions of specific defence positions in beach handball:</li> <li>• Structure: take up the effective area and control attackers by distributing tasks.</li> <li>• Collective functioning: expected assistance and collaboration.</li> <li>• Defensive fast break: substitutions and basic aspects.</li> <li>• The goalkeeper.</li> <li>• General notions of the goalkeeper's offensive participation</li> <li>• Bases of collective organization of attack:</li> <li>• Attack in numerical superiority in beach handball</li> <li>• Basic notions of specific attacking positions in beach handball:</li> <li>• Wing</li> <li>• Pivot</li> <li>• Centre</li> <li>• Specialist</li> </ul> <p>Shoot-out</p> |
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#### Temeljna literatura in viri/Readings:

1. Bon M. Kuburovič S., Šibila M. (2018): Razvoj rokometa na mivki, Šport, 2018

2. Bon M., (2002). Rokomet na mivki (Beach Handball) tudi v Sloveniji ?. Trener rokomet. Združenje rokometnih trenerjev. Ljubljana 2/2002.
3. Teaching content and method of sandy beach football. [http://en.cnki.com.cn/Article\\_en/CJFDTOTAL-STKJ200703033.htm](http://en.cnki.com.cn/Article_en/CJFDTOTAL-STKJ200703033.htm)
4. Effect of beach soccer training and traditional football training on football players' aerobic and anaerobic capacity [http://en.cnki.com.cn/Article\\_en/CJFDTOTAL-TIRE200908018.htm](http://en.cnki.com.cn/Article_en/CJFDTOTAL-TIRE200908018.htm)
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7. Hill-Haas S., Dawson B., Impellizzeri F., Coutts A.J. (2011): Physiology of Small-Sided Games Training in Football. [Sports Medicine](#), Volume 41, [Issue 3](#)
8. Bon M., (2002). Rokomet na mivki (Beach Handball) tudi v Sloveniji ?. Trener rokomet. Združenje rokometnih trenerjev. Ljubljana 2/2002.
9. Bon M. (2018) Beach Handball: Aspects of Historical and Scientific Development: From "Keep It Simple" to Olympic Games? (poslano(v pregledu))
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14. Zapardiel J. C. (2017): Assessment of the Satisfaction Degree of Beach Handball Practice in Students of Sports Sciences. European handball Federation.
15. Manavis, K., Hatzimanouil, D., Stefanis, E. in Bebetos, G. (2008). Injuries in Beach Handball. European Handball Federation publications. Retrieved at [http://home.eurohandball.com/ehf\\_files/Publikation/WP\\_Bebetos\\_INJURIES%20IN%20BEACH%20HANDBALL.pdf](http://home.eurohandball.com/ehf_files/Publikation/WP_Bebetos_INJURIES%20IN%20BEACH%20HANDBALL.pdf)
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19. Zapardiel Cortes J. C. (2014). Valoración Isocinética De Los Músculos Rotadores Del Complejo Articular Del Hombro En Jugadores De Balonmano Playa: doktorska disertacija. Univesidad de Alcala.
20. Scarfone R., Tessitore A., Mingato C., Capranica L., Ammendolia A. (2017): Match analysis heart-rate and CMJ of beach soccer players during amateur competition: [International Journal of Performance Analysis in Sport](https://doi.org/10.1080/24748668.2015.11868790) Volume 15, Issue 1. <https://doi.org/10.1080/24748668.2015.11868790> ; pridobljeno., 12. 6. 2018
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| <ul style="list-style-type: none"> <li>• Seznaniti študente z zgodovinskim razvojem rokometu na mivki in nogometu na mivki v Sloveniji in po svetu.</li> <li>• Seznaniti študente z osnovnimi informacijami glede strukture igre pri rokometu na mivki.</li> <li>• Seznaniti študente z metodami primernimi za seznanjanje otrok z igranjem rokometu na mivki in nogometu na mivki.</li> <li>• Seznaniti študente z metodami učenja in primernimi vajami pri treningu rokometu na mivki in nogometu na mivki.</li> <li>• Seznaniti študente s pravili igre rokometu na mivki, sodniškimi znaki in njihovo uporabo v praksi.</li> <li>• Seznaniti študente z osnovnimi individualnimi in skupinskimi tehnično-taktičnimi elementi, ki jih morajo obvladati za učinkovito igro v napadu in obrambi.</li> <li>• Seznaniti študente z vlogo vratarja pri rokometu na mivki in nogometu na mivki in s specifikami njegovega treninga znotraj celotne ekipe.</li> <li>• Seznaniti študente z metodami za začetni in nadaljnji izbor igralcev za rokolet na mivki in nogomet na mivki.</li> <li>• Seznaniti študente z osnovnimi informacijami v zvezi s sestavo ekipe za rokolet na mivki in specifikko posameznih igralnih mest v napadu in obrambi.</li> <li>• Usposobiti študenta za upravljanje vadbenega procesa pri rokometu na mivki in nogometu na mivki v društvih in tudi v izven šolskih dejavnostih</li> </ul> | <ul style="list-style-type: none"> <li>• To acquaint students with a historical development of Beach handball and Beach Football in Slovenia and worldwide.</li> <li>• To acquaint students with basic information concerning the structure of Beach handball and Beach Football.</li> <li>• To acquaint students with the methods suitable for introducing the children in Beach handball and Beach Football.</li> <li>• To acquaint students with teaching methods and exercises suitable for training Beach handball.</li> <li>• To acquaint students with the rules of Beach handball and Beach Football, refereeing signals and the use of them in practice.</li> <li>• To acquaint students with the basic individual and group technical-tactical elements of Beach handball and Beach Football, which players need to master for an efficient game in defence and attack.</li> <li>• To acquaint students with the role of Beach handball and Beach Football goalkeeper and the specifics of training process within the team.</li> <li>• Students learn about the methods for initial and further selection of players for Beach handball.</li> <li>• To acquaint students with basic information regarding the composition of the Beach handball and Beach Football and specific roles of the players in attack and defence.</li> <li>• To enable the students to manage the training process in Beach handball and Beach Football in clubs and outdoor school activities.</li> </ul> |
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#### **Predvideni študijski rezultati:**

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| <ul style="list-style-type: none"> <li>• Obvladovanje teoretičnih osnov pomembnih za razumevanje rokometu na mivki in nogometu na mivki kot športne panoge – zgodovina, filozofija, pravila igre, možnosti za implementacijo v praksi, vpliv igre na igralčeve antropološke značilnosti.</li> <li>• Obvladovanje osnovnih gibanj (spretnosti), ki so nujna za igranje rokometu na mivki in nogometu na mivki – z in brez žoge.</li> <li>• Obvladovanje osnovnih taktičnih principov potrebnih za igranje rokometu na mivki in nogometu na mivki.</li> <li>• Obvladovanje metodičnih postopkov učenja in treninga individualnih elementov in igre pri Rokometu na mivki in nogometu na mivki.</li> <li>• Usposobiti kandidate za samostojno načrtovanje in vodenje vadbe osnovnih gibanj in iger z žogo za otroke v določeni starostni skupin.</li> <li>• Razumeti načine dela in možnosti, ki so povezani s pristopi pri delu z igralci pri rokometu na mivki in nogometu na mivki.</li> <li>• Usposobiti slušatelje za izdelavo vadbenih programov, ki se nanašajo na rokolet na mivki.</li> </ul> |
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#### **Intended learning outcomes:**

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| <ul style="list-style-type: none"> <li>• Manage theoretical basis important to understand Beach handball and Beach Football sports branch – history, philosophy, rules, possibilities for implementation in praxis, impact on players' anthropological status.</li> <li>• Manage basic movements (skills) necessary to play Beach handball and Beach Football– with and without the ball.</li> <li>• Manage the basic tactical principles necessary to play Beach handball.</li> <li>• Manage the methodological principles of teaching and training individual elements and Beach handball and Beach Football.</li> <li>• To understand the working methods and opportunities associated with the approaches to working with players in Beach handball.</li> <li>• Establish ability to create training programs that relate to Beach handball and Beach Football– periodization.</li> <li>• To understand and evaluate training specifics and constraints when learning and training Beach handball.</li> </ul> |
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| <ul style="list-style-type: none"> <li>Razumeti in oceniti specifike in omejitve pri učenju in vadbi rokometu na mivki in nogometa na mivki.</li> </ul> |  |
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**Metode poučevanja in učenja:**

Predavanja, seminarji, vaje.

**Learning and teaching methods:**

Lectures, seminars, tutorial.

**Načini ocenjevanja:**
**Delež/Weight**
**Assessment:**

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| Raven gibalnih spretnosti z žogo bo ocenjevana med praktičnim nastopom z ocenami na šeststopenjski lestvici (5 - negativno, 6 do 10 - pozitivno), po posebnih kriterijih in opisnikih. | 33,00 % | The level of movement skills with the ball will be assessed during a practical performance with grades on a six-step scale (5-negative, 6 to 10-positive) according to specific criteria and descriptors. The level of theoretical knowledge will be assessed with the help of the grade of the quality of the seminar task on a six-step scale. The quality level of performance and exercise of exercise skills with a ball on a six-tier scale. |
| Raven teoretičnega znanja bomo ocenjevali s pomočjo ocene kakovosti seminarske naloge na šeststopenjski lestvici.                                                                      | 33,00 % | The level of theoretical knowledge will be assessed with the help of the grade of the quality of the seminar task on a six-step scale.                                                                                                                                                                                                                                                                                                             |
| Raven kakovosti nastopa in vodenja vadbe gibalnih spretnosti z žogo na šest stopenjski lestvici.                                                                                       | 33,00 % | The quality level of performance and exercise of exercise skills with a ball on a six-tier scale.                                                                                                                                                                                                                                                                                                                                                  |

**Ocenjevalna lestvica:**
**Grading system:**

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**Reference nosilca/Lecturer's references:**

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| <ol style="list-style-type: none"> <li>Bon M. Kuburovič S., Šibila M. (2018): Razvoja rokometu na mivki. Šport., Fakulteta za šport, 2018</li> <li>Bon M. (2018): Beach Handball: Aspects of Historical and Scientific Development: From "Keep It Simple" to Olympic Games? (poslano v objavo)</li> <li>Bon M., Šibila M.: (2018): ROKOMET NA MIVKI – pregled razvoja in perspektive. Revija TRENER (v tisku)</li> <li>Marta Bon: Trenerka ženske reprezentance na Evropskem prvenstvu v rokometu na mivki, Cadiz, Španija, 2002 (8.mesto)</li> </ol> |
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# ŠPORTNA GIMNASTIKA Z RITMIČNO IZRAZNOSTJO 1

## UČNI NAČRT PREDMETA/COURSE SYLLABUS

|                                   |                                             |
|-----------------------------------|---------------------------------------------|
| <b>Predmet:</b>                   | Športna gimnastika z ritmično izraznostjo 1 |
| <b>Course title:</b>              | Artistic gymnastics with rhythmic 1         |
| <b>Članica nosilka/UL Member:</b> | UL FŠ                                       |

| Študijski programi in stopnja                                                            | Študijska smer                  | Letnik    | Semestri    | Izbirnost |
|------------------------------------------------------------------------------------------|---------------------------------|-----------|-------------|-----------|
| Kineziologija, prva stopnja, univerzitetni<br>(od študijskega leta 2025/2026 dalje)      | Ni členitve (študijski program) |           | 1. semester | izbirni   |
| Športna vzgoja, prva stopnja, univerzitetni<br>(od študijskega leta 2025/2026 dalje)     | Ni členitve (študijski program) | 1. letnik | 1. semester | obvezni   |
| Športno treniranje, prva stopnja, univerzitetni<br>(od študijskega leta 2025/2026 dalje) | Ni členitve (študijski program) |           | 1. semester | izbirni   |

|                                                            |         |
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| <b>Univerzitetna koda predmeta/University course code:</b> | 0098550 |
| <b>Koda učne enote na članici/UL Member course code:</b>   | 1037    |

| Predavanja<br>/Lectures | Seminar<br>/Seminar | Vaje<br>/Tutorials | Klinične vaje<br>/Clinical<br>tutorials | Druge oblike<br>študija<br>/Other forms<br>of study | Samostojno<br>delo<br>/Individual<br>student work | ECTS |
|-------------------------|---------------------|--------------------|-----------------------------------------|-----------------------------------------------------|---------------------------------------------------|------|
| 15                      | 0                   | 45                 | 0                                       | 0                                                   | 60                                                | 4    |

|                                   |                      |
|-----------------------------------|----------------------|
| <b>Nosilec predmeta/Lecturer:</b> | Ivan Čuk, Maja Pajek |
|-----------------------------------|----------------------|

|                                    |                    |
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| <b>Vrsta predmeta/Course type:</b> | obvezni/compulsory |
|------------------------------------|--------------------|

|                          |                      |                         |
|--------------------------|----------------------|-------------------------|
| <b>Jeziki/Languages:</b> | Predavanja/Lectures: | Angleščina, Slovenščina |
|                          | Vaje/Tutorial:       | Angleščina, Slovenščina |

|                                                                              |                       |
|------------------------------------------------------------------------------|-----------------------|
| <b>Pogoji za vključitev v delo oz. za opravljanje študijskih obveznosti:</b> | <b>Prerequisites:</b> |
| Ni                                                                           | Non                   |

### Vsebina:

Orodna telovadba z ritmično izraznostjo je gibalna dejavnost, ki otrokom, mladostnikom in odraslim odlično razvija sposobnost zavestnega nadzora položaja telesa in gibanja telesa v prostoru. Na eni strani vsebine razvijajo osnovne gibalne sposobnosti, na drugi strani pa omogočajo razvoj gibalnega znanja, ki je pomembno za varno in zdravo življenje posameznika in naroda (znajdenje pri obrambnih nalogah).

Orodna telovadba vsebuje vaje akrobatike in vaje na orodju, kjer so osnovne značilnosti položaji in gibanja

### Content (Syllabus outline):

Artistic Gymnastics with rhythmic is human activity, which is excellent to develop ability of conscious body posture and movement control for children, adolescents and adults. On one side it develops motor abilities and on other side its knowledge rises safe and healthy life style of individual and nation (how to coop with defense tasks).

Artistic Gymnastics includes acrobatics and exercises on apparatus, where are primary positions and movements in support (hand support, hang) and airborne. Important characteristics are also rotations

|                                                                                                                                                                                                                                                                                                                                                                                                                                                        |                                                                                                                                                                                                                                                                                                                                                                              |
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| v opori (opori in vesi) in letu. Nadaljnja značilnost so vrtenja okoli vseh človekovih osi ter gibanja v vseh smereh. Pri ritmični izraznosti je osnova rokovanje z drobnim orodjem (žoga, obroč, kolebnica, trak). Poudarek bo na prvinah in sestavah na orodjih, kjer koreografija ne igra pomembne vloge (bradlja, dvovišinska bradlja, drog, preskok, krogi, konj z ročaji, akrobatski skoki (parter, mala prožna ponjava, velika prožna ponjava). | around all body axis and axis directions. With rhythmic is basic hand manipulation with different small apparatus (ball, ring, rope, ribbon). Student will perform elements and compositions on apparatus, where choreography is not dominant (parallel bars, uneven bars, horizontal bar, vault, rings, pommel horse, acrobatic jumps (floor, mini trampoline, trampoline). |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|

### Temeljna literatura in viri/Readings:

- Čuk, I., Bolkovič, T., Kokole, J., Kovač, M., Novak, D., Šibanc, K. in Pajek, M. (2018). Izrazoslovje pri telovadbi. Ljubljana: Fakulteta za šport.
  - Čuk, I., Bolkovič, T., Jakše, B. in Pajek, M. (2023). Orodna telovadba z ritmično izraznostjo 1 - vaje. Ljubljana: Fakulteta za šport.
  - Schmidt, R. (1991). Motor learning and performance: from principles to practice. Champaign: Human Kinetics Books.
- Članki iz slovenskih znanstvenih in strokovnih revij Science of Gymnastics Journal, Kinesiologia Slovenica, Šport ter tujih revij.

### Cilji in kompetence:

- Poznavanje didaktike telovadnih in ritmičnih prvin, ki so v učnem načrtu za športno vzgojo
- Načrtovanje, izvedba in kontrola izvedbe telovadno ritmičnega programa pri športni vzgoji
- Brezhibno znanje demonstracije posameznih prvin na orodju in rokovanja z drobnim orodjem
- Organizacijske sposobnosti in znanja za izvedbo šolskih in zunajšolskih športnih programov, katerih osnova je gimnastika, akrobatika skoki na mali prožni ponjavi, skoki na veliki prožni ponjavi (del C programa)
- Prepoznavanje nadarjenih in njihovo usmerjanje v tekmovalno telovadbo, ritmiko
- Usposobljenost za medpredmetno povezovanje

### Objectives and competences:

- Knowing didactics of gymnastics and rhythmic elements, which are included into curriculum for P.E.
- Planning, execution and control of gymnastics /rhythmic lectures at P.E. classes
- Excellent demonstration of gymnastics/rhythmic elements
- Management abilities and knowledge to organise gymnastics /rhythmic programs, which basis are gymnastics/rhythmic content (e.g. mini trampoline, trampoline, acrobatics, C program)
- Recognition of gifted children for gymnastics/rhythmic
- Able to cooperate and include knowledge of other curriculum

### Predvideni študijski rezultati:

Znanje pravilne tehnike prvin orodne telovadbe/ritmike (ki nam kažejo znanje zavestne kontrole položajev in gibanj telesa v opornem in brez opornem položaju z vrtenji okoli čelne, globinske in dolžinske osi oz. kombiniranimi gibanji in pri rokovanju z obročem, kolebnico, žogo in trakom), znanje metodičnih postopkov, izrazoslovja, varovanja ter prepoznavanje in definiranje napak prvin, ki so v učnih načrtih za osnovno šolo in srednje šole ter nekaterih prvin C programa. Razumevanje osnovnih pojmov in izrazov, ki so potrebni za opise prvin, razumevanje gibalnega učenja prvin, zakonitosti biomehanike prvin, didaktičnih načel prvin in zgodovina telovadbe.

### Intended learning outcomes:

Knowledge and understanding:  
Knowledge of proper technique of gymnastics/rhythmics (which show conscious control of body during positions and movements in support, airborne position with and without rotations around body axis and different directions and with or without of manipulation of ring, rope, ball or ribbon), didactic steps, terminology, safety and active support of pupils, recognition, definition and correction of element performance errors for elements which are included into P.E. curriculum for primary and secondary school and some C program elements. Understanding of basic terminology which are necessary to describe element, elements motor

|  |                                                                             |
|--|-----------------------------------------------------------------------------|
|  | learning, didactics of gymnastics/rhythmics element, history of gymnastics. |
|--|-----------------------------------------------------------------------------|

**Metode poučevanja in učenja:**

Predavanja, vaje, individualne naloge, aktivno (refleksivno) poučevanje, simulacije, igre vlog, hospitacije, nastopi.

**Learning and teaching methods:**

Lecture, Exercises, individual tasks, active (reflex) teaching, simulation, role plays, attendance at lectures, performances

**Načini ocenjevanja:**
**Delež/Weight**
**Assessment:**

|                  |         |                  |
|------------------|---------|------------------|
| Praktični izpit  | 50,00 % | Practical exam   |
| Teoretični izpit | 50,00 % | Theoretical exam |

**Ocenjevalna lestvica:**

5 - 10, pri čemer velja, da je pozitivna ocena od 6 - 10

**Grading system:**

5 - 10, a student passes the exam if he is graded from 6 to 10

**Reference nosilca/Lecturer's references:**

- Čuk, I., Bolkovič, T., Jakše, B. in Pajek, M. (2023). Orodna telovadba z ritmično izraznostjo 1 - vaje. Ljubljana: Fakulteta za šport.
- Pajek, M., Vajngerl B., Čuk, I. in Šibanc K. (2022). Orodna telovadba z ritmično izraznostjo 2. Ljubljana: Fakulteta za šport.
- Čuk, I., Bolkovič, T., Kokole, J., Kovač, M., Novak, D., Šibanc, K. in Pajek, M. (2018). Izrazoslovje pri telovadbi. Ljubljana: Fakulteta za šport.
- Čuk, I., Atiković, A., Bolkovič, T., Nadarevič, F., Bučar Pajek, M., Jakše, B. in Bricelj, A. Teorija i metodika sportske gimnastike - vježbe. Tuzla: Fakultet za tjelesni odgoj i sport.
- Čuk, I., Bolkovič, T., Jakše, B. in Pajek, M. (2023). Orodna telovadba z ritmično izraznostjo 1 - vaje. Ljubljana: Fakulteta za šport.
- Čuk, I., Bolkovič, T., Kokole, J., Kovač, M., Novak, D., Šibanc, K. in Pajek, M. (2018). Izrazoslovje pri telovadbi. Ljubljana: Fakulteta za šport.
- Pajek, M., Vajngerl B., Čuk, I. in Šibanc K. (2022). Orodna telovadba z ritmično izraznostjo 2. Ljubljana: Fakulteta za šport.

# ŠPORTNA GIMNASTIKA Z RITMIČNO IZRAZNOSTJO 2

## UČNI NAČRT PREDMETA/COURSE SYLLABUS

|                                   |                                             |
|-----------------------------------|---------------------------------------------|
| <b>Predmet:</b>                   | Športna gimnastika z ritmično izraznostjo 2 |
| <b>Course title:</b>              | Artistic gymnastics with rhythmic 2         |
| <b>Članica nosilka/UL Member:</b> | UL FŠ                                       |

| Študijski programi in stopnja                                                        | Študijska smer                  | Letnik    | Semestri    | Izbirnost |
|--------------------------------------------------------------------------------------|---------------------------------|-----------|-------------|-----------|
| Športna vzgoja, prva stopnja, univerzitetni<br>(od študijskega leta 2025/2026 dalje) | Ni členitve (študijski program) | 3. letnik | 2. semester | obvezni   |

|                                                            |         |
|------------------------------------------------------------|---------|
| <b>Univerzitetna koda predmeta/University course code:</b> | 0042663 |
| <b>Koda učne enote na članici/UL Member course code:</b>   | 1214    |

| Predavanja<br>/Lectures | Seminar<br>/Seminar | Vaje<br>/Tutorials | Klinične vaje<br>/Clinical<br>tutorials | Druge oblike<br>študija<br>/Other forms<br>of study | Samostojno<br>delo<br>/Individual<br>student work | ECTS |
|-------------------------|---------------------|--------------------|-----------------------------------------|-----------------------------------------------------|---------------------------------------------------|------|
| 15                      |                     | 30                 |                                         |                                                     | 45                                                | 3    |

|                                   |                      |
|-----------------------------------|----------------------|
| <b>Nosilec predmeta/Lecturer:</b> | Ivan Čuk, Maja Pajek |
|-----------------------------------|----------------------|

|                                    |                    |
|------------------------------------|--------------------|
| <b>Vrsta predmeta/Course type:</b> | obvezni/compulsory |
|------------------------------------|--------------------|

|                          |                      |             |
|--------------------------|----------------------|-------------|
| <b>Jeziki/Languages:</b> | Predavanja/Lectures: | Slovenščina |
|                          | Vaje/Tutorial:       | Slovenščina |

|                                                                              |                       |
|------------------------------------------------------------------------------|-----------------------|
| <b>Pogoji za vključitev v delo oz. za opravljanje študijskih obveznosti:</b> | <b>Prerequisites:</b> |
|                                                                              |                       |

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|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Vsebina:</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  | <b>Content (Syllabus outline):</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |
| Ko študentje obvladajo posamezne prvine, je naslednja stopnja povezati te prvine v sestavo, kjer so sposobni predstaviti sestavo s primerno koreografijo in visoko stopnjo lepote izvedbe. Spoznali in izvedli bodo sestave telovadbe na orodju in pri ritmiki, kjer je potrebna koreografija. Pri ritmiki bodo sestavili sestavo s kolebnico, žogo, obročem in trakom, pri orodni telovadbi pa na parterju in gredi. Ob tem bodo spoznali zakonitosti sestavljanja in poučevanja koreografskih telovadnih, ritmičnih sestav, ter njihovo preprosto ocenjevanje. | After students are able to control single elements, the next step is to combine those elements into composition, where they are able to present exercise with proper choreography and high degree of aesthetic. Students will meet and perform exercises in gymnastics and rhythmic where choreography is primary content. Within rhythmic they will perform exercise with rope, ball, ring and ribbon). Students will meet rules how to compose and teach choreography of gymnastics/rhythmic exercises and their simple evaluation. |

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|-----------------------------------------------------------------------------------------------------------------------------------|
| <b>Temeljna literatura in viri/Readings:</b>                                                                                      |
| 1. Pajek, M., Vajngerl B., Čuk, I. in Šibanc K. (2022). Orodna telovadba z ritmično izraznostjo 2. Ljubljana: Fakulteta za šport. |

- Čuk, I., Bolkovič, T., Kokole, J., Kovač, M., Novak, D., Šibanc, K. in Pajek, M. (2018). Izrazoslovje pri telovadbi. Ljubljana: Fakulteta za šport.
- Čuk, I., Bolkovič, T., Jakše, B. in Pajek, M. (2023). Orodna telovadba z ritmično izraznostjo 1 - vaje. Ljubljana: Fakulteta za šport.
- Schmidt, R. (1991). Motor learning and performance: from principles to practice. Champaign: Human Kinetics Books.

#### Cilji in kompetence:

- Poznavanje didaktike telovadnih in ritmičnih sestav, ki so v učnem načrtu za športno vzgojo
- Načrtovanje, izvedba in kontrola izvedbe telovadno ritmičnih sestav pri športni vzgoji
- Brezhibno znanje demonstracije preprostih telovadnih/ritmičnih sestav z upoštevanjem osnovnih zakonitosti le-teh
- Sposobnosti in znanja za preprosto ocenjevanje sestav.

#### Objectives and competences:

- Knowing didactics of gymnastics and rhythmic compositions/exercises, which are included into curriculum for P.E.
- Planning, execution and control of gymnastics /rhythmic gymnastics and rhythmic compositions/exercises at P.E. classes
- Excellent demonstration of simple gymnastics/rhythmic compositions/exercises with using basic rules of compositions.
- Abilities and knowledge to simply evaluate gymnastics and rhythmic compositions/exercises.

#### Predvideni študijski rezultati:

Znanje in razumevanje:  
Znanje zakonitosti sestavljanja koreografskih sestav orodne telovadbe in ritmike, njihova lepa izvedba ter sposobnost ocenjevanja teh sestav.  
Razumevanje osnovnih pojmov in izrazov, ki so potrebni za opise sestav, razumevanje gibalnega učenja sestav, didaktičnih načel učenja sestav.

#### Intended learning outcomes:

Knowledge and understanding:  
Knowledge of rules how to compose choreography of gymnastics/rhythmic exercises, their execution and ability to evaluate them.  
Understanding of basic terminology which are necessary to exercises, exercises motor learning, didactics of gymnastics/rhythmic exercises.

#### Metode poučevanja in učenja:

Predavanja, vaje, individualne naloge, aktivno (refleksivno) poučevanje, simulacije, igre vlog, hospitacije, nastopi.

#### Learning and teaching methods:

Lecture, Exercises, individual tasks, active (reflex) teaching, simulation, role plays, attendance at lectures, performances

#### Načini ocenjevanja:

#### Delež/Weight

#### Assessment:

|                  |         |                  |
|------------------|---------|------------------|
| Praktični izpit  | 50,00 % | Practical exam   |
| Teoretični izpit | 50,00 % | Theoretical exam |

#### Ocenjevalna lestvica:

5 - 10, pri čemer velja, da je pozitivna ocena od 6 - 10

#### Grading system:

5 - 10, a student passes the exam if he is graded from 6 to 10

#### Reference nosilca/Lecturer's references:

##### prof. dr. Ivan Čuk

- Čuk, I., Bolkovič, T., Jakše, B. in Pajek, M. (2023). Orodna telovadba z ritmično izraznostjo 1 - vaje. Ljubljana:
- Fakulteta za šport.
- Pajek, M., Vajngerl B., Čuk, I. in Šibanc K. (2022). Orodna telovadba z ritmično izraznostjo 2. Ljubljana:
- Fakulteta za šport.
- Čuk, I., Bolkovič, T., Kokole, J., Kovač, M., Novak, D., Šibanc, K. in Pajek, M. (2018). Izrazoslovje pri telovadbi. Ljubljana: Fakulteta za šport.

##### prof. dr. Maja Pajek

1. Čuk, I., Atiković, A., Bolkovič, T., Nadarević, F., Bučar Pajek, M., Jakše, B. in Bricelj, A. Teorija i metodika sportske gimnastike - vježbe. Tuzla: Fakultet za tjelesni odgoj i sport.
2. Čuk, I., Bolkovič, T., Jakše, B. in Pajek, M (2023). Orodna telovadba z ritmično izraznostjo 1 - vaje. Ljubljana: Fakulteta za šport.
3. Čuk, I., Bolkovič, T., Kokole, J., Kovač, M., Novak, D., Šibanc, K. in Pajek, M. (2018). Izrazoslovje pri telovadbi. Ljubljana: Fakulteta za šport.
4. Pajek, M., Vajngerl B., Čuk, I. in Šibanc K. (2022). Orodna telovadba z ritmično izraznostjo 2. Ljubljana: Fakulteta za šport.

# ŠPORTNA PREHRANA

## UČNI NAČRT PREDMETA/COURSE SYLLABUS

|                                   |                  |
|-----------------------------------|------------------|
| <b>Predmet:</b>                   | Športna prehrana |
| <b>Course title:</b>              | Sports nutrition |
| <b>Članica nosilka/UL Member:</b> | UL FŠ            |

| Študijski programi in stopnja                   | Študijska smer                  | Letnik    | Semestri    | Izbirnost |
|-------------------------------------------------|---------------------------------|-----------|-------------|-----------|
| Športna vzgoja, prva stopnja, univerzitetni     | Ni členitve (študijski program) |           | 1. semester | izbirni   |
| Športno treniranje, prva stopnja, univerzitetni | Ni členitve (študijski program) | 3. letnik | 1. semester | obvezni   |

|                                                            |         |
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| <b>Univerzitetna koda predmeta/University course code:</b> | 0042742 |
| <b>Koda učne enote na članici/UL Member course code:</b>   | 1205    |

| Predavanja<br>/Lectures | Seminar<br>/Seminar | Vaje<br>/Tutorials | Klinične vaje<br>/Clinical tutorials | Druge oblike študija<br>/Other forms of study | Samostojno delo<br>/Individual student work | ECTS |
|-------------------------|---------------------|--------------------|--------------------------------------|-----------------------------------------------|---------------------------------------------|------|
| 30                      |                     | 15                 |                                      |                                               | 45                                          | 3    |

|                                   |                                 |
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| <b>Nosilec predmeta/Lecturer:</b> | Edvin Dervišević, Vedran Hadžić |
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| <b>Vrsta predmeta/Course type:</b> | obvezni/compulsory |
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| <b>Jeziki/Languages:</b> | Predavanja/Lectures: | Slovenščina |
|                          | Vaje/Tutorial:       | Slovenščina |

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

Opravljeni pogoji za vpis v letnik študija v katerem se bo predmet izvajal.  
Opravljen izpit iz anatomije, fiziologije, medicine športa 1 in 2.

### Prerequisites:

Passed the conditions for entry into the year of study in which the subject will be implemented.  
Completed courses in anatomy, physiology, sports medicine 1 and 2.

### Vsebina:

**PREDAVANJA**

- Prehrana in zdravje
- Prehrana in šport
- Ogljikovi hidrati in šport
- Glikemični indeks
- Maščobe in šport
- Beljakovine in šport
- Rudnine in vitamini
- Hidracija športnika
- Prehrana kot temelj regeneracije športnika
- Prehranska dopolnila v športu
- Alternativni načini prehranjevanja v športu
- Prehrana športnikov na potovanjih

### Content (Syllabus outline):

**LECTURES**

- Nutrition and health
- Nutrition and sports
- Carbohydrates and sport
- Glycemic index
- Fats and sport
- Protein and sport
- Minerals and vitamins in sport
- Hydration of the athlete
- Nutrition as the foundation of regeneration athlete
- Food supplements in sport
- Alternative diets in sport
- Planning of sports nutrition

|                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |                                                                                                                                                                                                                                                                                                                                                                                                                     |
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| <ul style="list-style-type: none"> <li>• Načrtovanje športne prehrane</li> </ul> <b>VAJE</b> <ul style="list-style-type: none"> <li>• Ocena telesne sestave</li> <li>• Merjenje in ocenjevanje stopnje presnove v mirovanju</li> <li>• Ocenjevanje in merjenje stopnje telesne dejavnosti</li> <li>• Načini spremljanja dnevnega vnosa živil</li> <li>• Izguba tekočine med telesno dejavnostjo</li> <li>• Izračun energetske in tekočinske bilance</li> <li>• Izdelava prehranskega jedilnika</li> </ul> | <b>EXERCISES</b> <ul style="list-style-type: none"> <li>• Assessment of body composition</li> <li>• Measurement and evaluation of resting metabolic rate</li> <li>• Evaluating and measuring the levels of physical activity</li> <li>• Monitoring daily intake of food</li> <li>• The fluid loss during exercise</li> <li>• Calculation of the energy and fluid balance</li> <li>• Creating a food menu</li> </ul> |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|

#### **Temeljna literatura in viri/Readings:**

- Edvin Dervišević, Vidmar Jože. Vodič športne prehrane. Ljubljana: Fakulteta za šport, 2009. 216 str.,
- Ustrezni znanstveni članki po priporočilu predavatelja.

#### **Cilji in kompetence:**

Osnovni cilj predmeta je seznaniti študente z temeljnimi dietetičnimi pojmi in dati teoretične in praktične podlage za oblikovanje različnih režimov prehrane.

Poznati potek absorpcije, prebave in presnove ogljikovih hidratov, maščob in beljakovin.

Okvirno poznavanje presnovnih poti ogljikovih hidratov, beljakovin in maščob

Seznanjenost s pomenom vnosa vitaminov, mineralov in antioksidantov v telo, virov vitaminov in mikronutrientov ter vedenje o dodajanju teh snovi v redno prehrano.

Seznanjenost s pomenom hidracije in dehidracije ter obvladovanje osnovne tekočinske bilance telesa.

Sposobnost integracije pridobljenih znanj skozi oblikovanje zdravega režima prehrane

Poznavanje posebnosti posameznika glede prehrane (starost, spol, stopnja telesne aktivnosti in podobno).

#### **Objectives and competences:**

The main objective of the course is to acquaint students with the basic dietary concepts and provide theoretical and practical basis for the creation of different dietary regimes.

Know the absorption, digestion and metabolism of carbohydrates, fats and proteins.

Roughly knowledge of the metabolic pathways of carbohydrates, proteins and fats.

Familiarity with the importance of intake of vitamins, minerals and antioxidants in the body, sources of vitamins and micronutrients, and behavior on the addition of these substances in the regular diet.

Familiarity with the importance of hydration and dehydration, and management of primary fluid balance of the body.

The ability to integrate acquired knowledge through the creation of a healthy diet regime

Knowledge of the peculiarities of the individual with regard to nutrition (age, sex, physical activity levels, and the like).

#### **Predvideni študijski rezultati:**

Znanje in razumevanje:

Razumeti pomen prehrane za ohranjanje in izboljšanje zdravja. Poznavanje osnovnih hranil (ogljikovi hidrati, maščobe, beljakovine). Okvirno razumevanje prebave in presnove teh snovi v telesu.

Poznavanje pomena energetske in tekočinske bilance.

Razumevanje prehranske piramide in prilagajanja prehrane stopnji telesne aktivnosti posameznika.

#### **Intended learning outcomes:**

Knowledge and understanding:

Understand the importance of nutrition in maintaining and improving health. Knowledge of basic nutrients (carbohydrates, fats, proteins).

Roughly understanding of digestion and metabolism of these substances in the body. Knowing the importance of energy and fluid balance.

Understanding the food pyramid and adjustment of diet physical activity levels of the individual.

#### **Metode poučevanja in učenja:**

Predavanja v obliki na problemih temelječega učenja, praktične vaje iz športne prehrane

#### **Learning and teaching methods:**

Problem based learning, lectures, tutorials: sports nutrition

#### **Načini ocenjevanja:**

#### **Delež/Weight Assessment:**

|                                                                                                                                                                                                                                                                                                                                                                                    |                                                                                                                                                                                                                                                                                                                                                                                                                 |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <ul style="list-style-type: none"> <li>• Izpit je izključno pisni v obliki »multiple choice« testa. Meja za pozitivno oceno je 60%. Ocene so od 6-10 (pozitivno) oz. 5 (negativno) glede na doseženi odstotek točk.</li> <li>• Pogoji za opravljanje izpita v je opravljen praktični kolokvij iz športne prehrane. Ocena vaj lahko vpliva na končno oceno pri predmetu.</li> </ul> | <ul style="list-style-type: none"> <li>• The exam is written in the form of "multiple choice" test. The limit for the pass mark is 60%. Ratings are from 6-10 (positive) and 5 (negative) relative to the achieved percentage points.</li> <li>• Requirement for the written exam is the positive grade from tutorials in sports nutrition. The grade from the tutorials can affect the final grade.</li> </ul> |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|

**Ocenjevalna lestvica:**
**Grading system:**

|  |  |
|--|--|
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**Reference nosilca/Lecturer's references:**

Edvin Dervišević, Vidmar Jože. Vodič športne prehrane. Ljubljana: Fakulteta za šport, 2009. 216 str., - visokošolski učbenik z recenzijo

# ŠPORTNO PLEZANJE 1

## UČNI NAČRT PREDMETA/COURSE SYLLABUS

|                                   |                    |
|-----------------------------------|--------------------|
| <b>Predmet:</b>                   | Športno plezanje 1 |
| <b>Course title:</b>              | Sports climbing 1  |
| <b>Članica nosilka/UL Member:</b> | UL FŠ              |

| Študijski programi in stopnja                   | Študijska smer                  | Letnik | Semestri    | Izbirnost |
|-------------------------------------------------|---------------------------------|--------|-------------|-----------|
| Kineziologija, prva stopnja, univerzitetni      | Ni členitve (študijski program) |        | 1. semester | izbirni   |
| Športna vzgoja, prva stopnja, univerzitetni     | Ni členitve (študijski program) |        | 1. semester | izbirni   |
| Športno treniranje, prva stopnja, univerzitetni | Ni členitve (študijski program) |        | 1. semester | izbirni   |

|                                                            |         |
|------------------------------------------------------------|---------|
| <b>Univerzitetna koda predmeta/University course code:</b> | 0090448 |
| <b>Koda učne enote na članici/UL Member course code:</b>   | 698     |

| Predavanja<br>/Lectures | Seminar<br>/Seminar | Vaje<br>/Tutorials | Klinične vaje<br>/Clinical<br>tutorials | Druge oblike<br>študija<br>/Other forms<br>of study | Samostojno<br>delo<br>/Individual<br>student work | ECTS |
|-------------------------|---------------------|--------------------|-----------------------------------------|-----------------------------------------------------|---------------------------------------------------|------|
| 15                      |                     | 45                 |                                         |                                                     | 60                                                | 4    |

|                                   |            |
|-----------------------------------|------------|
| <b>Nosilec predmeta/Lecturer:</b> | Blaž Jereb |
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| <b>Vrsta predmeta/Course type:</b> | splošni izbirni/general selective |
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| <b>Jeziki/Languages:</b> | Predavanja/Lectures: | Slovenščina |
|                          | Vaje/Tutorial:       | Slovenščina |

|                                                                              |                                     |
|------------------------------------------------------------------------------|-------------------------------------|
| <b>Pogoji za vključitev v delo oz. za opravljanje študijskih obveznosti:</b> | <b>Prerequisites:</b>               |
| Vpis v 3. letnik.                                                            | Enrolment in the 3rd year of study. |

|                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |
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| <b>Vsebina:</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           | <b>Content (Syllabus outline):</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |
| <ul style="list-style-type: none"> <li>Zgodovina in organizacija športnega plezanja: začetki športnega plezanja, pomembni mejniki pri razvoju športnega plezanja, znani športni plezalci doma in v svetu, mesto Komisije za športno plezanje v PZS in v mednarodni organizaciji.</li> <li>Vrste in pravila športnega plezanja: definicija športnega plezanja, discipline športnega plezanja in njihova pravila</li> <li>Tekmovanja: raven, kategorije težavnostnih, hitrostnih in balvanskih tekmovanj.</li> <li>Vpliv športnega plezanja na človeka: na razvoj gibalnih sposobnosti na razvoj in ohranjanje funkcionalnih sposobnosti, na osebnostne in socialne značilnosti.</li> </ul> | <ul style="list-style-type: none"> <li>History and organization of sport climbing.</li> <li>Sports climbing types and rules.</li> <li>Competitions.</li> <li>The impact of sports climbing on humans.</li> <li>Physical fitness preparation for sport climbing.</li> <li>Nutrition at sports climbing.</li> <li>Injuries.</li> <li>Climbing areas and routes.</li> <li>Artificial climbing walls.</li> <li>Ethical codex of sport climbers.</li> <li>Protecting the environment, cultural and natural heritage.</li> <li>The shapes of walls.</li> <li>Mental preparation.</li> </ul> |

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|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <ul style="list-style-type: none"> <li>• Kondicijska priprava za športno plezanje: načelo postopnosti in primerne obremenitve, metode za razvoj moči rok in ramenskega obroča, metode za povečanje gibljivosti, razvoj koordinacije s situacijsko vadbo, metode za izboljšanje srčno žilnega in dihalnega sistema</li> <li>• Prehrana pri športnem plezanju: primernost ogljikovo hidratne prehrane, pomen tekočine, negativni vplivi alkohola in drugih škodljivih poživil.</li> <li>• Poškodbe pri športnem plezanju: postopki za preprečevanje poškodb, odpravljanje poškodb, nudenje prve pomoči pri poškodbah.</li> <li>• Plezališča in smeri: lega plezališč, vrste kamenine in njene značilnosti, urejanje plezališč, načrtovanje in priprava smeri in izdelava skic in opisov.</li> <li>• Umetne plezalne stene: vrste sten, namen uporabe, materiali za gradnjo sten, makro in mikro lokacija</li> <li>• Etični kodeks športnih plezalcev.</li> <li>• Varovanje okolja, kulturne in naravne dediščine: narodni in drugi parki, zaščita živalstva in rastlinstva v plezališčih in ohranjanje njihovega naravnega ravnotežja, skrb za čisto okolje, spoznavanje naravne in kulturne dediščine in njena zaščita.</li> <li>• Stenske oblike: spoznavanje in uporabljanje pravih slovenskih izrazov za geografske, geološke in druge naravne pojave in oblike (strop, streha, previs, žmula, kapnik, poč, zajeda, kamin, itd).</li> <li>• Psihična priprava: definicija in njen pomen, za plezanje v plezališčih in na tekmovanjih.</li> <li>• Osebna in tehnična oprema: obleka, obutev, plezalni pas, čelada, pomožne vrvice, trakovi, vponke, kompleti, plezalna vrv, kladivo, klini, varovala.</li> <li>• Vrvna tehnika: vozli: osmica, bičev, polbičev, podaljševalni, prusikov, kavbojski, francoski, spuščanje partnerja, spuščanje po vrvi, prevezovanje na sidrišču ali klinu, izdelava varovališča, varovanje.</li> <li>• Varnostni ukrepi: na veliki in mali umetni steni, v plezališču</li> <li>• Taktika in tehnika plezanja: tempo, odmori, pravilo treh-dveh opornih točk, izbira smeri, tehnika prijemanja in stopanja, osnovni položaj plezalca in položaji plezalca v različnih stenskih oblikah, učenje padcev.</li> <li>• Primerne metode dela, učne oblike, didaktični principi in metodi postopki pri poučevanju tehnike gibanja pri športnem plezanju.</li> <li>• Primerne metode dela, učne oblike, didaktični principi in metodi postopki pri posredovanju vrvne tehnike in tehnika varovanja pri športnem plezanju.</li> </ul> | <ul style="list-style-type: none"> <li>• Personal and technical equipment.</li> <li>• Rope techniques.</li> <li>• Security measures.</li> <li>• Climbing tactics and techniques.</li> <li>• Appropriate methods of work, learning forms, didactic principles and methods at teaching the technique of movement in sports climbing.</li> <li>• Appropriate methods of work, learning forms, didactic principles and methodical procedures for the intervention of rope technique and protection technique at sport climbing.</li> </ul> |
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### Temeljna literatura in viri/Readings:

- Goddard, J., U. Neumann. (1994). Performance Rock Climbing. Stackpole Books,
- Mechanicsburg. Malcolm, C. (1998). Rock climbing essentials. Lorenz Books Limited, London.
- Soles, C. (2002). CLIMBING: Training for Peak Performance, The Mountaineers Books, Leicester.
- Leskošek, B. (2003) Osnove športnega plezanja, Fakulteta za šport, Ljubljana.
- Luebben, C. (2004). Rock climbing: Mastering Basic Skills. The mountaineers books, Seattle.
- Mösch, L. (2004). Plezanje kot igra. Modrijan, Ljubljana.
- Burnik, S., Petrovič, D., Gratej, L., Zubin, A., Jereb B.. (2012). ABC dejavnosti v naravi. Univerza v Ljubljani, Fakulteta za šport, Ljubljana, str. 102-135.
- Članki iz specializiranih znanstvenih in strokovnih revij
- Diplomске naloge, magistrska in doktorska dela s področja športnega plezanja.
- Interna literatura, ki jo ima KŠP-PZS.

### Cilji in kompetence:

Cilji predmeta so:

Študenti bodo dobili temeljna znanja za samostojno učenje športnega plezanja v vseh do pol raztežaja dolgih smereh na umetnih stenah in naravnih plezališčih. Poleg tega pa tudi za organizacijo, vodenje in izvajanje vseh vrst tečajev športnega plezanja, ki vključujejo plezanje do pol raztežaja dolgih smeri na umetnih stenah in naravnih plezališčih.

Predmetno specifične kompetence:

- Bodo razumeli športno plezanje kot sredstva za ohranjanje zdravega načina življenja.
- Bodo razumeli športno plezanje kot sredstva za izboljšanje kakovosti življenja.
- Bodo poznali vpliv športnega plezanja na osebne lastnosti.
- Bodo poznali vpliv športnega plezanja na socialni razvoj osebnosti.
- Bodo poznali vpliv športnega plezanja na gibalne in funkcionalne sposobnosti organizma.
- Bodo poznali osnove tehnike in taktike športnega plezanja v do pol raztežaja dolgih smereh.
- Bodo poznali osnove vrhne tehnike za varno športno plezanje v do pol raztežaja dolgih smereh.
- Bodo razumeli in poznali kodeks slovenskih športnih plezalcev.
- Bodo razumeli pokrajino kot območje pomembnih virov pitne vode, obnovljivih virov energije, rudnin, gozda in kmetijskih pridelkov.
- Bodo razumeli in poznali pokrajino kot območje za izvajanje športnega plezanja.

### Objectives and competences:

Objectives:

Students will receive basic knowledge for independent sport climbing on artificial walls and natural climbing areas. They will learn how to organize, manage and implement different kinds of sports climbing courses, in short, up to half pitch long routes on the artificial walls and in natural climbing areas.

Subject-specific competences:

- To understand sports climbing as a means of maintaining a healthy lifestyle.
- To understand sports climbing as a means of improving the quality of life.
- To know the impact of sport climbing on personality traits.
- To know the impact of sport climbing on the social development of the personality.
- To know the impact of sport climbing on the body's functional abilities.
- To know the basics of sporting climbing technique and tactics in up to half pitch long routes.
- To know the basics of rope technique for safe sport climbing in up to half pitch long routes.
- To know and understand the codex of Slovenian sports climbers.

To understand the natural landscape as sensitive area of a source of drinking water, renewable energies, minerals, forests and agricultural products.

### Predvideni študijski rezultati:

Znajo učiti športno plezanje v vseh do pol raztežaja dolgih smereh na umetnih stenah in naravnih plezališčih. Poleg tega pa tudi znajo organizirati, voditi in izvajati vseh vrst tečajev športnega plezanja, ki vključujejo plezanje do pol raztežaja dolgih smeri na umetnih stenah in naravnih plezališčih. Razumejo vlogo vsebine učnega načrta, kot sredstva za izvajanje dejavnosti s področja športnega plezanja.

### Intended learning outcomes:

Students are able to teach sports climbing in up to half-length pitches on artificial walls and natural climbing areas. In addition, they can also organize and carry out all kinds of sports climbing courses, which includes climbing up to half-length pitches on artificial walls and natural climbing walls.

|                                       |                                         |
|---------------------------------------|-----------------------------------------|
| <b>Metode poučevanja in učenja:</b>   | <b>Learning and teaching methods:</b>   |
| Predavanja, vaje in individualno delo | Lectures, exercises and individual work |

|                            |                     |                    |
|----------------------------|---------------------|--------------------|
| <b>Načini ocenjevanja:</b> | <b>Delež/Weight</b> | <b>Assessment:</b> |
| Pisni izpit                | 50,00 %             | Theoretical exam   |
| Praktični izpit            | 50,00 %             | Practical exam     |

|                              |                        |
|------------------------------|------------------------|
| <b>Ocenjevalna lestvica:</b> | <b>Grading system:</b> |
|                              |                        |

**Reference nosilca/Lecturer's references:**

izr. prof. dr. **BLAŽ JEREB**

**JEREB, Blaž.** Primerjava nekaterih antropometrijskih mer in gibalnih sposobnosti med alpinisti in športnimi plezalc. Šport : revija za teoretična in praktična vprašanja športa, ISSN 0353-7455, 2001, let. 49, št. 1, str. 43-46.

**JEREB, Blaž.** Vpliv športnega plezanja na nekatere morfološke značilnosti in gibalne sposobnosti pri plezalcih, starih 14 let = [The effects of sports climbing on some morphological characteristics and motor abilities in 14-year-old-climbers]. Šport : revija za teoretična in praktična vprašanja športa, ISSN 0353-7455, 2001, letn. 49, št. 4, str. 60-62.

TONČIČ, David, **JEREB, Blaž.** Poškodbe in deformacije stopal pri športnem plezanju = Foot injuries and deformations in sport climbing. Šport : revija za teoretična in praktična vprašanja športa, ISSN 0353-7455, 2008, let. 56, št. 1/2, str. 47-50.

BURNIK, Stojan, **JEREB, Blaž.** Heart rate as an indicator of sport climbing intensity. Acta Univ. Palacki. Olomuc., Gymn., 2007, vol. 37, no. 1, str. 63-66.

UŠAJ, Anton, **JEREB, Blaž**, PRITRŽNIK, Robert, DUVILLARD, Serge P. von. The influence of strength-endurance training on the oxygenation of isometrically contracted forearm muscles. Eur. j. appl. physiol. (Print). [Print ed.], 2007, vol. 100, no 6, str. 685-692.

BURNIK, Stojan, PETROVIČ, Dušan, GRATEJ, Luka, ZUBIN, Aldo, **JEREB Blaž.** ABC dejavnosti v naravi. Univerza v Ljubljani, Fakulteta za šport, Ljubljana, 2012, str. 102-135.

# TELESNA DEJAVNOST V PODJETJIH IN JAVNI UPRAVI

## UČNI NAČRT PREDMETA/COURSE SYLLABUS

|                           |                                               |
|---------------------------|-----------------------------------------------|
| <b>Predmet:</b>           | Telesna dejavnost v podjetjih in javni upravi |
| <b>Course title:</b>      |                                               |
| <b>Članica nosilka/UL</b> | UL FŠ                                         |
| <b>Member:</b>            |                                               |

| Študijski programi in stopnja                                                            | Študijska smer                  | Letnik | Semestri  | Izbirnost |
|------------------------------------------------------------------------------------------|---------------------------------|--------|-----------|-----------|
| Kineziologija, prva stopnja, univerzitetni                                               | Ni členitve (študijski program) |        | Celoletni | izbirni   |
| Športna vzgoja, prva stopnja, univerzitetni                                              | Ni členitve (študijski program) |        | Celoletni | izbirni   |
| Športno treniranje, prva stopnja, univerzitetni<br>(od študijskega leta 2025/2026 dalje) | Ni členitve (študijski program) |        | Celoletni | obvezni   |

|                                                            |         |
|------------------------------------------------------------|---------|
| <b>Univerzitetna koda predmeta/University course code:</b> | 0090451 |
| <b>Koda učne enote na članici/UL Member course code:</b>   | 1126    |

| Predavanja<br>/Lectures | Seminar<br>/Seminar | Vaje<br>/Tutorials | Klinične vaje<br>/Clinical<br>tutorials | Druge oblike<br>študija<br>/Other forms<br>of study | Samostojno<br>delo<br>/Individual<br>student work | ECTS |
|-------------------------|---------------------|--------------------|-----------------------------------------|-----------------------------------------------------|---------------------------------------------------|------|
| 45                      | 45                  | 30                 |                                         | 15                                                  | 135                                               | 9    |

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| <b>Nosilec predmeta/Lecturer:</b> | Damir Karpljuk |
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| <b>Vrsta predmeta/Course type:</b> | splošni izbirni/general selective |
|------------------------------------|-----------------------------------|

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|--------------------------|----------------------|-------------|
| <b>Jeziki/Languages:</b> | Predavanja/Lectures: | Slovenščina |
|                          | Vaje/Tutorial:       | Slovenščina |

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

|                   |  |
|-------------------|--|
| Vpis v 3. letnik. |  |
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### Vsebina:

Predmet zajema:

- promocija zdravja na delovnem mestu
- zdrav življenjski slog
- obremenitve in preobremenitve na delovnem mestu
- kronične bolezni pogojene z delom
- absentizem in poklicne bolezni
- stresni dejavniki in soočanje s stresom na delovnem mestu
- reševanje konfliktnih situacij na delovnem mestu
- ergonomija delovnega mesta
- telesna dejavnost na delovnem mestu

### Content (Syllabus outline):

The subject covers:

- health promotion at the workplace
- healthy lifestyle
- Loads and overloads at the workplace
- Work-related chronic diseases
- absenteeism and occupational diseases
- stress factors and coping with stress at the workplace
- solving conflict situations at the workplace
- ergonomics of the workplace
- physical activity at the workplace
- physical exercise in leisure, as a prevention of workloads

|                                                                                                                                                                                                                                               |                                                                                                                                                                       |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <ul style="list-style-type: none"> <li>• telesna dejavnost v prostem času , kot preventiva na delovne obremenitve</li> <li>• telesna dejavnost s pripomočki</li> <li>• načrtovanje in izvedba vadbenih programov v delovnem okolju</li> </ul> | <ul style="list-style-type: none"> <li>• Physical activity with accessories</li> <li>• planning and implementing training programs in the work environment</li> </ul> |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------|

### Temeljna literatura in viri/Readings:

- Bratina, D. (2002). Zdravstvene težave zaposlenih pri delu z računalnikom. *Delo + varnost*, 47(1), 20–25.
- Thorn, S., Forsman, M., Zhang, Q.X. in Taoda, K. (2002). Low-threshold motor unit activity during a 1-h static contraction in the trapezius muscle. *International Journal of Industrial Ergonomics*, 30(4–5), 225–236.
- Fikfak-Dodič, M. (2002). Promocija zdravja na delovnem mestu – profit delavca in delodajalca. *Kadri, (marec)*, 36–41.
- Mišigoj-Duraković, M. (2003). *Telesna vadba in zdravje: znanstveni dokazi, stališča in priporočila*. Ljubljana: Zveza društev športnih pedagogov Slovenije. Fakulteta za šport: Zavod za šport Slovenije: Zagreb: Kineziološka fakulteta.
- Karpljuk, Damir, Hadžić, Vedran, Gjura Kaloper, Vlasta, Videmšek, Mateja, Dervišević, Edvin, Cecić Erpič, Saša, Hrovat, Andreja, Adamič, Klemen, Rešetar, Vanja, Rožman, Franc. *Sladkorna bolezen, gibanje in šport*. Ljubljana: Zveza društev diabetikov Slovenije, 2004. VII, 124 str., ilustr., preglednice. ISBN 961-91389-0-2. [COBISS.SI-ID 213808128]
- Karpljuk, Damir. *Vadba za boljše zdravje*. Krško: Dren, 2001. 51 str., ilustr. [COBISS.SI-ID 1815729]
- Karpljuk, Damir, Videmšek, Mateja, Zajc, Martina. *Možnosti povezovanja športnih in zdravstvenih vsebin v osnovni šoli*. Ljubljana: Fakulteta za šport, Inštitut za šport, 2003. 109 str., ilustr. ISBN 961-6405-63-2. [COBISS.SI-ID 128122624]
- Karpljuk, Damir, Hadžić, Vedran (ur.). *Soočanje z osteoporozo*. Krško: Počitniška skupnost, 2005. ISBN 961-238-430-4. [COBISS.SI-ID 219568896]
- DERVIŠEVIĆ, Edvin, HADŽIĆ, Vedran, KARPLJUK, Damir, RAĐO, Izet. The influence of different ranges of motion testing on the isokinetic strength of the quadriceps and hamstrings. *Isokinetics and exercise science*, ISSN 0959-3020, 2006, vol. 14, no. 3, 269-278.  
[http://iospress.metapress.com/\(qgukhk45p4xis055yzxoyc45\)/app/home/contribution.asp?referrer=parent&backto=issue,9,11;journal,1,30;linkingpublicationresults,1:103163,1](http://iospress.metapress.com/(qgukhk45p4xis055yzxoyc45)/app/home/contribution.asp?referrer=parent&backto=issue,9,11;journal,1,30;linkingpublicationresults,1:103163,1). [COBISS.SI-ID 2781105]
- Polanc, T. (2007). Pisarniško delovno okolje z vidika varnosti in zdravja pri delu. *Delo + varnost*, 52(4), 6–12.
- MLINAR, Suzana, BILBAN, Marjan, TOMORI, Martina, VIDEMŠEK, Mateja, KARPLJUK, Damir. Športna dejavnost in prehranske navade medicinskih sester, zaposlenih na intenzivnih enotah Kliničnega centra v Ljubljani = Sport activity and eating habits of nurses employed in intensive care units of the Ljubljana medical centre. *Šport*, ISSN 0353-7455, 2007, letn. 55, št. 2, str. 74-80, tabela, graf. prikaza. [COBISS.SI-ID 3047857]
- MLINAR, Suzana (urednik), KARPLJUK, Damir (urednik), VIDEMŠEK, Mateja (urednik), ŠTIHEC, Jože (urednik). *Športna dejavnost medicinskih sester*. Ljubljana: Fakulteta za šport, Inštitut za kineziologijo, 2008. 232 str., ilustr., tabele. ISBN 978-961-6583-57-2. [COBISS.SI-ID 238775808]
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#### Cilji in kompetence:

- Poznavanje različnih delovnih pogojev v podjetjih in javni upravi: statično sedeče delo, enostranske obremenitve, delo z računalnikom, ergonomija delovnega mesta, medosebni odnosi zaposlenih, odnosi s strankami oz. uporabniki storitev
- Poznavanje z delom pridobljenih poklicnih (kroničnih) bolezni
- Razumevanje pomena promocije zdravja na delovnem mestu in v delovnem okolju
- Poznati bistvene cilje promocije zdravja na delovnem mestu: omogočiti zdravo in varno

#### Objectives and competences:

- Knowledge of different working conditions in companies and the public administration: static sitting work, one-sided workloads, computer work, worker ergonomics, employee relationships, customer relationships, service users
- Knowledge of the work of acquired occupational (chronic) diseases
- Understanding the importance of health promotion in the workplace and in the workplace
- To know the essential goals of health promotion in the workplace: to provide a healthy and safe working environment, to maintain working capacity and to

|                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |
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| <p>delovno okolje, ohranjati delovno sposobnost in zmanjšati prezgodnje upokojevanje in pretirano odsotnost z dela zaradi bolezni, preprečiti poškodbe pri delu, poklicne bolezni ali bolezni, ki bi bile povzročene ali vplivane z delom, okoljem, življenjskim stilom ali socialnim determinantami, omogočiti optimalno ravnotežje med ekonomskim interesom na eni strani in delovno zmožnostjo na drugi strani za vse zaposlene, ohraniti splošno življenjsko okolje, omogočiti proizvodnjo zdravih in okolju prijaznih produktov za ljudi</p> <ul style="list-style-type: none"> <li>• Razumeti prednosti promocije zdravja: skrajšanje bolniškega staleža, zmanjšanje št. poškodb pri delu, znižanje stroškov zdravljenja bolezni in poškodb pri delu, boljša delovna klima, manj predčasnega (invalidskega) upokojevanja, manjša fluktuacija delovne sile, večja produktivnost, boljša kakovost dela ter izdelkov in storitev, večje zadovoljstvo zaposlenih in strank, boljši ugled podjetja.</li> <li>• Poznavanje osnovnih vadbenih vsebin, ki so primerne za vadbo na delovnem mestu in v delovnem okolju</li> <li>• Poznavanje vadbenih vsebin za adipozno populacijo in populacijo z že obstoječimi kroničnimi boleznimi</li> <li>• Poznavanje vadbenih pripomočkov, primernih za vadbo na delovnem mestu in v delovnem okolju</li> <li>• Razumevanje načrtovanja in izvajanja vadbenih programov na delovnem mestu in v delovnem okolju</li> </ul> | <p>reduce premature retirement and excessive absence from work due to illness, to prevent injuries at work, occupational diseases or diseases that would be caused or affected by work, environment, lifestyle or social determinants, to provide the optimum balance between the economic interest on the one hand and the working capacity on the other hand for all employees, to maintain the overall living environment, to enable the production of healthy and environmentally friendly products for people</p> <ul style="list-style-type: none"> <li>• Understand the benefits of health promotion: shortening hospital stocks, reducing n. injuries at work, reduction of costs of treatment of diseases and injuries at work, better working climate, less early (disability) retirement, lower labor force fluctuation, higher productivity, better quality of work and products and services, greater satisfaction of employees and clients, better reputation of the company.</li> <li>• Knowing basic training content that is appropriate for workplace and workplace workouts</li> <li>• Knowledge of training contents for the adipose population and the population with pre-existing chronic diseases</li> <li>• Knowledge of training tools suitable for workplace and workplace workouts</li> <li>• Understanding the planning and implementation of work-place and workplace training programs</li> </ul> |
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#### **Predvideni študijski rezultati:**

|                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |
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| <p>Znanje in razumevanje:</p> <ul style="list-style-type: none"> <li>• Usposobiti kandidate za samostojno načrtovanje in vodenja programov športne dejavnosti na delovnem mestu in v delovnem okolju.</li> <li>• Razumeti načine in možnosti, ki so povezani s promocijo zdravja na delovnem mestu.</li> <li>• Razumevati problematiko dejavnikov, ki so proizvod vsakodnevnih obremenitev na delovnem mestu: stres, mikropoškodbe čutil, poklicne bolezni, bolečine v vratu, glavobole, bolečine v ramenih, rokah, hrbtenici, kolkih, kolenih, stopalih, ...</li> <li>• Poznavanje posebnosti posameznega delovnega okolja in implementacija vadbenih programov</li> </ul> |
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#### **Intended learning outcomes:**

|                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p>Knowledge and Understanding:</p> <ul style="list-style-type: none"> <li>• To train candidates for independent planning and management of sports activities in the workplace and in the working environment.</li> <li>• Understand the ways and opportunities associated with promoting health at work.</li> <li>• Understand the problem of factors that are the product of daily workloads in the workplace: stress, microwave damage, occupational diseases, neck pain, headaches, shoulder pain, arms, spine, hips, knees, feet, ...</li> <li>• Knowledge of the specific features of a particular work environment and implementation of training programs</li> </ul> |
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#### **Metode poučevanja in učenja:**

|                                                                                                                                                               |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <ul style="list-style-type: none"> <li>• Predavanje,</li> <li>• seminarji,</li> <li>• vaje,</li> <li>• druge oblike študija: hospitacije, nastopi.</li> </ul> |
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#### **Learning and teaching methods:**

|                                                                                                                                                                 |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p>Lecture,</p> <ul style="list-style-type: none"> <li>• seminars,</li> <li>• exercises,</li> <li>• other forms of study: hospitations, performances</li> </ul> |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------|

#### **Načini ocenjevanja:**

#### **Delež/Weight Assessment:**

|                   |         |                     |
|-------------------|---------|---------------------|
| pisni izpit       | 70,00 % | written examination |
| seminarska naloga | 15,00 % | seminar work        |
| nastop            | 15,00 % | performance         |

#### Ocenjevalna lestvica:

#### Grading system:

|  |  |
|--|--|
|  |  |
|--|--|

#### Reference nosilca/Lecturer's references:

**Prof. dr. DAMIR KARPLJUK** je na Fakulteti za šport diplomiral leta 1994, magistriral leta 1996, doktoriral pa leta 1999. V naziv docent je bil izvoljen leta 2001, v naziv izredni profesor za področje znanost o športu – kineziologija leta 2006, v naziv redni profesor pa 21. 6. 2011.

Je predstojnik Katedre za športno dejavnost posameznikov s posebnimi potrebami. Njegova bibliografija obsega preko 900 bibliografskih enot.

Znanstveno-raziskovalno delo je usmeril na področje pedagogike in didaktike športa, športne dejavnosti oseb s posebnimi potrebami, predšolske športne vzgoje in borilnih športov. Sodeloval je v raziskovalnih projektih, ki so bili usmerjeni na proučevanje otrok in mladine, kot tudi posameznikov s posebnimi potrebami ter oseb odvisnih od drog. V prvi skupini mednarodnih znanstvenih revij ima objavljenih 40 znanstvenih člankov, od tega 12 v revijah, ki jih indeksira SCI ali SSCI in 29 normiranih čistih citatov. Objavil je 67 dokumentiranih referatov, od tega 30 doma in 37 v tujini. Kot avtor oz. soavtor je objavil 5 znanstvenih monografij in 34 delov znanstvenih monografij.

Damir Karpljuk je avtor oz. soavtor 11 učbenikov, od tega treh univerzitetnih, študijskih gradiv in videokaset. Bil je mentor 132 študentom in somentor 35 študentom pri izdelavi diplomskega dela, mentor 6 študentkam na podiplomskem študiju, trem pri doktoratu in trem pri magisteriju ter somentor pri enem magisteriju. Od leta 2003 je vabljeni predavatelj Univerze v Sarajevu, Fakulteta sporta i tjelesnog odgoja.

#### Nagrade in priznanja

Za nadpovprečne študijske rezultate, Nagrada Roka Petroviča, Sklad Roka Petroviča, Fakulteta za šport, Ljubljana, 1994

Special award of ph.d. Section, Hungarian University of physical education on the 13th International congress on sport sciences, 17. May, 1998, Budapest for article Intensity of Effort of Preschool Children during their Physical Educational Class

#### Najpomembnejša dela

**Karpljuk, Damir, Hadžić, Vedran, Gjura Kaloper, Vlasta, Videmšek, Mateja, Dervišević, Edvin, Ceci Erpič, Saša, Hrovat, Andreja, Adamič, Klemen, Rešetar, Vanja, Rožman, Franc.** *Sladkorna bolezen, gibanje in šport*.

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**Karpljuk, Damir.** *Vadba za boljše zdravje*. Krško: Dren, 2001. 51 str., ilustr. [COBISS.SI-ID 1815729]

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DERVIŠEVIĆ, Edvin, HADŽIĆ, Vedran, **KARPLJUK, Damir, RAĐO, Izet.** The influence of different ranges of motion testing on the isokinetic strength of the quadriceps and hamstrings. *Isokinetics and exercise science*, ISSN 0959-3020, 2006, vol. 14, no. 3, 269-278.

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MLINAR, Suzana, BILBAN, Marjan, TOMORI, Martina, VIDEMŠEK, Mateja, **KARPLJUK, Damir.**

Športna dejavnost in prehranske navade medicinskih sester, zaposlenih na intenzivnih enotah Kliničnega centra v Ljubljani = Sport activity and eating habits of nurses employed in intensive care units of the Ljubljana medical centre. *Šport*, ISSN 0353-7455, 2007, letn. 55, št. 2, str. 74-80, tabela, graf. prikaza. [COBISS.SI-ID 3047857]

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MEŠKO, Maja, VIDEMŠEK, Mateja, **KARPLJUK**, Damir, MEŠKO ŠTOK, Zlatka, PODBREGAR, Iztok. Occupational stress among Slovene managers with respect to their participation in recreational sport activities = Stres na delovnem mestu pri slovenskih managerjih glede na udeležbo pri športnih dejavnostih. *Zdravstveno varstvo*, ISSN 0351-0026. [Tiskana izd.], 2010, letn. 49, št. 3, str. 117-123. <http://versita.metapress.com/content/v76p381772w14p22/fulltext.pdf>, doi: 10.2478/v10152-010-0012-y. [COBISS.SI-ID 3831473]

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# TELESNI IN GIBALNI RAZVOJ OTROK IN MLADINE

## UČNI NAČRT PREDMETA/COURSE SYLLABUS

|                                   |                                                     |
|-----------------------------------|-----------------------------------------------------|
| <b>Predmet:</b>                   | Telesni in gibalni razvoj otrok in mladine          |
| <b>Course title:</b>              | Somatic and motor development of children and youth |
| <b>Članica nosilka/UL Member:</b> | UL FŠ                                               |

| Študijski programi in stopnja               | Študijska smer                  | Letnik    | Semestri    | Izbirnost |
|---------------------------------------------|---------------------------------|-----------|-------------|-----------|
| Kineziologija, prva stopnja, univerzitetni  | Ni členitve (študijski program) | 2. letnik | 2. semester | obvezni   |
| Športna vzgoja, prva stopnja, univerzitetni | Ni členitve (študijski program) | 2. letnik | 2. semester | obvezni   |

|                                                            |         |
|------------------------------------------------------------|---------|
| <b>Univerzitetna koda predmeta/University course code:</b> | 0042632 |
| <b>Koda učne enote na članici/UL Member course code:</b>   | 599     |

| Predavanja<br>/Lectures | Seminar<br>/Seminar | Vaje<br>/Tutorials | Klinične vaje<br>/Clinical<br>tutorials | Druge oblike<br>študija<br>/Other forms<br>of study | Samostojno<br>delo<br>/Individual<br>student work | ECTS |
|-------------------------|---------------------|--------------------|-----------------------------------------|-----------------------------------------------------|---------------------------------------------------|------|
| 45                      | 0                   | 0                  | 0                                       | 0                                                   | 45                                                | 3    |

|                                   |              |
|-----------------------------------|--------------|
| <b>Nosilec predmeta/Lecturer:</b> | Gregor Starc |
|-----------------------------------|--------------|

|                                    |                    |
|------------------------------------|--------------------|
| <b>Vrsta predmeta/Course type:</b> | obvezni/compulsory |
|------------------------------------|--------------------|

|                          |                      |             |
|--------------------------|----------------------|-------------|
| <b>Jeziki/Languages:</b> | Predavanja/Lectures: | Slovenščina |
|                          | Vaje/Tutorial:       | Slovenščina |

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

**Prerequisites:**

|                          |                                       |
|--------------------------|---------------------------------------|
| Vpis v 2. letnik študija | Enrolment in the second year of study |
|--------------------------|---------------------------------------|

### Vsebina:

Predmet predstavlja osnovne zakonitosti in specifičnosti razvoja telesnih razsežnosti s posebnim poudarkom na poznavanju trendov sprememb prekomerne telesne teže in debelosti pri otrocih in mladini v Republiki Sloveniji, v državah EU in svetu. Posredovane bodo zakonitosti razvoja gibalnih sposobnosti in predstavljene njihove povezave s telesnimi značilnostmi in z drugimi razsežnostmi bio-psiho-socialnega statusa otrok in mladine v različnih starostnih obdobjih, trendi sprememb posameznih telesnih in gibalnih razsežnosti slovenskih otrok in mladine v obdobju od leta 1970 do danes, primerjave z Evropo in svetom.

#### Temeljna vsebinska področja:

- Definicija telesnega in gibalnega razvoja
- Zgodnji telesni in gibalni razvoj

### Content (Syllabus outline):

The course presents the basic rules and specifics of the development of somatic dimension with a special emphasis on trends in changes of overweight and obesity in children and youth in the Republic of Slovenia in the EU and around the world. It presents the principles of the development of motor skills and demonstrate their connection with the somatic characteristics and other dimensions of bio-psycho-social status of children and youth in different age periods, trends, changes in the somatic and motor dimensions of Slovenian children and youth in the period from 1970 until today, comparisons with Europe and the world.

#### The basic subject areas:

- Definition of somatic and motor development
- Early somatic and motor development

|                                                                                                                                                                                                                                                                                                                                                                                           |                                                                                                                                                                                                                                                                                                                                                                                                            |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <ul style="list-style-type: none"> <li>• Glavni dejavniki razvoja otrok in mladine</li> <li>• Antropometrijski razvoj otrok in mladine z diagnostiko prehranjenosti in rasti</li> <li>• Telesna dejavnost otrok in mladine z metodami raziskovanja</li> <li>• Razvoj gibalnih sposobnosti z diagnostiko gibalne učinkovitosti</li> <li>• Sistem SLOfit – Športnovzgojni karton</li> </ul> | <ul style="list-style-type: none"> <li>• The main developmental factors of children and youth</li> <li>• Anthropometric development of children and youth with obesity and growth diagnostics</li> <li>• Physical activity of children and youth with research methods</li> <li>• Motor development with diagnostics of physical efficiency</li> </ul> <p>The SLOfit System – Sports Educational Chart</p> |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|

### Temeljna literatura in viri/Readings:

Malina, R. M., Bouchard, C. (1991). Growth, maturation, and physical activity. Illinois: Human Kinetics.

Wilmore, J. H., Costill D. L. (1994). Physiology of Sport and Exercise. Illinois: Human Kinetics.

Strel, J., Ambrožič, F., Kondrič, M., Kovač, M., Leskošek, B., Štihec, J. in Šturm, J. (1996). Športnovzgojni karton. Ljubljana: Ministrstvo za šolstvo in šport.

Strel, J., Kovač, M., Rogelj, A., Leskošek, B., Jurak, G., Starc, G., Majerič, M., Kolenc, M. (2003). Ovrednotenje spremljave gibalnega in telesnega razvoja otrok in mladine v šolskem letu 2001 – 2002 in primerjava nekaterih parametrov športnovzgojnega kartona s šolskim letom 2000 – 2001 ter z obdobjem 1990 – 2000. Ljubljana: Zavod za šport Slovenije.

Strel, J., Kovač, M., Jurak, G., Bednarik, J., Leskošek, B., Strac, G., Majerič, M., Filipčič, T. (2003). Nekateri morfološki, motorični, funkcionalni in zdravstveni parametri otrok in mladine v Sloveniji v letih 1990 – 2000. Ljubljana: Fakulteta za šport: Inštitut za kineziologijo.

Mišigoj – Duraković, M. s sodelavci (2003). Telesna vadba in zdravje. Znanstveni dokazi, stališča in priporočila. Ljubljana: Zveza društev športnih pedagogov Slovenije, Zavod za šport Slovenije, Fakulteta za šport.

Brettschneider, W. B., Naul, R. (2007). Obesity in Europe. Young people s physical activity and sedentary lifestyles. Strel, J., M. Kovač, G., Jurak. Physical and motor development, sport activities and lifestyles of Slovenian children and youth – changes in the last few decades. Peter Lang GmbH

Hoffman, J. (2006). Norms for Fitness, Performance, and Health. New Jersey: Human Kinetics

Strel, J., Starc, G. in Kovač, M. (2007). Podatkovna zbirka športnovzgojni karton - poročilo za šolsko leto 2006/2007 in nekatere primerjave s šolskim letom 2005/2006. Ljubljana: Fakulteta za šport.

Škof, B. (2007). Šport po meri otrok in mladostnikov. Pedagoško-psihološki in biološki vidiki kondicijske vadbe mladih. Ljubljana: Univerza v Ljubljani, Fakulteta za šport

Kovač, M., Jurak, G., Starc, G., Strel J., (2007). Šport in življenjski stili slovenskih otrok in mladine. Ljubljana: Univerza v Ljubljani, Fakulteta za šport, Zveza društev športnih pedagogov Slovenije.

### Cilji in kompetence:

Študenti spoznajo človekove telesne značilnosti in gibalne sposobnosti, različne modele gibalnih sposobnosti, merske naloge in postopke za ugotavljanje stanja ter zakonitosti telesnega in gibalnega razvoja človeka, posebej pa še otrok in mladine glede na starost in spol. Seznanijo se z vlogo spremljave telesnega in gibalnega razvoja v šolskem kurikulumu (obvezna podatkovna zbirka, sklop ugotavljanje, spremljanje in vrednotenje). Spoznajo prednosti in pomanjkljivosti različnih merskih nalog in postopkov za ugotavljanje telesnih značilnosti in gibalnih sposobnosti ter njihovo povezanost z drugimi razsežnostmi bio-psihosocialnega statusa otrok in mladine. Razumejo zakonitosti sprememb posamezne razsežnosti glede na starost in spol. Seznanijo se s spremljavo teh razsežnosti v Sloveniji od leta 1970, s trendi sprememb ter spoznajo primerjave z državami EU in svetom.

### Objectives and competences:

Students learn about the human somatic characteristics and motor abilities, different models of motor abilities, test batteries and procedures for determining the status and characteristics of somatic and motor development of humans, and especially children and youth regardless of age and gender. Get acquainted with the role of monitoring somatic and motor development in the school curriculum (compulsory database, a identifying, monitoring and evaluation in the PE curriculum). Learn about the advantages and disadvantages of various test batteries and procedures for determining physical characteristics and motor abilities and their relation to other dimensions of bio-psycho-social status of children and youth. Understand the characteristics of changes of each dimension according to age and gender. Get acquainted with the monitoring of these dimensions in Slovenia since 1970, with trends and have a comparison with other EU countries and the world.

**Predvideni študijski rezultati:**

*Znanje in razumevanje:*  
Razumeli bodo dejavnike, ki vlivajo na telesni in gibalni razvoj in prepoznali soodvisnost telesnega in gibalnega razvoja v različnih razvojnih fazah odraščanja otrok in mladine ter njuno povezanost z drugimi razsežnostmi otrokovega bio-psiho-socialnega statusa. Prepoznali bodo ključne dejavnike, ki določajo gibalno učinkovitost v različnih razvojnih obdobjih. Razumeli bodo povezanost telesnega in gibalnega razvoja ter vpliv spremenjenih življenjskih stilov otrok in mladine na telesni in gibalni razvoj v zadnjih desetletjih. Spoznali bodo različne merske naloge za merjenje telesnih značilnosti in gibalnih sposobnosti.

*Uporaba:*  
Z analizo podatkov o telesnem in gibalnem razvoju bodo znali načrtovati delo ter prepoznati nadarjene in tiste, ki imajo motnje v telesnem in gibalnem razvoju.

*Refleksija:*  
Kritično bodo ovrednotili uporabo posameznih merskih nalog (glede na razvojno stopnjo otrok in trende sprememb telesnega in gibalnega razvoja v zadnjih desetletjih v Sloveniji in svetu) ter vplive sprememb v družbi in načinih preživljanja prostega časa na telesni in gibalni razvoj odraščajočega posameznika.

*Prenosljive spretnosti:*  
Znali bodo identificirati razloge za razvojne spremembe telesnega in gibalnega razvoja.

**Intended learning outcomes:**

*Knowledge and understanding:*  
They will understand the factors that influence the somatic and motor development and recognize the interdependence of somatic and motor development in different developmental stages of development of children and youth and their relationship to the other dimensions of the child's bio-psycho-social status. They identify the key factors that determine the motor efficiency at different developmental stages. They will understand the relationship of physical and motor development, and the impact of changed lifestyles of children and youth in physical and motor development in recent decades. They will learn different test batteries for measuring somatic characteristics and motor abilities.

*Application:*  
By analyzing data on somatic and motor development they will be able to plan the work and identify gifted and those with physical and motor development.

*Reflection:*  
They will be able to critically evaluate the use of various tests (depending on the level of development of children and trends, changes in somatic and motor development in recent decades in Slovenia and abroad) and the effects of changes in society and ways of spending free time on physical and motor development of a growing individual.

*Transferable skills:*  
They will be able to identify the reasons for the developmental changes of somatic and motor development

**Metode poučevanja in učenja:**

Predavanja

**Learning and teaching methods:**

Lectures

**Načini ocenjevanja:**

pisni izpit

**Delež/Weight**

100,00 %

**Assessment:**

examination

**Ocenjevalna lestvica:****Grading system:****Reference nosilca/Lecturer's references:****Izr. prof. dr. Gregor Starc**

Na Fakulteti za šport je diplomiral leta 2000, leta 2004 pa je doktoriral s področja antropologije na Institutum Studiorum Humanitatis – Fakulteti za podiplomski humanistični študij.

Njegovo znanstveno-raziskovalno delo je usmerjeno na področje okoljskih dejavnikov, ki vplivajo na telesni in gibalni razvoja otrok in gibalno kompetentnost otrok, debelost otrok, razvojnih zakonitosti gibalnega razvoja od rojstva do odraslosti in telesne dejavnosti. Deluje kot urednik, član uredniških odborov in recenzent v različnih znanstvenih revijah.

Je svetovalec Svetovne zdravstvene organizacije na področju debelosti otrok.

Assoc. prof. Gregor Starc, Ph.D. graduated from the Faculty of Sport in 2000 and finished his Ph.D. study in anthropology at the Institutum Studiorum Humanitatis – Faculty of Postgraduate Humanistic Study.

His scientific research focuses on the field of environmental factors that affect the somatic and motor development of children and physical competence of children, childhood obesity, developmental characteristics of motor development from birth to adulthood, and physical activity. He works as an editor, a member of editorial boards and reviewer in various scientific journals.

He is a contemporary adviser of the World Health Organisation on childhood obesity.

**Najpomembnejša dela:**

1. STARC, Gregor, SORIĆ, Maroje, et al., JURAK, Gregor (sodelavec pri raziskavi), et al., NCD Risk Factor Collaboration. Contributions of mean and shape of blood pressure distribution to worldwide trends and variations in raised blood pressure : a pooled analysis of 1018 population-based measurement studies with 88.6 million participants. *International journal of epidemiology*, ISSN 1464-3685.
2. ZDEŠAR KOTNIK, Katja, JURAK, Gregor, STARC, Gregor, PUC, Martina, GOLJA, Petra. Use of dietary supplements in differently physically active adolescents. *Journal of food and nutrition research*, ISSN 1336-8672, 2018, vol. 57, no. 3, str. 231-241.
3. SEMBER, Vedrana, MORRISON, Shawnda A., JURAK, Gregor, KOVAČ, Marjeta, STARC, Gregor. Differences in physical activity and academic performance between urban and rural schoolchildren in Slovenia. *Montenegrin Journal of Sports Science and Medicine*, ISSN 1800-8755, March 2018, letn. 7, št. 1, str. 67-72.
4. LUČOVNIK, Miha, STARC, Gregor, GOLJA, Petra, VERDENIK, Ivan, ŠTUCIN GANTAR, Irena. Effects of perinatal factors on body mass index and physical fitness of school-age children = Vpliv perinatalnih dejavnikov na indeks telesne mase in gibalno učinkovitost osnovnošolcev. *Zdravstveno varstvo : Slovenian journal of public health*, ISSN 0351-0026.
5. ROBIČ PIKEL, Tatjana, STARC, Gregor, STREL, Janko, KOVAČ, Marjeta, BABNIK, Janez, GOLJA, Petra. Impact of prematurity on exercise capacity and agility of children and youth aged 8 to 18. *Early human development*, ISSN 0378-3782, 2017, vol. 110, str. 39-45.
6. ZDEŠAR KOTNIK, Katja, JURAK, Gregor, STARC, Gregor, GOLJA, Petra. Faster, stronger, healthier : adolescent-stated reasons for dietary supplementation. *Journal of Nutrition Education and Behavior : the official journal of the Society for Nutrition Education*, ISSN 1499-4046, 2017, vol. 49, iss. 10, str. 817-826.
7. SORIĆ, Maroje, JURAK, Gregor, STARC, Gregor et al., NCD Risk Factor Collaboration. Worldwide trends in blood pressure from 1975 to 2015: a pooled analysis of 1479 population-based measurement studies with 19.1 million participants. *The Lancet*, ISSN 0140-6736. [Print ed.], 2017, vol. 389, iss. 10064, str 37-55.
8. JURAK, Gregor, STARC, Gregor, SORIĆ, Maroje, et al., NCD Risk Factor Collaboration. Worldwide trends in body-mass index, underweight, overweight, and obesity from 1975 to 2016 : a pooled analysis of 2416 population-based measurement studies in 128.9 million children, adolescents, and adults. *The Lancet*, ISSN 0140-6736.
9. STARC, Gregor, GRIL, Maša, ČERNILEC, Primož. Academic performance of the most and least physically efficient children. *Sodobna pedagogika*, ISSN 0038-0474, jul. 2017, letn. 68 = 134, št. 2, str. 34-48, 130-144.
10. KYRIAZIS, Dimosthenis, AUTEXIER, Serge, BRONDINO, Iván, JURAK, Gregor, STANIMIROVIĆ, Dalibor, STARC, Gregor, et al. CrowdHEALTH : holistic health records and big data analytics for health policy making and personalized health. *Studies in health technology and informatics*, ISSN 0926-9630, 2017, vol. 238, str. 19-23.
11. STARC, Gregor, KLINČAROV, Ilija. Growth and nutritional status of migrant and minority children : the case of Macedonian and Albanian children in Slovenia and Macedonia. *Anthropological notebooks*, ISSN 1408-032X.
12. JURAK, Gregor, STARC, Gregor, SORIĆ, Maroje et al., NCD Risk Factor Collaboration. A century of trends in adult human height. *eLife*, ISSN 2050-084X, 26. Jul. 2016, no. 5, str. 1-29.
13. WIJNHOFEN, T. M. A., RAAIJ, J. M. A. van, SPINELLI, A., YNGVE, Agneta, LISSNER, Lauren, SPIROSKI, Igor, FARRUGIA SANT'ANGELO, Victoria, PÉREZ-FARINÓS, Napoleón, MARTOS, Éva, HEINEN, Mirjam, KUNEŠOVÁ, Marie, RITO, A. I., HOVENGEN, R., STARC, Gregor, DULEVA, Vesselka, PUDULE, Iveta, PETRAUSKIENE, A., BRAECKEVELT, Lien, HASSAPIDOU, Maria, BREDÁ, J., VAN'T VEER, Pieter. WHO European childhood obesity surveillance initiative : impact of type of clothing worn during anthropometric measurements and timing of the survey on weight and body mass index outcome measures in 6-9-year-old children. *Epidemiology Research International* (Online), ISSN 2090-2980, 2016, vol. 2016.
14. SEMBER, Vedrana, STARC, Gregor, JURAK, Gregor, GOLOBIČ, Mojca, KOVAČ, Marjeta, PAVLETIČ, Poljanka, MORRISON, Shawnda A. Results from the Republic of Slovenia's 2016 report

card on physical activity for children and youth. Journal of physical activity and health, ISSN 1543-3080, 2016, vol. 13, suppl. 2, str. S256-S264.

15. JURAK, Gregor, STARC, Gregor, MIŠIGOJ-DURAKOVIĆ, Marjeta, SORIĆ, Maroje et al., NCD Risk Factor Collaboration. Trends in adult body-mass index in 200 countries from 1975 to 2014 : a pooled analysis of 1698 population-based measurement studies with 19.2 million participants. The Lancet, ISSN 0140-6736.
16. JURAK, Gregor, SORIĆ, Maroje, STARC, Gregor, KOVAČ, Marjeta, MIŠIGOJ-DURAKOVIĆ, Marjeta, BORER, Katarina, STREL, Janko. School day and weekend patterns of physical activity in urban 11-year-olds : a cross-cultural comparison. American journal of human biology, ISSN 1520-6300, March/April 2015, iss. 2, str. 192-200.
17. SORIĆ, Maroje, STARC, Gregor, BORER, Katarina, JURAK, Gregor, KOVAČ, Marjeta, STREL, Janko, MIŠIGOJ-DURAKOVIĆ, Marjeta. Associations of objectively assessed sleep and physical activity in 11-year old children. Annals of human biology, ISSN 1464-5033, January 2015, no. 1, str. 31-37.
18. STARC, Gregor, KOVAČ, Marjeta, STREL, Janko, PAJEK, Maja, GOLJA, Petra, ROBIČ PIKEL, Tatjana, ZDEŠAR KOTNIK, Katja, KOBAL GRUM, Darja, FILIPČIČ, Tjaša, SORIĆ, Maroje, MIŠIGOJ-DURAKOVIĆ, Marjeta, ŠAJBER, Dorica, LESKOŠEK, Bojan, ULAGA, Maja, PINTER, Stanislav, HADŽIĆ, Vedran, ZALETEL, Petra, ZALETEL-KRAGELJ, Lijana, DJOMBA, Janet Klara, JURIČIČ, Mojca, KUKEC, Andreja, PUŠNIK, Vika, GABRIJELČIČ BLENKUŠ, Mojca, GREGORIČ, Matej, FAJDIGA TURK, Vida, PAJEK, Jernej, KOLAR, Edvard, JURAK, Gregor. The ACDSi 2014 - a decennial study on adolescents' somatic, motor, psychosocial development and healthy lifestyle : study protocol. Anthropological notebooks, ISSN 1408-032X.
19. WIJNHOFEN, T. M. A., RAAIJ, J. M. A. van, SPINELLI, A., STARC, Gregor, HASSAPIDOU, Maria, SPIROSKI, Igor, RUTTER, H., MARTOS, Éva, RITO, A. I., HOVENGEN, R., PÉREZ-FARINÓS, Napoleón, PETRAUSKIENE, A., ELDIN, Nazih, BRAECKEVELT, Lien, PUDULE, Iveta, KUNEŠOVÁ, Marie, BREDA, J. WHO European Childhood Obesity Surveillance Initiative : body mass index and level of overweight among 6-9-year-old children from school year 2007/2008 to school year 2009/2010. BMC public health, ISSN 1471-2458, 2014, vol. 14.
20. WIJNHOFEN, T. M. A., RAAIJ, J. M. A. van, SJÖBERG, A., ELDIN, Nazih, YNGVE, Agneta, KUNEŠOVÁ, Marie, STARC, Gregor, RITO, A. I., DULEVA, Vesselka, HASSAPIDOU, Maria, MARTOS, Éva, PUDULE, Iveta, PETRAUSKIENE, A., FARRUGIA SANT'ANGELO, Victoria, HOVENGEN, R., BREDA, J. WHO European childhood obesity surveillance initiative : school nutrition environment and body mass index in primary schools. International journal of environmental research and public health, ISSN 1660-4601, 2014, vol. 11, no. 11, str. 11261-11285.
21. JURAK, Gregor, KOVAČ, Marjeta, STARC, Gregor, STREL, Janko. Support of science for political decisions about physical education in Slovenia. Sportlogia : [scientific-expert journal of antropological aspects of sports, physical education and recreation], ISSN 1986-6089, 2014, vol. 10, iss. 2, str. 55-64.
22. MATEJEK, Črtomir, STARC, Gregor. The relationship between children's physical fitness and gender, age and environmental factors. Annales kinesiologiae, ISSN 2232-2620. [Tiskana izd.], 2013, vol. 4, no. 2, str. 95-108.
23. JURAK, Gregor, KOVAČ, Marjeta, STARC, Gregor. The ACDSi 2013 - the analysis of children's development in Slovenia 2013 : study protocol. Anthropological notebooks, ISSN 1408-032X.
24. KOVAČ, Marjeta, STREL, Janko, JURAK, Gregor, LESKOŠEK, Bojan, DREMELJ, Saša, KOVAČ, Petra, MIŠIGOJ-DURAKOVIĆ, Marjeta, SORIĆ, Maroje, STARC, Gregor. Physical activity, physical fitness levels, daily energy intake and some eating habits of 11-year-old children. V: PRSKALO, Ivan (ur.). EMEE 2012 - Education in the modern European environment : special edition = EMEE 2012 - Odgoj i obrazovanje u suvremenom europskom kontekstu : specijalno izdanje, (Hrvatski časopis za odgoj i obrazovanje, ISSN 1848-5189, ISSN 1848-5650, Specijalno izdanje, = Special edition, vol. 15, no. 1). Zagreb: University of Zagreb, Faculty of teacher education: = Sveučilište u Zagrebu, Učiteljski fakultet. 2013, vol. 15, sp. ed. no. 1, str. 127-139.
25. WIJNHOFEN, T. M. A., RAAIJ, J. M. A. van, SPINELLI, A., RITO, A. I., HOVENGEN, R., KUNESOVA, M., STARC, Gregor, RUTTER, H., SJÖBERG, A., PETRAUSKIENE, A., O'DWYER, U., PETROVA, S., FARRUGIA SANT'ANGELO, Victoria, WAUTERS, M., YNGVE, Agneta, RUBANA, I.-M., BREDA, J. WHO European Childhood Obesity Surveillance Initiative 2008 : weight, height and body mass index in 6-9-year-old children. Pediatric obesity, ISSN 2047-6310, April 2013, vol. 8, iss. 2, str. 79-97.
26. STARC, Gregor, STREL, Janko. Influence of the quality implementation of a physical education curriculum on the physical development and physical fitness of children. BMC public health, ISSN 1471-2458, 2012, vol. 12.

27. STARC, Gregor, STREL, Janko. Is there a rationale for establishing Slovenian body mass index references for school-aged children and adolescents?. Anthropological notebooks, ISSN 1408-032X.
  28. STARC, Gregor, STREL, Janko. Tracking excess weight and obesity from childhood to young adulthood: a 12-year prospective cohort study in Slovenia. Public health nutrition, ISSN 1368-9800, 2011, vol. 14, no. 1, str. 49-55.
- KOVAČ, Marjeta, SLOAN, Stephan, STARC, Gregor. Competencies in physical education teaching: Slovenian teachers' view and future perspectives. European physical education review, ISSN 1356-336X, oct. 2008, vol. 14, no. 3, str. 299-323.

# TEMELJI VADBENEGA PROCESA 1

## UČNI NAČRT PREDMETA/COURSE SYLLABUS

|                                   |                                       |
|-----------------------------------|---------------------------------------|
| <b>Predmet:</b>                   | Temelji vadbenega procesa 1           |
| <b>Course title:</b>              | Basic principles of sports training 1 |
| <b>Članica nosilka/UL Member:</b> | UL FŠ                                 |

| Študijski programi in stopnja                   | Študijska smer                  | Letnik    | Semestri    | Izbirnost |
|-------------------------------------------------|---------------------------------|-----------|-------------|-----------|
| Kineziologija, prva stopnja, univerzitetni      | Ni členitve (študijski program) | 2. letnik | 2. semester | obvezni   |
| Športna vzgoja, prva stopnja, univerzitetni     | Ni členitve (študijski program) | 2. letnik | 2. semester | obvezni   |
| Športno treniranje, prva stopnja, univerzitetni | Ni členitve (študijski program) | 2. letnik | 2. semester | obvezni   |

|                                                            |         |
|------------------------------------------------------------|---------|
| <b>Univerzitetna koda predmeta/University course code:</b> | 0042641 |
| <b>Koda učne enote na članici/UL Member course code:</b>   | 1108    |

| Predavanja<br>/Lectures | Seminar<br>/Seminar | Vaje<br>/Tutorials | Klinične vaje<br>/Clinical<br>tutorials | Druge oblike<br>študija<br>/Other forms<br>of study | Samostojno<br>delo<br>/Individual<br>student work | ECTS |
|-------------------------|---------------------|--------------------|-----------------------------------------|-----------------------------------------------------|---------------------------------------------------|------|
| 30                      | 0                   | 15                 | 0                                       | 0                                                   | 45                                                | 3    |

|                                   |                            |
|-----------------------------------|----------------------------|
| <b>Nosilec predmeta/Lecturer:</b> | Anton Ušaj, Boro Štrumbelj |
|-----------------------------------|----------------------------|

|                                    |                    |
|------------------------------------|--------------------|
| <b>Vrsta predmeta/Course type:</b> | obvezni/compulsory |
|------------------------------------|--------------------|

|                          |                      |             |
|--------------------------|----------------------|-------------|
| <b>Jeziki/Languages:</b> | Predavanja/Lectures: | Slovenščina |
|                          | Vaje/Tutorial:       | Slovenščina |

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

Pridobljena vedenja iz: fiziologije, biomehanike, osnov gibanja

### Prerequisites:

Already reached knowledge of: Physiology, Biomechanics, Basic of movements

### Vsebina:

- VADBA KOT SISTEM IN KOT PROCES**  
Sistem-značilnosti in sestavine  
Pedagoški in tehnološki proces  
Delovanje
- OMEJENOST ČLOVEKOVE ZMOGLJIVOSTI**  
Genotip in fenotip  
Genetske značilnosti in zmogljivost premagovanja napora
- OBREMENITEV**  
Vadbena naloga  
Vadbena količina

### Content (Syllabus outline):

- TRAINING AS SYSTEM AND PROCESS**  
The system, its characteristics, components, as pedagogical and as technological process
- LIMITATIONS OF HUMAN PERFORMANCE**
  - Genotype and phenotype
  - Genetic characteristics and performance
- TRAINING LOAD**  
Exercise  
Training volume  
Training intensity  
Training type
- TRAINING EFFORT (STRESS)**

|                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Vadbena intenzivnost<br>Vadbeni tip<br>Temeljna zveza med intenzivnostjo in trajanjem<br>• <b>NAPOR</b><br>Začetek katabolne faze<br>Ogrevanje<br>Kratkotrajni, največji napor<br>Srednje-trajajoč in največji napor<br>Katabolna faza pri dolgotrajnem naporu<br>Katabolna faza pri super-dolgotrajnem naporu<br>• <b>OMEJITVENI DEJAVNIKI V ŠPORTU</b><br>Teorija limitov<br>Tipični omejitveni dejavniki in njihovi mehanizmi<br>• <b>ODMOR</b><br>Dogajanje po kratkotrajnem in največjem naporu<br>Dogajanje po srednje-trajajočem in največjem naporu<br>Dogajanje po dolgotrajnem naporu<br>• <b>UTRUJENOST</b><br>Pojavne oblike utrujenosti<br>Nekateri mehanizmi utrujenosti | The beginning of catabolic phase<br>Warm up<br>Short-term and maximal effort<br>Moderate duration and maximal intensity exercise<br>Catabolic phase at prolonged exercise<br>Catabolic phase at extreme-long and maximal exercise<br>• <b>THE LIMITING FACTORS</b><br>The theory of limits<br>Typical limiting factors and their mechanisms<br>• <b>RECOVERY INTERVAL</b><br>After short-term and maximal exercise<br>After moderate duration and maximal intensity exercise<br>After prolonged exercise<br>After extreme-long and maximal exercise<br>• <b>FATIGUE</b><br>Different places where fatigue may occur<br>Different mechanisms of fatigue |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|

#### Temeljna literatura in viri/Readings:

- Ušaj A: Osnove športnega treniranja. Fakulteta za šport, Inštitut za šport, Ljubljana 2000
- Ušaj A: Temelji vadbenega procesa, Fakulteta za šport, Inštitut za šport, Ljubljana 2011
- Viru T.: BIOCHEMICAL MONITORING OF TRAINING. Human Kinetics, Champaign IL 2000
- Jakovlev: STRENGTH AND POWER IN SPORT. Human kinetics
- Costill D.L., Gilmore: EXERCISE PHYSIOLOGY, Human Kinetics

#### Cilji in kompetence:

Cilji predmeta so:

- Predstaviti temeljne značilnosti vadbe nasploh.
- Podrobno predstaviti pojave in njihove mehanizme v športni vadbi.
- Zožiti in poglobiti razpršeno vedenje na različnih področjih za razlago mehanizmov, na katerih temelji odziv organizma pred in med naporom ter v odmoru.

Predmetno specifične kompetence:

- Spoznati razumeti in razlikovati temeljne značilnosti vadbe
- Predstaviti teoretične osnove delovanja različno zmogljivih športnikov
- Opozoriti na bistvene razlike med značilnostmi odziva na obremenitev različno treniranih.

#### Objectives and competences:

Objectives:

- Presenting basic characteristics of sport training
- Description of characteristic phenomena in sports training.
- Concentrating knowledge from different disciplines for description of mechanisms during exercise and during recovery.

Specific competences:

- Recognition and understanding the characteristics of training process.
- Describing differences between more and less trained subjects.

#### Predvideni študijski rezultati:

Znanje in razumevanje:

- temeljnih značilnosti vadbe,
- spoznavanje vadbenih količin

#### Intended learning outcomes:

Knowledge and understanding:

- of basic characteristics of sport training,
- of differences between subjects with different performance, of limiting factors

#### Metode poučevanja in učenja:

Razlaga  
Demonstracija iz športne prakse in reševanje nalog  
Simulacija

#### Learning and teaching methods:

Lecturing  
Demonstration  
Simulation

| Načini ocenjevanja:                                      | Delež/Weight | Assessment: |
|----------------------------------------------------------|--------------|-------------|
| Način (pisni izpit, ustno izpraševanje, naloge, projekt) |              |             |

| Ocenjevalna lestvica: | Grading system: |
|-----------------------|-----------------|
|                       |                 |

#### Reference nosilca/Lecturer's references:

##### Prof. dr. Anton Ušaj

- Doktor kinezioloških znanosti, Univerza v Ljubljani, Fakulteta za šport, 1990
- Predstojnik Laboratorija za biodinamiko (tudi ustanovitelj), Fakulteta za šport, Ljubljana 1985, dalje
- Gostujoči profesor na Univerzi v Zagrebu, Kineziološki fakultet, Zagreb, Hrvaška, 1987, dalje, vsaki 2 leti
- Vabljen predavatelj na Università degli studi di Udine: Maximal lactate steady state and minimal pH steady state during running. (1998)
- Vabljen predavatelj na Università degli studi di Udine: Nonhematological adaptations of altitude training (2017)
- Raziskovalno delo na University of California, Berkeley, Laboratory of Biodynamics (prof. Dr. George A. Brooks) (1993 in 1994, s presledki).
- Raziskovalno delo na Facolta telesny vichovi, Karlova Univerza, Praga, Češka republika (1991) (dr Eva Mackova)
- Nosilec raziskovalnih projektov financiranih od ministrstva za znanost ali ARRS:  
L3 8971 1997-1999 [Značilnosti območja stacionarnega stanja pri dolgotrajnem naporu](#)  
L3 1294 1999-2001 [Učinek metode z neprekinjenim naporom na vzdržljivost](#)
- Vodja raziskovalnih programov, ki jih financira : (P0-0503-0587) Biologija telesne aktivnosti: 1999-2003
- Član American College of Sports Medicine (1992, dalje)
- American College of Sports Medicine: International Scollar Award (1993)
- Član American Physiological Society (2002, dalje)

#### IZBRANE REFERENCE:

- Ušaj A: Osnove športnega treniranja. Fakulteta za šport, Inštitut za šport, Ljubljana 2000
- Ušaj A: Temelji vadbenega procesa, Fakulteta za šport, Inštitut za šport, Ljubljana 2011
- Ušaj A, Starc V (1996). Blood pH and lactate kinetics in the assesment of running endurance. *Int J Sports Med*, 17(1); 34-40.
- Usaj A, Kandare F, Starc V (2000). Changes in blood pH, lactate concentration and pulmonary ventilation during incremental testing protocol on cycle rgometer. *Pflugers archiv – European Journal of Physiology*, 439(3); R220-R221.
- Ušaj A., Mackova EV. (1990). Zveza med spremembami treninga, sposobnostmi in fiziološkimi značilnostmi tekačev na 800 m. Inštitut za kineziologijo, Ljubljana in Fakulta telesny vichovy, Praga.
- UŠAJ, Anton, JEREB, Blaž, PRITRŽNIK, Robert, DUVILLARD, Serge P. von. The influence of strength-endurance training on the oxygenation of isometrically contracted forearm muscles. *Eur. j. appl. physiol. (Print)*. [Print ed.], 2007, vol. 100, no 6, str. 685-692, ilustr., graf.
- UŠAJ, Anton. Testing of alpinists in normoxic and hypoxic conditions, before and after high-altitude expeditions. *Med. Sportiva (Online)*, 2010, vol. 14, no. 1, str. 1-6, ilustr.
- UŠAJ, Anton. Vzdržljivost pri teku. V: ERČULJ, Frane (ur.). *Vzdržljivostni tek : [uredil Frane Erčulj]*, (Šport, ISSN 0353-7455, Letn. 62, št. 3-4, 2014). Ljubljana: Fakulteta za šport. 2014, letn. 62, št. 3/4, str. 153-166, ilustr. [COBISS.SI-ID [4609201](#)]
- UŠAJ, Anton, VODIČAR, Janez. Muscle oxygenation differences resulting from living at a moderate or high altitude and training at a moderate altitude in already trained xc ski-runners. V: DEBEVEC, Tadej (ur.), MEKJAVIČ, Igor B. (ur.). *Okoljska ergonomija in fiziologija : zbornik 17. mednarodne multikonference Informacijska družba - IS 2014, 9. oktober 2014, [Ljubljana, Slovenia] : zvezek I = Environmental ergonomics & physiology : proceedings of the 17th International Multiconference Information Society - IS 2014, October 9th, 2014, Ljubljana, Slovenia : volume I*. Ljubljana: Institut Jožef Stefan. 2014, str. 34-37, ilustr.[http://library.ijs.si/Stacks/Proceedings/InformationSociety/2014/2014\\_IS\\_CP\\_Volume-I\\_%28EEP%29.pdf](http://library.ijs.si/Stacks/Proceedings/InformationSociety/2014/2014_IS_CP_Volume-I_%28EEP%29.pdf), [http://is.ijs.si/zborniki/2014\\_IS\\_CP\\_Volume-I\\_\(EEP\).pdf](http://is.ijs.si/zborniki/2014_IS_CP_Volume-I_(EEP).pdf). [COBISS.SI-ID [4559793](#)]

- UŠAJ, Anton (urednik), KÜPPER, Thomas (urednik), TANNHEIMER, Markus (urednik), ULMER, Hans-Volkhart (urednik). *High altitude and isobaric hypoxia influence on human performance : science and practice : book of abstracts*. Ljubljana: Faculty of Sport, 2016. 48 str., ilustr. ISBN 978-961-6843-67-6. [COBISS.SI-ID [286139136](#)]
- UŠAJ, Anton. Hypoxia. V: UŠAJ, Anton (ur.), et al. *High altitude and isobaric hypoxia influence on human performance : science and practice : book of abstracts*. Ljubljana: Faculty of Sport. 2016, str. 8. [COBISS.SI-ID [4930481](#)]
- UŠAJ, Anton, BURNIK, Stojan. The influence of high-altitude acclimatization on ventilatory and blood oxygen saturation responses during normoxic and hypoxic testing. *Journal of Human Kinetics*, ISSN 1640-5544, 2016, vol. 50, str. 125-133, tabele, ilustr. <http://www.johk.pl/files/10078-50-2016-v50-2016-14.pdf>, [http://www.johk.pl/volume\\_50.html](http://www.johk.pl/volume_50.html), doi: [10.1515/hukin-2015-0149](https://doi.org/10.1515/hukin-2015-0149). [COBISS.SI-ID [4862897](#)]
- UŠAJ, Anton, MEKJAVIĆ, Igor B., MCDONNELL, Adam, KAPUS, Jernej, VODIČAR, Janez, NAJDENOV, Peter, JAKOVLJEVIĆ, Miroljub, JAKI MEKJAVIĆ, Polona, ŽVAN, Milan, DEBEVEC, Tadej. Muscle oxygenation and cardiorespiratory responses during incremental exercise in children adults. V: DOUPONA TOPIČ, Mojca (ur.). *Youth sport : abstract book*. Ljubljana: Faculty of Sport. 2016, str. 38. <http://www.fsp.uni-lj.si/en/research/events/archive/>. [COBISS.SI-ID [30081063](#)]
- UŠAJ, Anton, ŠTRUMBELJ, Boro, KAPUS, Jernej, OSREDKAR, Joško, VODIČAR, Janez. Nonhematological adaptations using training at moderate altitude. V: UŠAJ, Anton (ur.), et al. *High altitude and isobaric hypoxia influence on human performance : science and practice : book of abstracts*. Ljubljana: Faculty of Sport. 2016, str. 31, ilustr. [COBISS.SI-ID [4930993](#)]
- UŠAJ, Anton, RAUTER, Samo, SLUGA, Viktor, PUŠAVEC, Tadej, LUZNAR, Aleš, VODIČAR, Janez. Performance of soldiers during marching in mountains. V: UŠAJ, Anton (ur.), et al. *High altitude and isobaric hypoxia influence on human performance : science and practice : book of abstracts*. Ljubljana: Faculty of Sport. 2016, str. 27, ilustr. [COBISS.SI-ID [4930737](#)]

#### **Doc. dr. Boro Štrumbelj**

Diplomiral je leta 1994 na Fakulteti za šport in se zaposlil na matični fakulteti, magistriral leta 1999, doktoriral pa leta 2005. V naziv docent je bil izvoljen leta 2008, 2013 in 2018. Od leta 2015 do 2018 je bil Generalni direktor direktorata za šport na MIZŠ. Od leta 2015 je ocenjevalec Erasmus + šport projektov za Evropsko komisijo. Je tudi član komisije EACEA za integriteto v športu. Trenutno je član strokovnega sveta za šport Republike Slovenije kot predstavnik paralimpijskega komiteja, ki ga je v preteklosti tudi vodil. Je predsednik strokovnega sveta Zveze ŠIS – paralimpijskega komiteja Slovenije. Je tudi predsednik Plavalne zveze Slovenije. Bil je vabljeni predavatelj na več znanstvenih in strokovnih konferencah s področja vadbenega procesa.

Kot trener paraplavalec je dvakratni udeleženec paralimpijskih iger in trener dvakratnega svetovnega prvaka in svetovnega rekorderja Darka Đuriča. Več kot 24 let je vodil Panožni team pri Plavalni zvezi Slovenije in je bil v tem obdobju tesno povezan z uspehi plavalcev in plavalk.

Je predavatelj pri predmetih Diagnostika športa, Temelji vadbenega procesa in Plavanje izbirno. Sodeloval je v dveh velikih projektih skupaj z Univerzo v Granadi o proučevanju učinkov višine na plavalce.

Je avtor ali soavtor več znanstvenih člankov in knjig s področja plavanja, teorije športne vadbe in učinkov višine na sposobnosti plavalcev. Kot profesor je bil mentor ene doktorske disertacije s področja športa invalidov in več magistrskih in diplomskih nalog s tega področja.

Najpomembnejša dela na področju vsebine temljev vadbenega procesa:

1. TOMAŽIN, Katja, STROJNIK, Vojko, FERICHE, Belén, GARCÍA RAMOS, Amador, ŠTRUMBELJ, Boro, ŠTIRN, Igor. Neuromuscular adaptations in elite swimmers during concurrent strength and endurance training at low and moderate altitudes. *Journal of strength and conditioning research*. Mar. 2020, str. 1-9, ilustr. ISSN 1533-4287. [https://journals.lww.com/nsca-jscr/Abstract/9000/Neuromuscular\\_Adaptations\\_in\\_Elite\\_Swimmers\\_During.94442.aspx](https://journals.lww.com/nsca-jscr/Abstract/9000/Neuromuscular_Adaptations_in_Elite_Swimmers_During.94442.aspx), <https://journals.lww.com/nsca-jscr/pages/results.aspx?txtKeywords=katja+tomazin>, DOI: [10.1519/JSC.0000000000003566](https://doi.org/10.1519/JSC.0000000000003566). [COBISS.SI-ID [14440195](#)]
2. JANKO, Vito, CVETKOVIĆ, Božidara, GRADIŠEK, Anton, LUŠTREK, Mitja, ŠTRUMBELJ, Boro, KAJTNA, Tanja. e-Gibalec : mobile application to monitor and encourage physical activity in schoolchildren. *Journal of ambient intelligence and smart environments*. 2017, vol. 9, no. 5, str. 595-609. ISSN 1876-1364. DOI: [10.3233/AIS-170453](https://doi.org/10.3233/AIS-170453). [COBISS.SI-ID [30687271](#)]
3. GARCÍA RAMOS, Amador, ŠTIRN, Igor, PADIAL, Paulino, ARGÜELLES-CIENFUEGOS, Javier, FUENTE, Blanca, De la, CALDERÓN, Carmen, BONITCH-GÓNGORA, Juan, TOMAŽIN, Katja, ŠTRUMBELJ, Boro, STROJNIK, Vojko, FERICHE, Belén. The effect of an altitude training camp on swimming start time and loaded squat jump performance. *PloS one*. 2016, vol. 17, iss. 7, tabele, graf. prikazi. ISSN 1932-6203. <http://www.ncbi.nlm.nih.gov/pmc/articles/PMC4965075/pdf/pone.0160401.pdf>,

<http://dx.doi.org/10.1371/journal.pone.0160401>, DOI: [10.1371/journal.pone.0160401](https://doi.org/10.1371/journal.pone.0160401). [COBISS.SI-ID 4916913]

4. GARCÍA RAMOS, Amador, FERICHE, Belén, FUENTE, Blanca, De la, ARGÜELLES-CIENFUEGOS, Javier, STROJNIK, Vojko, ŠTRUMBELJ, Boro, ŠTIRN, Igor. Relationship between different push-off variables and start performance in experienced swimmers. *European journal of sport science : EJSS*. 2015, iss. 8, p. 687-695, tabele, graf. prikazi. ISSN 1536-7290.

<http://www.tandfonline.com/doi/full/10.1080/17461391.2015.1063699>, DOI:

[10.1080/17461391.2015.1063699](https://doi.org/10.1080/17461391.2015.1063699). [COBISS.SI-ID 4753841]

5. ŠTRUMBELJ, Boro, VUČKOVIĆ, Goran, JAKOVLJEVIĆ, Saša, MILANOVIĆ, Zoran, JAMES, Nic, ERČULJ, Frane. Graded shuttle run performance by playing positions in elite female basketball. *Journal of strength and conditioning research*. 2015, vol. 29, no. 3, str. 793-799, ilustr., tabele. ISSN 1064-8011.

[http://journals.lww.com/nsca-jscr/Abstract/2015/03000/Graded\\_Shuttle\\_Run\\_Performance\\_by\\_Playing.30.aspx](http://journals.lww.com/nsca-jscr/Abstract/2015/03000/Graded_Shuttle_Run_Performance_by_Playing.30.aspx),

<http://journals.lww.com/nsca-jscr/pages/currenttoc.aspx>, DOI: [10.1519/JSC.0000000000000673](https://doi.org/10.1519/JSC.0000000000000673). [COBISS.SI-ID 4640177]

Ostale reference:

1. KAPUS, Jernej, KAPUS, Venceslav, ŠTRUMBELJ, Boro, UŠAJ, Anton. Can high intensity workloads be simulated at moderate intensities by reduced breathing frequency?. *Biology of Sport*, ISSN 0860-021X, 2010, vol. 27, no. 3, str. 163-168, ilustr., tabele.

2. KAPUS, Jernej, UŠAJ, Anton, ŠTRUMBELJ, Boro, KAPUS, Venceslav. Can blood gas and acid-base parameters at maximal 200 meters front crawl swimming be different between former competitive and recreational swimmers?. *Journal of Sports Science and Medicine : free electronic journal*, ISSN 1303-2968. [Online ed.], march 2008, vol. 7, issue 1, str. 106-113, ilustr., tabele.

3. ŠTRUMBELJ, Boro, KAPUS, Jernej, UŠAJ, Anton, KAPUS, Venceslav. Breathing frequency patterns during submaximal and maximal front crawl swim with and without a respiratory valve = Obrasci frekvencije disanja tijekom submaksimalnog plivanja kraulom s ventilom za disanje i brez njega. *Kinesiology : international scientific journal of kinesiology and sport*, ISSN 1331-1441. [English ed.], 2007, let. 39, št. 2, str. 165-170, tabele, graf. prikazi. [COBISS.SI-ID 3241905], [SNIP]

4. KAPUS, Jernej, UŠAJ, Anton, KAPUS, Venceslav, ŠTRUMBELJ, Boro. Assessment of ventilation during swimming using backward extrapolation of the ventilation recovery curve. *Kinesiology : international scientific journal of kinesiology and sport*, ISSN 1331-1441. [English ed.], 2004, let. 36, št. 1, str. 69-74, tabele, graf. prikazi. [COBISS.SI-ID 2124977]

5. KAPUS, Jernej, KAPUS, Venceslav, ŠTRUMBELJ, Boro, UŠAJ, Anton. Can high intensity workloads be simulated at moderate intensities by reduced breathing frequency?. *Biology of Sport*, ISSN 0860-021X, 2010, vol. 27, no. 3, str. 163-168, ilustr., tabele. [COBISS.SI-ID 3881649], [ICR, SNIP, WoS do 24. 3. 2014: št. 6.

KAPUS, Jernej, UŠAJ, Anton, ŠTRUMBELJ, Boro, KAPUS, Venceslav. Can blood gas and acid-base parameters at maximal 200 meters front crawl swimming be different between former competitive and recreational swimmers?. *Journal of Sports Science and Medicine : free electronic journal*, ISSN 1303-2968. [Online ed.], march 2008, vol. 7, issue 1, str. 106-113, ilustr., tabele. 7. ŠTRUMBELJ, Boro, KAPUS, Jernej, UŠAJ, Anton, KAPUS, Venceslav. Breathing frequency patterns during submaximal and maximal front crawl swim with and without a respiratory valve = Obrasci frekvencije disanja tijekom submaksimalnog plivanja kraulom s ventilom za disanje i brez njega. *Kinesiology : international scientific journal of kinesiology and sport*, ISSN 1331-1441. [English ed.], 2007, let. 39, št. 2, str. 165-170, tabele, graf. prikazi. [COBISS.SI-ID 3241905], [SNIP]

7. KAPUS, Jernej, UŠAJ, Anton, KAPUS, Venceslav, ŠTRUMBELJ, Boro. Assessment of ventilation during swimming using backward extrapolation of the ventilation recovery curve. *Kinesiology : international scientific journal of kinesiology and sport*, ISSN 1331-1441. [English ed.], 2004, let. 36, št. 1, str. 69-74, tabele, graf. prikazi. [COBISS.SI-ID 2124977]

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[uvrstitev revije v MBP (do 2013): SCIE, SSCI, Scopus, PSYCINFO, PUBMED, SPORTDISCUS]

# TURNO KOLESARSTVO

## UČNI NAČRT PREDMETA/COURSE SYLLABUS

|                                   |                   |
|-----------------------------------|-------------------|
| <b>Predmet:</b>                   | Turno kolesarstvo |
| <b>Course title:</b>              | Touring bike      |
| <b>Članica nosilka/UL Member:</b> | UL FŠ             |

| Študijski programi in stopnja                   | Študijska smer                  | Letnik | Semestri    | Izbirnost |
|-------------------------------------------------|---------------------------------|--------|-------------|-----------|
| Kineziologija, prva stopnja, univerzitetni      | Ni členitve (študijski program) |        | 2. semester | izbirni   |
| Športna vzgoja, prva stopnja, univerzitetni     | Ni členitve (študijski program) |        | 2. semester | izbirni   |
| Športno treniranje, prva stopnja, univerzitetni | Ni členitve (študijski program) |        | 2. semester | izbirni   |

|                                                            |         |
|------------------------------------------------------------|---------|
| <b>Univerzitetna koda predmeta/University course code:</b> | 0045116 |
| <b>Koda učne enote na članici/UL Member course code:</b>   | 683     |

| Predavanja<br>/Lectures | Seminar<br>/Seminar | Vaje<br>/Tutorials | Klinične vaje<br>/Clinical<br>tutorials | Druge oblike<br>študija<br>/Other forms<br>of study | Samostojno<br>delo<br>/Individual<br>student work | ECTS |
|-------------------------|---------------------|--------------------|-----------------------------------------|-----------------------------------------------------|---------------------------------------------------|------|
| 15                      |                     | 45                 | 0                                       | 0                                                   | 60                                                | 4    |

|                                   |                            |
|-----------------------------------|----------------------------|
| <b>Nosilec predmeta/Lecturer:</b> | Samo Rauter, Tadej Debevec |
|-----------------------------------|----------------------------|

|                                    |                 |
|------------------------------------|-----------------|
| <b>Vrsta predmeta/Course type:</b> | splošni izbirni |
|------------------------------------|-----------------|

|                          |                      |             |
|--------------------------|----------------------|-------------|
| <b>Jeziki/Languages:</b> | Predavanja/Lectures: | Slovenščina |
|                          | Vaje/Tutorial:       | Slovenščina |

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

|                                    |  |
|------------------------------------|--|
| Pogoji za vpis v študijski letnik. |  |
|------------------------------------|--|

**Vsebina:**

**Content (Syllabus outline):**

|                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |  |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--|
| <b>Teoretični del:</b> <ul style="list-style-type: none"> <li>Organiziranost kolesarjev in inforamcijski viri</li> <li>Zakonske osnove, moralna in pravna odgovornost</li> <li>Specifičnosti teorije in metodike kolesarskega treninga</li> <li>Prehrana pri kolesarjenju</li> <li>Psihologija vodenja kolesarske skupine</li> <li>Ohranjanje in varstvo narave</li> <li>Planinske in kolesarske poti</li> <li>Orientacija in načrtovanje turno kolesarskega izleta</li> <li>Vodenje in varnost skupine</li> <li>Oprema turnega kolesarja</li> </ul> |  |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--|

|                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |  |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--|
| <ul style="list-style-type: none"> <li>• Tehnika in taktika vožnje kolesa individualno in v skupini</li> </ul> <p><b>Praktični del:</b></p> <ul style="list-style-type: none"> <li>• Izdelava seminarske naloge na izbrano tematiko s področja, vodenja turno kolesarskega izleta, problematike turno kolesarskih poti, ..... ki bo vsebovala ustrezen metodološki pristop in bo vsebinsko ustrezna.</li> <li>• Predstavitev seminarske naloge na kabinetnih in/ali terenskih vajah.</li> <li>• Terenske vaje:</li> <li>• d) priprava (opis ture, vris v zemljevid, skica poti, profil poti) in vodenje turno kolesarskega izleta.</li> </ul> <p>a) tehnika vožnje kolesa<br/>b) osnovno vzdrževanje kolesa in popravila na terenu<br/>c) orientacija</p> |  |
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#### **Temeljna literatura in viri/Readings:**

|                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |  |
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| <ul style="list-style-type: none"> <li>• Planinska šola: učbenik, različni avtorji, Ljubljana: Planinska zveza Slovenije 2005</li> <li>• Vodniški učbenik: učbenik, različni avtorji, Ljubljana: Planinska zveza Slovenije 2006</li> <li>• Gorazd Stražišar: Sem kolesar, gorski kolesar, MTB priročnik, Pisanica, 2007</li> <li>• Narava v gorskem svetu: učbenik, različni avtorji, Ljubljana: Planinska zveza Slovenije 2006</li> <li>• Alpin-lehrplan band 7, Hermann Böhler et al.: Mountainbiken, Deutscher Alpenverein, Verband Deutscher Berg und Skiführer, Alpenverein Südtirol</li> </ul> |  |
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#### **Cilji in kompetence:**

#### **Objectives and competences:**

|                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |  |
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| <p>Gorsko kolesarstvo se je razvilo na podlagi tehničnega napredka koles, ki so omogočila vožnjo v strmih svetih in po zelo grobi in razgibani podlagi. Med številnimi vrstami gorskega kolesarstva je vse bolj priljubljeno turno kolesarstvo –vožnja po poteh v naravnem okolju gorskega sveta.</p> <p>Osnovni cilj programa je usposobiti študente za vodenje srednje zahtevnih turno kolesarskih izletov. Študentje bodo usposobljeni za vodenje po javnih cestah, gozdnih cestah, grajenih gozdnih vlakih in poljskih poteh, kjer zahtevnost spusta ne preseže 3. do 4. stopnje (S3 – S4) po Paternujevi sedem-stopenjski lestvici (srednje zahtevni spusti po slabih, strmih, do zelo strmih makadamskih cestah, gozdnih cestah, grajenih gozdnih vlakih in poljskih poteh z zelo redkimi ovirami). Pridobili bodo tudi ustrezno znanje orientacije za gibanje po omenjenem terenu.</p> |  |
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#### **Predvideni študijski rezultati:**

#### **Intended learning outcomes:**

|                                                                                                                                                                                                                                                                                                                                                                                                                                                           |  |
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| <ul style="list-style-type: none"> <li>• Študenti so sposobni podajati temeljna znanja o turnem kolesarstvu.</li> <li>• Sposobni so pripraviti in voditi izlete, športne dneve in interesne dejavnosti s turno kolesarskimi vsebinami v gorskem okolju in zunaj urejenih cest.</li> <li>• Sposobni so oceniti tehnične in telesne sposobnosti in zmogljivosti udeležencev turno kolesarskega izleta in ustrezno prilagoditi zahtevnost izleta.</li> </ul> |  |
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| <ul style="list-style-type: none"> <li>• Uporaba pridobljenih znanj za organizacijo in varno izvedbo športnega dne, šole v naravi ali interesne dejavnosti s turno kolesarsko vsebino. Sposobnost prilagajanja različnim (lahko tudi nepredvidljivim) situacijam.</li> <li>• Študenti bodo usposobljeni za strokovno delo in bodo sposobni kritične presoje, hkrati pa aktivnega vključevanja pri izvajanju in organizaciji različnih kolesarskih dejavnosti v gorskih območjih.</li> </ul> <p>Razvijanje kompetenc za učinkovito načrtovanje in vodenje športnega dne in šole v naravi s turno kolesarsko vsebino za posamezne triade v OŠ in posamezno starostno stopnjo v SŠ in na Univerzi. Ocena in zavedanje problemov in nevarnosti pri vodenju športne vzgoje s planinsko vsebino.</p> <ul style="list-style-type: none"> <li>• Sposobnost iskanja virov za pomoč pri izdelavi organizacijske, tehnične, vsebinske, kondicijske in psihične priprave za izlet, turo in sposobnost povezovanja z drugimi predmeti na šoli.</li> </ul> |  |
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| <b>Metode poučevanja in učenja:</b>                     | <b>Learning and teaching methods:</b> |
| Predavanja, seminarji, seminarska naloga, terenske vaje |                                       |

|                                                                 |                     |                    |
|-----------------------------------------------------------------|---------------------|--------------------|
| <b>Načini ocenjevanja:</b>                                      | <b>Delež/Weight</b> | <b>Assessment:</b> |
| Pisni/ustni izpit, ocenjena seminarska naloga, preizkusna tura. |                     |                    |

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|------------------------------|------------------------|
| <b>Ocenjevalna lestvica:</b> | <b>Grading system:</b> |
|                              |                        |

|                                                 |
|-------------------------------------------------|
| <b>Reference nosilca/Lecturer's references:</b> |
|                                                 |

# UČENJE PLAVANJA MALČKOV IN PREDŠOLSKIH OTROK PO FREDOVI METODI

## UČNI NAČRT PREDMETA/COURSE SYLLABUS

|                                   |                                                                               |
|-----------------------------------|-------------------------------------------------------------------------------|
| <b>Predmet:</b>                   | Učenje plavanja malčkov in predšolskih otrok po Fredovi metodi                |
| <b>Course title:</b>              | Teaching swimming toddlers and pre-school children according to Fred's method |
| <b>Članica nosilka/UL Member:</b> | UL FŠ                                                                         |

| Študijski programi in stopnja                   | Študijska smer                  | Letnik | Semestri    | Izbirnost |
|-------------------------------------------------|---------------------------------|--------|-------------|-----------|
| Kineziologija, prva stopnja, univerzitetni      | Ni členitve (študijski program) |        | 2. semester | izbirni   |
| Športna vzgoja, prva stopnja, univerzitetni     | Ni členitve (študijski program) |        | 2. semester | izbirni   |
| Športno treniranje, prva stopnja, univerzitetni | Ni členitve (študijski program) |        | 2. semester | izbirni   |

|                                                            |         |
|------------------------------------------------------------|---------|
| <b>Univerzitetna koda predmeta/University course code:</b> | 0042675 |
| <b>Koda učne enote na članici/UL Member course code:</b>   | 716     |

| Predavanja<br>/Lectures | Seminar<br>/Seminar | Vaje<br>/Tutorials | Klinične vaje<br>/Clinical<br>tutorials | Druge oblike<br>študija<br>/Other forms<br>of study | Samostojno<br>delo<br>/Individual<br>student work | ECTS |
|-------------------------|---------------------|--------------------|-----------------------------------------|-----------------------------------------------------|---------------------------------------------------|------|
| 15                      | 0                   | 30                 | 0                                       |                                                     | 45                                                | 3    |

|                                   |               |
|-----------------------------------|---------------|
| <b>Nosilec predmeta/Lecturer:</b> | Dorica Šajber |
|-----------------------------------|---------------|

|                                    |         |
|------------------------------------|---------|
| <b>Vrsta predmeta/Course type:</b> | izbirni |
|------------------------------------|---------|

|                          |                      |             |
|--------------------------|----------------------|-------------|
| <b>Jeziki/Languages:</b> | Predavanja/Lectures: | Slovenščina |
|                          | Vaje/Tutorial:       | Slovenščina |

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

Pogoj za pristop je opravljen izpit iz predmeta Plavanje 1 z osnovami reševanja iz vode.

### Prerequisites:

The prerequisite for admission is passing the exam in the subject Swimming 1 with the basics of water rescue.

### Vsebina:

Predmet zajema tako teoretične vsebine, kot praktične vsebine in seminarje.  
Temeljne teoretične vsebine:

- Osnovni pogoji za vadbo v vodi predšolskih otrok
- Razvojne značilnosti predšolskih otrok
- Vloga učitelja plavanja
- Predstavitev različnih metod učenja plavanja
- Značilnosti Fredove metode učenja plavanja
- Uporaba plavalnih pripomočkov

### Content (Syllabus outline):

The subject covers both theoretical and practical contents and seminars.  
Basic theoretical contents:

- Basic conditions of swimming lessons of pre-school children
- Developmental characteristics of pre-school children
- The role of the swimming teacher

|                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              |
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| <ul style="list-style-type: none"> <li>• Metodika učenja plavanja po Fredovi metodi</li> <li>• Program za 10-urni plavalni program po Fredovi metodi</li> <li>• Zagotavljanje aktivne varnosti, reševanje iz vode in izvedba prve pomoči pri predšolskih otrocih</li> </ul> <p>Praktične vsebine:</p> <ul style="list-style-type: none"> <li>• Hospitacije in praktična vadba v vodi po programu z malčki in njihovimi starši</li> </ul> <p>Hospitacije in praktična vadba v vodi po programu s skupino malčkov brez staršev</p> | <ul style="list-style-type: none"> <li>• Presentation of various swimming methods</li> <li>• Characteristics of Fred's method of teaching swimming</li> <li>• Use of swimming aids</li> <li>• Methodology of teaching swimming according to Fred's method</li> <li>• Syllabus for a 10-hour swimming program according to Fred's method</li> <li>• Ensuring active safety, rescue from the water and first aid in preschool children</li> </ul> <p>Practical content:</p> <ul style="list-style-type: none"> <li>• Teaching observations and practical exercises in the water according to the syllabus with toddlers and their parents</li> </ul> <p>Teaching observations and practical exercises in the water according to the syllabus with toddlers without parents</p> |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|

### Temeljna literatura in viri/Readings:

Dorica Šajber (2022): Plavanje od rojstva do šole. Didakta, Radovljica.

### Cilji in kompetence:

Študenti dobijo temeljna teoretična in praktična znanja in spretnosti za vodenje vadbe v vodi malčkov in učenje plavanja v predšolskem obdobju po različnih metodah.

Spoznajo različne stile vodenja pedagoškega procesa in različne metode učenja plavanja. Znajo izbrati primerno v specifičnih situacijah. Prav tako spoznajo in znajo kritično ovrednotiti druge dejavnike, ki vplivajo na proces (ocenjevanje stopenj subjektivnih in objektivnih nevarnosti in ustrezna priprava na varno izvedbo vadbe, pripomočki, zasebnost, vloga družine...). Pridobijo naziv učitelj plavanja za malčke po Fredovi metodi.

### Objectives and competences:

Students receive basic theoretical and practical knowledge and skills to guide exercises in the water of toddlers and swimming lessons in pre-school aged children according to different methods.

They get acquainted with various styles of pedagogical processes and different methods of swimming. They are able to choose appropriate methods in specific situations. They also get to know and are able to critically assess other factors, which influence the process (assessment of grades of subjective and objective dangers and appropriate preparation for a safe execution of the lesson, swimming aids, privacy, role of the family ...). They obtain the title swimming teacher for toddlers according to Fred's method.

### Predvideni študijski rezultati:

Poznajo Fredovo metodo učenja plavanja in osnove učenja prsnega plavanja po različnih metodah učenja ter jih usposobiti za samostojno učenje plavanja neplavalcev v predšolskem obdobju.

Razumejo vlogo različnih dejavnikov, ki vplivajo na uspešnost učenja plavanja, razvoj gibalnih sposobnosti, osebnostna struktura vadečih ...)

Razumejo uporabo različnih metod učenja plavanja.

Usposobiti kandidate in jim dodeliti ustrezne kompetence za vodenje vadbe malčkov v vodi.

Poznavanje posebnosti populacije predšolskih otrok, njihovih sposobnosti, značilnosti, lastnosti, ter uporaba dobljenega znanja za izdelavo delovnega načrta ter učnih priprav za vadbo z učenci v vodi. Sposobni so kritično ovrednotiti svoje pedagoško delo in poiskati svoja močna in šibka področja.

### Intended learning outcomes:

They know Fred's method of teaching swimming and the basics of teaching breast swimming according to different teaching methods and train them for independent teaching of swimming of non-swimmers in the pre-school age.

They understand the role of various factors that influence the performance of teaching swimming, the development of motor skills (the personality structure of the swimmers ...)

They understand the use of various methods of teaching swimming.

Train candidates and give them appropriate competencies to guide exercises for toddlers in the water.

Knowledge of the specificity of the population of pre-school children, their abilities, characteristics, features, and the use of the acquired knowledge for

|  |                                                                                                                                                                                             |
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|  | the preparation of a work and lesson plan for teaching lessons to pupils in the water.<br>They are able to critically evaluate their pedagogical work and find their strong and weak areas. |
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#### Metode poučevanja in učenja:

Metode poučevanja so predavanja (aktivno poučevanje), seminarji (raziskovalni seminarji, projektno delo), vaje (delo v bazenu z malčki, vodne delavnice) druge oblike, hospitacije, nastopi, pedagoška praksa).

#### Learning and teaching methods:

Teaching methods are lectures (active teaching), seminars (research seminars, project work), exercises (work in a swimming pool with toddlers, water workshops) other forms, teaching observations, teaching demonstrations, pedagogical practice).

#### Načini ocenjevanja:

#### Delež/Weight

#### Assessment:

|                   |         |                           |
|-------------------|---------|---------------------------|
| Pisni izpit       | 50,00 % | Written exam              |
| Praktikum         | 40,00 % | Practical teaching lesson |
| Seminarska naloga | 10,00 % | Seminar work              |

#### Ocenjevalna lestvica:

#### Grading system:

|  |  |
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|  |  |
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#### Reference nosilca/Lecturer's references:

#### DORICA ŠAJBER

1. ŠAJBER, Dorica, ŠKAFAR NOVAK, Urška, KAPUS, Venceslav, ŠTRUMBELJ, Boro. Primerjava učinkovitosti učenja plavanja med 6- do 7- in 8- do 9-letniki = Comparison of the efficiency of learning to swim of 6-7 and 8-9 year-old children. *Šport : revija za teoretična in praktična vprašanja športa*. 2009, let. 57, št. 1/2, str. 53-55, pril., graf. prikaza. ISSN 0353-7455. [COBISS.SI-ID [3637681](#)]
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6. ŠAJBER, Dorica. Ko se zberejo "dojenčki" z različnih koncev sveta. *Šport : revija za teoretična in praktična vprašanja športa*. 2002, letn. 50, št. 2, str. 18-21, priloga, ilustr. ISSN 0353-7455. [COBISS.SI-ID [1498801](#)]
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10. ŠAJBER, Dorica. Učenje plavanja v predšolskem obdobju po Fredovi metodi = Teaching swimming in the preschool period with Fred's programme. V: ŠTEMBERGER, Vesna (ur.), PIŠOT, Rado (ur.),

RUPRET, Kristina (ur.). *Gibalna, špo[r]tna vzgoja v luči kakovostnega izobraževanja = The physical education related to the qualitative education : zbornik prispevkov = proceedings*. Koper: Univerza na Primorskem, Pedagoška fakulteta, Znanstveno raziskovalno središče; Ljubljana: Univerza v Ljubljani, Pedagoška fakulteta, 2008. Str. 611-614. ISBN 978-961-253-031-0. [COBISS.SI-ID [3431857](#)]

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12. GRČIĆ ZUBČEVIĆ, Nada, MARKUŠ, Damir, **ŠAJBER**, Dorica, TRSTENJAK, Bruno. Računalni program "Obuka neplivača". V: FINDAK, Vladimir (ur.), DELIJA, Krešimir (ur.). *Informatizacija u područjima edukacije, sporta i sportske rekreacije : zbornik radova*. 14. ljetna škola kineziologa Republike Hrvatske, Informatizacija u područjima edukacije, sporta i sportske rekreacije, Rovinj, 21. do 25. lipnja, 2005. Zagreb: Hrvatski kineziološki savez, 2005. Str. 173-179, ilustr., tabele. ISBN 953-95082-0-7. [http://www.hrks.hr/skole/14\\_ljetna\\_skola/173-179.pdf](http://www.hrks.hr/skole/14_ljetna_skola/173-179.pdf). [COBISS.SI-ID [4645297](#)]
13. **ŠAJBER**, Dorica, DRAGAN, Špela, MEKJAVIĆ, Igor B. Primerjava zniževanja telesne temperature dojenčkov v vodi z vodnimi plenici in z neoprenskimi hlačkami. V: VIDMAR, Jože (ur.), et al. *Zbornik predavanj = Abstract book*. Mednarodni kongres Sodobne metode rehabilitacije športnikov, Ljubljana, 26.-28. nov. 2004. Ljubljana: Fakulteta za šport, Katedra za medicino športa, 2004. Str. 83-84, graf. prikaz. ISBN 961-6405-87-X. [COBISS.SI-ID [2225585](#)]
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19. **ŠAJBER**, Dorica, KAPUS, Venceslav, BEDNARIK, Jakob, ŠTRUMBELJ, Boro, KAPUS, Jernej. Fredov program učenja plavanja = Fred's swimming program. V: PIŠOT, Rado (ur.), ŠTEMBERGER, Vesna (ur.). *Otrok v gibanju : zbornik prispevkov = A child in motion : proceedings*. Ljubljana: Pedagoška fakulteta, 2000. Str. 414-418. ISBN 86-7735-046-2. [COBISS.SI-ID [835761](#)]
20. GRČIĆ ZUBČEVIĆ, Nada, **ŠAJBER**, Dorica, LEKO, Goran. Novo pomagalo u obuci plivanja. V: DELIJA, Krešimir (ur.). *Primjena novih tehničkih i tehnoloških dostignuća u edukaciji, sportu, sportskoj rekreaciji i kineziterapiji : [zbornik radova]*. [Zagreb]: Hrvatski savez pedagoga fizičke kulture, 2000. Str. 98-100. [COBISS.SI-ID [832177](#)]
21. **ŠAJBER**, Dorica. Zagotavljanje aktivne varnosti, reševanje iz vode in izvedba prve pomoči pri dojenčkih in malčkih. V: *Varstvo pred utopitvami - reševanje iz vode : posvet : zbirka referatov*. Ljubljana: Ministrstvo za obrambo, Uprava RS za zaščito in reševanje, 2004. F. [102-106], ilustr. [COBISS.SI-ID [2051249](#)]
22. **ŠAJBER**, Dorica, KAPUS, Venceslav. Sloveniassa vedessä käytettyjä harjoituksia vauvoille, leikki-ikäisille ja esikoululaisille Freds Swim Academy (FSA) ohjelma mukaan = Exercises in water for infants, toddlers

and pre-school children according to Freds Swim Academy (FSA)-Program. V: *Vauvaninti : 20 vuotta suomalaista vauvanintia = 20 years of Finnish baby swimming*. International Festival Seminar Nordic Baby Swim Seminar, 18.-20.1.2002, Helsinki. [Helsinki: Finnish Association for Swimming Instruction and Life Saving], 2002. 6 str. [COBISS.SI-ID [1334449](#)]

23. **ŠAJBER**, Dorica. Cvičení ve vodě pro kojence a batolata ve Slovinsku podle programu FREDs Swim Academy (FSA) = Exercises in water for infants and toddlers in Slovenia according to Freds Swim Academy (FSA) program. V: *Význam a způsob plavání kojenců a batolat v jednotlivých zemích = The meaning and methods of swimming for infants and toddlers in the individual countries*. 1. Mezinárodní konference plavání kojenců a batolat, 3.-5.10.2014, Trinec. Trinec: ČAIPA, 2014. Str. 49. [COBISS.SI-ID [4562353](#)]
24. **ŠAJBER**, Dorica (avtor, fotograf). *Plavanje od rojstva do šole*. 1. izd. Krtina: Dorka, 2022. 101 str., ilustr., barvne fotogr. ISBN 978-961-07-1286-2. [COBISS.SI-ID [120686595](#)]
25. **ŠAJBER**, Dorica. *Vadba v vodi za dojenčke po fredovem programu : kratek film s predstavitvijo vadbe v vodi za dojenčke*. Ljubljana: Plavalna zveza Slovenije: Bakster, 2018. barve, zvok. Voda, naša prijateljica. <http://new.plavanje-dojenckov.com/video.html>. [COBISS.SI-ID [5380529](#)]
26. KAPUS, Venceslav, **ŠAJBER**, Dorica, ŠTRUMBELJ, Boro, KAPUS, Jernej, ŠTIRN, Igor. *Seminar: Učenje plavanja v predšolskem obdobju : pisno gradivo*. Ljubljana: Fakulteta za šport, Center za stalno strokovno izpopolnjevanje, 2001. 37 f., ilustr. [COBISS.SI-ID [1147313](#)]
27. **ŠAJBER**, Dorica. *Exercise in water for infants and toddlers in Slovenia according to FSA program*. Ljubljana: Fakulteta za šport, 2002. 1 videokaseta (VHS-PAL), zvok, barve. [COBISS.SI-ID [1395633](#)]
28. KAPUS, Venceslav, BEDNARIK, Jakob, **ŠAJBER**, Dorica (avtor, scenarist, režiser), ŠTRUMBELJ, Boro (avtor, komentator). *Kriteriji za ocenjevanje znanja, plavanja in plavalnih sposobnosti*. Ljubljana: Fakulteta za šport, [1996]. 1 videokaseta (VHS, PAL) (ca 24 min), barve, zvok. [COBISS.SI-ID [5019656](#)]
29. **ŠAJBER**, Dorica. *Primenjeno plivanje : predavanje po pozivu za studente Fakulteta sporta i fizičkog vaspitanja, Niš, 14. 5. 2018*. [COBISS.SI-ID [5306545](#)]
30. **ŠAJBER**, Dorica. *Fredova metoda učenja plivanja : predavanje pri predmetu "Metodika plivanja", stručni studij studentskog smjera Plivanje, Studentskog centra za izobrazbu trenera Kineziološkog fakulteta Sveučilišta u Zagrebu, akademske godine 2014/2015 (2 uri)*. Zagreb: Kineziološki fakultet, 2015. [COBISS.SI-ID [4721329](#)]
31. **ŠAJBER**, Dorica. *Zum Säuglings- und Kleinkinderschwimmen in Slowenien*. Köln: Deutsche Schwimmjugend, 2009. [COBISS.SI-ID [3764657](#)]

# VIŠINSKA VADBA V ŠPORTU

## UČNI NAČRT PREDMETA/COURSE SYLLABUS

|                                   |                            |
|-----------------------------------|----------------------------|
| <b>Predmet:</b>                   | Višinska vadba v športu    |
| <b>Course title:</b>              | Altitude training in sport |
| <b>Članica nosilka/UL Member:</b> | UL FŠ                      |

| Študijski programi in stopnja                   | Študijska smer                  | Letnik | Semestri    | Izbirnost |
|-------------------------------------------------|---------------------------------|--------|-------------|-----------|
| Kineziologija, prva stopnja, univerzitetni      | Ni členitve (študijski program) |        | 2. semester | izbirni   |
| Športna vzgoja, prva stopnja, univerzitetni     | Ni členitve (študijski program) |        | 2. semester | izbirni   |
| Športno treniranje, prva stopnja, univerzitetni | Ni členitve (študijski program) |        | 2. semester | izbirni   |

|                                                            |         |
|------------------------------------------------------------|---------|
| <b>Univerzitetna koda predmeta/University course code:</b> | 0127655 |
| <b>Koda učne enote na članici/UL Member course code:</b>   | 1235    |

| Predavanja<br>/Lectures | Seminar<br>/Seminar | Vaje<br>/Tutorials | Klinične vaje<br>/Clinical<br>tutorials | Druge oblike<br>študija<br>/Other forms<br>of study | Samostojno<br>delo<br>/Individual<br>student work | ECTS |
|-------------------------|---------------------|--------------------|-----------------------------------------|-----------------------------------------------------|---------------------------------------------------|------|
| 15                      |                     | 30                 |                                         |                                                     | 45                                                | 3    |

|                                   |                           |
|-----------------------------------|---------------------------|
| <b>Nosilec predmeta/Lecturer:</b> | Anton Ušaj, Tadej Debevec |
|-----------------------------------|---------------------------|

|                                    |                                   |
|------------------------------------|-----------------------------------|
| <b>Vrsta predmeta/Course type:</b> | splošni izbirni/general selective |
|------------------------------------|-----------------------------------|

|                          |                      |             |
|--------------------------|----------------------|-------------|
| <b>Jeziki/Languages:</b> | Predavanja/Lectures: | Slovenščina |
|                          | Vaje/Tutorial:       | Slovenščina |

|                                                                              |                         |
|------------------------------------------------------------------------------|-------------------------|
| <b>Pogoji za vključitev v delo oz. za opravljanje študijskih obveznosti:</b> | <b>Prerequisites:</b>   |
| Za pristop k predmetu ni posebnih pogojev.                                   | No special requirements |

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| <b>Vsebina:</b>                                                                                                                                                                                                                                                                                                                                                                                                             | <b>Content (Syllabus outline):</b>                                                                                                                                                                                                                                                                                                                         |
| <b>Okoljski dejavniki v športu</b><br><i>Key factors</i><br><b>Terminologija</b><br><i>Terminology</i><br><b>Pogled v zgodovino</b><br><i>Historical overview</i>                                                                                                                                                                                                                                                           | <b>Environmental factors in sport</b><br><i>Key factors</i><br><b>Terminology</b><br><i>Terminology</i><br><b>Historical overview</b><br><i>Historical overview</i>                                                                                                                                                                                        |
| <b>Višinska fiziologija</b><br><i>Vplivi velikih nadmorskih višin na človeka</i><br><i>Športnik na povečani nadmorski višini</i><br><b>Višinski trening in tekmovanja na povečani višini</b><br><i>Sodobni modeli višinskega treninga</i><br><i>Uporaba hiperoksije</i><br><i>Implementacija v trenažni proces</i><br><i>Tempiranje višinske vadbe glede na vadbene cikle</i><br><i>Strategije ob tekmovanjih na višini</i> | <b>Altitude physiology</b><br><i>Physiological effects of high altitude</i><br><i>Athletes at moderate / high altitudes</i><br><b>Altitude training and competition</b><br><i>Contemporary altitude training models</i><br><i>Potential uses of hyperoxia</i><br><i>Implementation in training programmes</i><br><i>Timing of altitude training cycles</i> |

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| <p><i>Strategije ob tekmovanjih na nižini</i><br/> <i>Sodobne tehnologije za simulacijo nadmorske višine</i><br/> <b>Vpliv okoljske temperature na športno sposobnost v ekstremnih okoljih</b><br/> <i>Ključni termoregulacijski procesi v mrazu in vročini</i><br/> <i>Osnovne metode adaptacije na vročino/mraz</i><br/> <i>Implementacija v trenajni proces</i><br/> <i>Tempiranje vročinske vadbe glede na vadbene cikle</i><br/> <i>Vadbene/adaptacijske strategije ob tekmovanjih v vročini</i><br/> <i>Vadbene/adaptacijske strategije ob tekmovanjih v mrazu</i><br/> <i>Metode akutnega ogrevanja/ohlajanja v mrazu/vročini</i><br/> <i>Tehnologija okoljskih komor</i><br/> <b>Vadba v onesnaženih okoljih</b><br/> <i>Onesnaženost zraka in športna sposobnost</i><br/> <i>Metode zmanjševanja negativnih vplivov polutantov</i><br/> <b>Biološki ritmi in športna sposobnost</b><br/> <i>Vpliv fizioloških ritmov na športno sposobnost</i><br/> <i>Motnje ritmov kot posledica okoljskih dejavnikov</i></p> | <p><i>Strategies for competitions at altitude</i><br/> <i>Strategies for competitions at sea level</i><br/> <i>Modern technologies for altitude simulation</i><br/> <b>Effects of ambient temperature on sports performance in extreme environments</b><br/> <i>Key thermoregulatory factors in the cold / the heat</i><br/> <i>Basic methods of heat/cold adaptation</i><br/> <i>Implementation in training programmes</i><br/> <i>Timing of heat training cycles</i><br/> <i>Training/adaptation strategies for competitions in the heat</i><br/> <i>Training/adaptation strategies for competitions in the cold</i><br/> <i>Contemporary acute warming/cooling methods</i><br/> <i>Technology of environmental chambers</i><br/> <b>Exercise in polluted environments</b><br/> <i>Air pollution and sports performance</i><br/> <i>Strategies to reduce pollutant-related negative effects.</i><br/> <b>Biological rhythms and sports performance</b><br/> <i>Circadian rhythms and performance</i><br/> <i>Environmental-induced circadian rhythms disturbances</i></p> |
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### Temeljna literatura in viri/Readings:

#### Osnovna literatura / Main textbooks:

- Advanced Environmental Exercise Physiology; Cheung S.S. Human Kinetics, 2010.
- Physiological Bases of Human Performance During Work and Exercise; Editors: Nigel A.S. Taylor N.A.S and Groeller H. Elsevier, 2008.
- Exercise Physiology: Energy, Nutrition, and Human Performance. McArdle W.D., Katch F.I., Katch V.L., Lippincott Williams & Wilkins, 2010

#### Dodatna literatura / Additional reading/selected papers:

- Sotiridis A., Debevec T., Mekjavić I.B. Combined effects of hypoxia and heat: importance of hypoxic dose. American Journal of Physiology, Regulatory, Integrative and Comparative physiology. (2018)
- Debevec T., Pialoux V., Mekjavić I.B., Eiken O., Mury P. & Millet G.P. Moderate exercise blunts oxidative stress induced by normobaric hypoxic confinement. Medicine & Science in Sports & Exercise. (2014)
- Debevec T., Pialoux V., Saugy J., Schmitt L., Cejeuela R., Mury P., Ehrström S., Faiss R., Millet, G.P. Prooxidant/antioxidant balance in hypoxia: a cross-over study on normobaric vs. hypobaric "live high-train low". PLOS ONE. (2015)
- Debevec T., Mekjavić I.B. Sodobni trendi uporabe višinskega treninga v športu = Modern trends in the use of altitude training for sports. Šport: revija za teoretična in praktična vprašanja športa. (2009)

### Cilji in kompetence:

Glavni cilj predmeta je študente usposobiti za uporabo različnih okoljskih vabnih metod (kot npr. višinski trening, adaptacija na vročino/mraz), ki preko različnih fizioloških mehanizmov lahko izboljšajo športno sposobnost. Predmet v tem pogledu nadgrajuje predmete s področja fiziologije športa in športnega treninga z namenom izboljšanja razumevanja adaptacije človeškega telesa na vadbo oziroma napor v različnih okoljih. Ključni cilji in pridobljene kompetence so navedene v nadaljevanju.

#### Cilji

- Nadgraditi znanja pridobljena pri predmetih Fiziologija športa in športnega treninga z vidika vplivov okoljskih faktorjev.
- Razumeti fiziološke mehanizme preko katerih različni okoljski dejavniki vplivajo na športno sposobnost in športni rezultat.

### Objectives and competences:

Key objective of this course is to provide the students with the knowledge necessary to employ various environmental training strategies (i.e. altitude training, heat acclimation protocols) to enhance physical capabilities of athletes. This will be achieved by upgrading their understanding of sports physiology and training enable them to efficiently handle the athlete management in various environmental conditions. Key objectives and competences are outlined below:

#### Objectives

- To upgrade the understanding of exercise physiology and training in relation to environmental factors.
- To understand the key physiological mechanism related to environmental factors that influence exercise capacity and subsequent performance.

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| <ul style="list-style-type: none"> <li>• Razumeti integrativne in povezane fiziološke odzive človeka na kombinirane okoljske dejavnike.</li> <li>• Razumeti in znati uporabljati različne metode športne vadbe, ki zmanjšajo negativni vpliv različnih okoljskih dejavnikov.</li> <li>• Znati implementirati metode okoljske vadbe (višinski trening itd.) v trenažni proces za izboljšanje športnega rezultata.</li> <li>• Pridobivati in kritično ovrednotiti strokovno literaturo na področju okoljske športne fiziologije.</li> </ul> <p><b>Splošne kompetence</b></p> <ul style="list-style-type: none"> <li>• Razumevanje integrativnega prepletanja fizioloških sistemov v mirovanju in med vadbo.</li> <li>• Sposobnost iskanja novih in povezanih dejstev ter znanj.</li> <li>• Sposobnost kritičnega preverjanja ter pridobivanja informacij.</li> <li>• Usposobljenost za uporabo empiričnih in teoretičnih strategij v športu.</li> </ul> <p><b>Specifične kompetence</b></p> <ul style="list-style-type: none"> <li>• Poznavanje interaktivnih vplivov različnih okoljskih dejavnikov in človeka.</li> <li>• Zmožnost analize vplivov okolja na vadbeni proces in tekmovalno sposobnost.</li> <li>• Sposobnost implementacije okoljskih faktorjev v vadbeni proces z namenom izboljševanja športne sposobnosti.</li> <li>• Zmožnost interdisciplinarnega povezovanja znanj in vadbenih metod s področji vezanih na okoljsko fiziologijo (kineziologija, fiziologija napa).</li> </ul> | <ul style="list-style-type: none"> <li>• To understand the integrative physiological responses related to combined environmental stressors.</li> <li>• To understand and know how to utilize different exercise training approaches to reduce the potential negative effects of extreme environments.</li> <li>• To be able to implement environmental training methods (e.g. altitude training) in the athletes' preparation with the aim of further performance improvement.</li> <li>• To be able to obtain and critically assess scientific literature in the environmental exercise physiology field.</li> </ul> <p><b>General competences</b></p> <ul style="list-style-type: none"> <li>• Understanding the integrative nature of physiological responses during rest and exercise.</li> <li>• Ability to utilize experimental and theoretical strategies in exercise physiology.</li> <li>• Ability to identify and obtain important facts and new knowledge.</li> <li>• Ability to obtain and critically assess crucial information.</li> </ul> <p><b>Topic-specific competences</b></p> <ul style="list-style-type: none"> <li>• Understanding the interactive effects of individual or combined environmental factors</li> <li>• Ability to analyse the effects environmental factors might exert on training and competition capacity.</li> <li>• Ability to implement the environmental stressors in the athletes' training in order to further enhance sport performance.</li> <li>• Ability to employ interdisciplinary experimental approaches (related to kinesiology, sports physiology) to answer contemporary environmental exercise physiology issues.</li> </ul> |
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| <p><b>Predvideni študijski rezultati:</b></p> <ul style="list-style-type: none"> <li>• Študentje bodo poznali osnovne principe in fiziološke mehanizme, ki vplivajo na adaptacijo posameznika na različne okoljske dejavnike.</li> <li>• Sposobni bodo kritično oceniti potencialne negativne in pozitivne učinke različnih okoljskih dejavnikov na športnika.</li> <li>• Poznali bodo različne metode višinske in vročinske aklimatizacije ter bodo sposobni njihove implementacije v trenažni proces.</li> <li>• Sposobni bodo pridobivati in kritično ovrednotiti literaturo na področju okoljske športne fiziologije.</li> </ul> | <p><b>Intended learning outcomes:</b></p> <ul style="list-style-type: none"> <li>• Students will know and understand the basic physiological principles and mechanism governing adaptation of humans to various extreme environments.</li> <li>• Students will be able to critically distinguish potential positive and negative effects of environmental factors on athletes.</li> <li>• Students will understand and know how to utilize different methods of altitude and heat acclimation.</li> <li>• Students will be able to critically evaluate the scientific literature covering the field of environmental exercise physiology.</li> </ul> |
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| <p><b>Metode poučevanja in učenja:</b></p> <p>Predavanja, seminarji, seminarska naloga, vaje</p> | <p><b>Learning and teaching methods:</b></p> <p>Lectures, seminars, coursework, tutorial</p> |
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**Načini ocenjevanja:**

**Delež/Weight Assessment:**

|                     |         |                      |
|---------------------|---------|----------------------|
| Seminar z zagovorom | 50,00 % | Seminar presentation |
| Pisni izpit         | 50,00 % | Written exam         |

#### Ocenjevalna lestvica:

#### Grading system:

|  |  |
|--|--|
|  |  |
|--|--|

#### Reference nosilca/Lecturer's references:

Dr. Tadej Debevec je na Fakulteti za šport diplomiral leta 2006. Doktorat je leta 2011 pridobil na Mednarodni podiplomski šoli Jožefa Stefana za raziskovalno delo na področju učinkov višinske/hipoksične in hiperoksične vadbe na fiziološke adaptacije in športno sposobnost. V letih 2013/2014 je bil podoktorski raziskovalec na Univerzi v Cape Town, Faculty of Health Sciences Department of Human Biology, UCT/MRC Research Unit for Exercise Science and Sports Medicine. Njegovo raziskovalno delo obsega preučevanje adaptacijskih fizioloških mehanizmov na različne okoljske dejavnike tako pri pri zdravih posameznikih kot tudi v kliničnih populacijah. Leta 2015 je bil izvoljen v naziv docent za področje kinezioloških znanosti na Univerzi v Ljubljani in v naziv znanstveni sodelavec na Institutu "Jožef Stefan".

Dr. Debevec graduated from the Faculty of Sport, University of Ljubljana in 2006. He obtained his Ph.D. in 2011 for the work on different altitude/hypoxic & hyperoxic training modalities and their effects on athletic performance. During 2013/2014 he was a post-doctoral fellow at University of Cape Town, Faculty of Health Sciences Department of Human Biology, UCT/MRC Research Unit for Exercise Science and Sports Medicine. His research is primarily focused on investigating physiological adaptations of humans to different environmental stressors in health and disease. In 2015, he was elected as an Assistant Professor of Sport Science at the University of Ljubljana and to the position of Research Associate at the Jozef Stefan Institute (Ljubljana, Slovenia).

#### Izbrane publikacije / Selected publications

Sotiridis A., Debevec T., McDonnell A.C., Ciuha U., Eiken O. & Mekjavić I.B. Exercise cardiorespiratory and thermoregulatory responses in normoxic, hypoxic and hot environment following 10-day continuous hypoxic exposure. *Journal of Applied Physiology*. (2018) In press.

Sotiridis A., Debevec T., Mekjavić I.B. Combined effects of hypoxia and heat: importance of hypoxic dose. *American Journal of Physiology, Regulatory, Integrative and Comparative physiology*. (2018) 314: 228-229

Debevec T. Hypoxia-related hormonal appetite modulation in humans during rest and exercise: Mini review. *Frontiers in Physiology*. (2017) 8(366).

Kapus J., Mekjavić I.B., McDonnell A.C., Ušaj A., Vodičar J., Najdenov P., Jakovljević M., Jaki Mekjavić P., Žvan M. & Debevec T. Cardiorespiratory responses of adults and children during normoxic and hypoxic exercise. *International Journal of Sports Medicine*. (2017) 38(8): 627-636.

Debevec T., Millet G.P. & Pialoux V. Hypoxia-induced oxidative stress modulation with physical activity. *Frontiers in Physiology*. (2017) 8(84).

Debevec T., Simpson E.J., Mekjavić I.B., Eiken O. & Macdonald I.A. Effects of prolonged hypoxia and bed rest on appetite and appetite-related hormones. *Appetite*. (2016) 107: 28-37.

Debevec T., Pialoux V., Ehrström S., Ribon A., Eiken O., Mekjavić I.B. & Millet G.P. FemHab: The effects of bed rest and hypoxia on oxidative stress in healthy females. *Journal of Applied Physiology*. (2016) 120: 930–938.

Ušaj A. & Burnik S. The Influence of High-Altitude Acclimatization on Ventilatory and Blood Oxygen Saturation Responses During Normoxic and Hypoxic Testing. *J Hum Kinet*. (2016) Apr (13)50:125-133.

Debevec T., Pialoux V., Saugy J., Schmitt L., Cejeuela R., Mury P., Ehrström S., Faiss R., Millet, G.P. Prooxidant/antioxidant balance in hypoxia: a cross-over study on normobaric vs. hypobaric "live high-train low". *PLOS ONE*. (2015) e0137957-1-e0137957-14.

Debevec T., Bali T.C., Simpson E.J., Macdonald I.A., Eiken O. & Mekjavić I.B. Separate and combined effects of 21-day bed rest and hypoxic confinement on body composition. *European Journal of Applied Physiology*. (2014) 114(11): 2411-25.

Debevec T., Simpson E.J., Macdonald I.A., Eiken O. & Mekjavić I.B. Exercise training during normobaric hypoxic confinement does not alter hormonal appetite regulation. *PLOS ONE*. (2014) 9(6):e98874.

Debevec T., McDonnell A.C., Macdonald I.A., Eiken O. & Mekjavić I.B. Whole body and regional body composition changes following 10-day hypoxic confinement and unloading/inactivity. *Applied Physiology, Nutrition, and Metabolism*. (2014) 39(3):386-395.

Debevec T., Pialoux V., Mekjavić I.B., Eiken O., Mury P. & Millet G.P. Moderate exercise blunts oxidative stress induced by normobaric hypoxic confinement. *Medicine & Science in Sports & Exercise*. (2014) 46(1):33-41.

Debevec T. & Mekjavić I.B. Short intermittent hypoxic exposures augment ventilation but do not alter cerebral and muscle oxygenation during hypoxic exercise. *Respir Physiol Neurobiol*. (2012) 118(2): 132-142.

Debevec T., Amon M., Keramidas M.E., Kounalakis S.N., Pišot R. & Mekjavić I.B. Normoxic and hypoxic performance following 4 weeks of normobaric hypoxic training. *Aviat. Space Environ. Med*. (2010). 81(4): 387-393.

#### **Dr. Anton Ušaj**

- Doktor kinezioloških znanosti, Univerza v Ljubljani, Fakulteta za šport, 1990
- Predstojnik Laboratorija za biodinamiko (tudi ustanovitelj), Fakulteta za šport, Ljubljana 1985, dalje
- Gostujoči profesor na Univerzi v Zagrebu, Kineziološki fakultet, Zagreb, Hrvaška, 1987, dalje, vsaki 2 leti
- Vabljen predavanje na Università degli studi di Udine: Maximal lactate steady state and minimal pH steady state during running. (1998)
- Vabljen predavanje na Università degli studi di Udine: Nonhematological adaptations of altitude training (2017)
- Raziskovalno delo na University of California, Berkeley, Laboratory of Biodynamics (prof. Dr. George A. Brooks) (1993 in 1994, s presledki).
- Raziskovalno delo na Facolta telesny vichovi, Karlova Univerza, Praga, Češka republika (1991) (dr Eva Mackova)
- Nosilec raziskovalnih projektov financiranih od ministrstva za znanost ali ARRS:  
L3 8971 1997-1999 [Značilnosti območja stacionarnega stanja pri dolgotrajnem naporu](#)  
L3 1294 1999-2001 [Učinek metode z neprekinjenim naporom na vzdržljivost](#)
- Vodja raziskovalnih programov, ki jih financira ARRS: (P0-0503-0587) Biologija telesne aktivnosti: 1999-2003
- Član American College of Sports Medicine (1992, dalje)
- American College of Sports Medicine: International Scollar Award (1993)
- Član American Physiological Society (2002, dalje)

#### **Izbrane publikacije / Selected publications**

Ušaj A: Osnove športnega treniranja. Fakulteta za šport, Inštitut za šport, Ljubljana 2000

Ušaj A: Temelji vadbenega procesa, Fakulteta za šport, Inštitut za šport, Ljubljana 2011

Ušaj A, Starc V (1996). Blood pH and lactate kinetics in the assesment of running endurance. *Int J Sports Med*, 17(1); 34-40.

Ušaj A, Kandare F, Starc V (2000). Changes in blood pH, lactate concentration and pulmonary ventilation during incremental testing protocol on cycle rgometer. *Pflugers archiv – European Journal of Physiology*, 439(3); R220-R221.

Ušaj A., Mackova EV. (1990). Zveza med spremembami treninga, sposobnostmi in fiziološkimi značilnostmi tekačev na 800 m. Inštitut za kineziologijo, Ljubljana in Fakulta telesny vichovy, Praga.

Ušaj, Anton, Jereb, Blaž, Pritržnik, Robert, Duivillard, Serge P. von. The influence of strength-endurance training on the oxygenation of isometrically contracted forearm muscles. *Eur. j. appl. physiol.* (Print). [Print ed.], 2007, vol. 100, no 6, str. 685-692.

Ušaj, Anton. Testing of alpinists in normoxic and hypoxic conditions, before and after high-altitude expeditions. *Med. Sportiva* (Online), 2010, vol. 14, no. 1, str. 1-6.

Ušaj, Anton. Vzdržljivost pri teku. V: Erčulj, Frane (ur.). *Vzdržljivostni tek* : [uredil Frane Erčulj], (Šport, ISSN 0353-7455, Letn. 62, št. 3-4, 2014). Ljubljana: Fakulteta za šport. 2014, letn. 62, št. 3/4, str. 153-166.

Ušaj, Anton (urednik), Kupper, Thomas (urednik), Tannheimer, Markus (urednik), Ulmer, Hans-Volkhart (urednik). High altitude and isobaric hypoxia influence on human performance : science and practice : book of abstracts. Ljubljana: Faculty of Sport, 2016. 48 str., ilustr. ISBN 978-961-6843-67-6.

Ušaj, Anton. Hypoxia. V: Ušaj, Anton (ur.), et al. High altitude and isobaric hypoxia influence on human performance : science and practice : book of abstracts. Ljubljana: Faculty of Sport. 2016, str. 8.

Ušaj, Anton, Burnik, Stojan. The influence of high-altitude acclimatization on ventilatory and blood oxygen saturation responses during normoxic and hypoxic testing. *Journal of Human Kinetics*, ISSN 1640-5544, 2016, vol. 50, str. 125-133.

Ušaj, Anton, Štrumbelj, Boro, Kapus, Jernej, Osredkar, Joško, Vodičar, Janez. Nonhematological adaptations using training at moderate altitude. V: UŠAJ, Anton (ur.), et al. High altitude and isobaric hypoxia influence on human performance: science and practice : book of abstracts. Ljubljana: Faculty of Sport. 2016, str. 31.

Ušaj, Anton, Rauter, Samo, Sluga, Viktor, Pušavec, Tadej, Luznar, Aleš, Vodičar, Janez. Performance of soldiers during marching in mountains. V: UŠAJ, Anton (ur.), et al. High altitude and isobaric hypoxia influence on human performance: science and practice : book of abstracts. Ljubljana: Faculty of Sport. 2016, str. 27.

# VODENJE VADBE V VODI ZA DOJENČKE IN MALČKE S STARŠI PO FREDOVEM PROGRAMU

## UČNI NAČRT PREDMETA/COURSE SYLLABUS

|                           |                                                                                                                      |
|---------------------------|----------------------------------------------------------------------------------------------------------------------|
| <b>Predmet:</b>           | Vodenje vadbe v vodi za dojenčke in malčke s starši po Fredovem programu                                             |
| <b>Course title:</b>      | Facilitating water-based activities for infants and toddlers together with their parents according to Fred's program |
| <b>Članica nosilka/UL</b> | UL FŠ                                                                                                                |
| <b>Member:</b>            |                                                                                                                      |

| Študijski programi in stopnja                                                            | Študijska smer                  | Letnik | Semestri    | Izbirnost |
|------------------------------------------------------------------------------------------|---------------------------------|--------|-------------|-----------|
| Kineziologija, prva stopnja, univerzitetni<br>(od študijskega leta 2025/2026 dalje)      | Ni členitve (študijski program) |        | 2. semester | izbirni   |
| Športna vzgoja, prva stopnja, univerzitetni<br>(od študijskega leta 2025/2026 dalje)     | Ni členitve (študijski program) |        | 2. semester | izbirni   |
| Športno treniranje, prva stopnja, univerzitetni<br>(od študijskega leta 2025/2026 dalje) | Ni členitve (študijski program) |        | 2. semester | izbirni   |

Univerzitetna koda predmeta/University course code: 0644396

| Predavanja<br>/Lectures | Seminar<br>/Seminar | Vaje<br>/Tutorials | Klinične vaje<br>/Clinical<br>tutorials | Druge oblike<br>študija<br>/Other forms<br>of study | Samostojno<br>delo<br>/Individual<br>student work | ECTS |
|-------------------------|---------------------|--------------------|-----------------------------------------|-----------------------------------------------------|---------------------------------------------------|------|
| 15                      | 20                  | 25                 |                                         |                                                     | 60                                                | 4    |

Nosilec predmeta/Lecturer: Dorica Šajber

Vrsta predmeta/Course type: Splošni izbirni predmet/selective

Jeziki/Languages:

|                      |             |
|----------------------|-------------|
| Predavanja/Lectures: | Slovenščina |
| Vaje/Tutorial:       | Slovenščina |

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

Pogoj za vključitev v delo je opravljen izpit iz predmeta *Plavanje 1 z osnovami reševanja iz vode*

**Prerequisites:**

The prerequisite for joining the subject is passing the exam of the subject *Swimming 1 with the basics of water rescue*.

**Vsebina:**

Predmet zajema tako teoretične vsebine, kot praktične vsebine in seminarje.  
Temeljne teoretične vsebine:

- Osnovni pogoji za vadbo v vodi za dojenčke in malčke
- Razvojne značilnosti dojenčkov in malčkov ter odzivanje v vodi

**Content (Syllabus outline):**

The subject covers both theoretical and practical contents, as well as seminars.  
Basic theoretical contents:

- Basic conditions for water activities for infants and toddlers
- Developmental characteristics of infants and toddlers and their responses in water

|                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <ul style="list-style-type: none"> <li>Vloga učitelja plavanja v tem obdobju se osredotoča na poučevanje plavanja. Učitelj uči starše, le ti pa svoje otroke. Ključna sta komunikacija in prenos informacij.</li> <li>Predstavitev različnih pristopov vadb v vodi za dojenčke in malčke.</li> <li>Značilnosti Fredove metode učenja plavanja</li> <li>Program za 10-urni plavalni program za dojenčke po Fredovi metodi – 1. stopnja</li> <li>Program za 10-urni plavalni program za malčke po Fredovi metodi – 2. stopnja</li> <li>Zagotavljanje aktivne varnosti, reševanje iz vode in izvedba prve pomoči pri dojenčkih in malčkih</li> </ul> <p>Praktične vsebine:</p> <ul style="list-style-type: none"> <li>Vadba v vodi po programu z malčki in njihovimi starši – 2. stopnja</li> <li>in praktična vadba po Fredovem programu za dojenčke – 1. stopnja</li> <li>Priprava na uro in vodenje pedagoške ure</li> </ul> | <ul style="list-style-type: none"> <li>The role of the swimming teacher during this period focuses on teaching swimming. The instructor educates parents, who in turn teach their children. Communication and the transfer of information are key.</li> <li>Presentation of different approaches to water exercises for infants and toddlers.</li> <li>Characteristics of Fred's method of teaching swimming</li> <li>Syllabus for a 10-hour swimming program for infants according to Fred's method – Level 1</li> <li>Syllabus for a 10-hour swimming program for toddlers according to Fred's method – Level 2</li> <li>Ensuring active safety, rescue from the water and first aid in infants and toddlers</li> </ul> <p>Practical content:</p> <ul style="list-style-type: none"> <li>Practical water exercises with toddlers and their parents – Level 2</li> <li>and practical exercise program for infants according to Fred's method – Level 1</li> <li>Preparation and oversight of the pedagogical lesson</li> </ul> |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|

#### Temeljna literatura in viri/Readings:

- Šajber, Dorica (2022): Plavanje od rojstva do šole. Didakta, Radovljica.
- Šajber, Dorica (2024): Delovni zvezki za tristopenjsko učenje plavanja po Fredovi metodi. 1. e-izd. Ljubljana: Založba Univerze: Fakulteta za šport ; prvi in drugi delovni zvezek - <https://ebooks.uni-lj.si/ZalozbaUL/catalog/book/711>

#### Cilji in kompetence:

- Posredovati študentom temeljna teoretična in praktična znanja ter veščine za varno vodenje vadbe v vodi za dojenčke in malčke.
- Naučiti različnih metodoloških pristopov k učenju, s posebnim poudarkom na Fredovi metodi za 1. in 2. stopnjo učenja plavanja.
- Usposobiti študente, da razumejo vloge družine/staršev v povezavi s plavalnim procesom.
- Naučiti, da znajo voditi vadbo preko komunikacije s starši.
- Poleg tega usposobiti, da spoznajo in znajo kritično ovrednotiti druge dejavnike, ki vplivajo na učni proces in pridobijo veščine za varno vodenje vadbe.
- Usposobiti kandidate in jim podeliti ustrezne kompetence za vodenje vadbe v vodi za dojenčke in malčke.

#### Objectives and competences:

- To provide students with basic theoretical and practical knowledge and skills for safely conducting water exercises for infants and toddlers.
- To explore different methodological approaches to learning, with particular focus on the Fred's method for learning to swim - Levels 1 and 2.
- To enable students to understand the role of family/parents to the swimming process.
- To teach them how to conduct exercises through communication with parents.
- In addition, to instruct them to critically assess other factors that influence the learning process and acquire skills for safely conducting exercises.
- To train candidates and provide them with the appropriate competencies for conducting water exercises for infants and toddlers.

#### Predvideni študijski rezultati:

- Študenti se zavedajo tako subjektivnih kot objektivnih nevarnosti in so usposobljeni za varno izvajanje vadbe.
- Pravilno uporabljajo različne pripomočke ter vključujejo družino v proces. Seznanjeni so s

#### Intended learning outcomes:

- Students are aware of both subjective and objective dangers and are trained to perform the exercises safely.
- They use various aids correctly and include family in the process.

|                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p>Fredovo metodo učenja plavanja – 1. in 2. stopnjo.</p> <ul style="list-style-type: none"> <li>Razumejo, kako različni dejavniki vplivajo na uspešnost vadbe v vodi, razvoj gibalnih sposobnosti in vpliv gibanja na telesni razvoj dojenčkov.</li> <li>Spoznavajo odzive vadečih in znajo ustrezno prilagoditi vadbo v vodi.</li> <li>Razumevanje posebnosti dojenčkov in malčkov je ključno za njihov razvoj, kar vpliva na izbiro vaj. Pridobljeno znanje se lahko uporabi za razvoj delovnega načrta in učnih priprav za vodne aktivnosti z dojenčki in malčki.</li> <li>Udeleženci so sposobni kritično ovrednotiti svoje pedagoško pristope ter prepoznati svoja močna in šibka področja.</li> </ul> | <ul style="list-style-type: none"> <li>They are familiar with Fred's method of teaching swimming – Level 1 and 2.</li> <li>They understand how various factors affect the success of exercise in water, the development of motor skills and the impact of movement on the physical development of infants.</li> <li>They learn about the responses of the exercisers and are able to adapt the exercise in water accordingly.</li> <li>Understanding the specificities of infants and toddlers is key to their development, which affects the choice of exercises. The knowledge gained can be used to develop a work plan and teaching materials for aquatic activities with infants and toddlers.</li> <li>Participants are able to critically evaluate their pedagogical approaches and identify their strong and weak areas.</li> </ul> |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|

#### Metode poučevanja in učenja:

Metode poučevanja vključujejo predavanja (aktivno poučevanje), seminarje (projektno delo), vaje (delo v bazenu z dojenčki in malčki, vodenje ure).

#### Learning and teaching methods:

Teaching methods include lectures (active teaching), seminars (project work), exercises (work in a swimming pool with infants and toddlers, teachings).

#### Načini ocenjevanja:

| Načini ocenjevanja: | Delež/Weight | Assessment:               |
|---------------------|--------------|---------------------------|
| Pisni izpit         | 50,00 %      | Written exam              |
| Praktikum           | 40,00 %      | Practical teaching lesson |
| Seminarska naloga   | 10,00 %      | Seminar paper             |

#### Ocenjevalna lestvica:

5 - 10, pri čemer velja, da je pozitivna ocena od 6 - 10

#### Grading system:

5 - 10, a student passes the exam if he is graded from 6 to 10

#### Reference nosilca/Lecturer's references:

- ŠAJBER, Dorica. Čimbenici uspešnosti obuke neplivača u radu s bebama i mališanima. V: FINDAK, Vladimir (ur.). *Zbornik radova 15. hrvatskog savjetovanja o obuci neplivača, Orabovica, 18. - 20. listopada 2018.* Zagreb: Hrvatski savez sportske rekreacije "Sport za sve", 2018. Str. 9-17, tabela. Sport za sve, God. 36, br. 95. ISSN 1332-1854. [COBISS.SI-ID [5413809](#)]
- BOŽIČ, Tina, CEMIČ, Alenka, ŠAJBER, Dorica, Analiza gibalnega razvoja dojenčkov pri gibanju v vodi po Fredovem programu. Analiza gibalnega razvoja dojenčkov pri gibanju v vodi po Freu[dovem programu = The analyse of babies' development by movement in water via Fred's programm]. V: PIŠOT, Rado (ur.), et al. *Otrok v gibanju : zbornik prispevkov = A child in motion : proceedings.* Ljubljana: Pedagoška fakulteta, 2002. Str. 81-86, tabeli, graf. prikaza. ISBN 86-7735-059-4. [COBISS.SI-ID [1622449](#)]
- ŠAJBER, Dorica, DRNOVŠEK, Mojca. The influence of water exercises on motorics of babies. V: MILANOVIĆ, Dragan (ur.), PROT, Franjo (ur.). *Kinesiology : new perspectives : proceedings book.* 3rd International scientific conference Kinesiology new perspectives, Opatija, Croatia, september 25-29, 2002, proceedings book. Zagreb: Faculty of kinesiology, University of Zagreb, 2002. Str. 440-443, graf. prikazi. ISBN 953-6378-36-1. [COBISS.SI-ID [1608625](#)]
- ŠAJBER, Dorica (2022): Plavanje od rojstva do šole. Didakta, Radovljica
- ŠAJBER, Dorica (2024): Delovni zvezki za tristopenjsko učenje plavanja po Fredovi metodi. 1. e-izd. Ljubljana: Založba Univerze: Fakulteta za šport ; prvi in drugi delovni zvezek - <https://ebooks.uni-lj.si/ZalozbaUL/catalog/book/711>



# ZGODOVINA ŠPORTA

## UČNI NAČRT PREDMETA/COURSE SYLLABUS

|                                   |                  |
|-----------------------------------|------------------|
| <b>Predmet:</b>                   | Zgodovina športa |
| <b>Course title:</b>              | History of Sport |
| <b>Članica nosilka/UL Member:</b> | UL FŠ            |

| Študijski programi in stopnja                   | Študijska smer                  | Letnik    | Semestri    | Izbirnost |
|-------------------------------------------------|---------------------------------|-----------|-------------|-----------|
| Kineziologija, prva stopnja, univerzitetni      | Ni členitve (študijski program) | 1. letnik | 2. semester | obvezni   |
| Športna vzgoja, prva stopnja, univerzitetni     | Ni členitve (študijski program) | 1. letnik | 2. semester | obvezni   |
| Športno treniranje, prva stopnja, univerzitetni | Ni členitve (študijski program) | 1. letnik | 2. semester | obvezni   |

|                                                            |         |
|------------------------------------------------------------|---------|
| <b>Univerzitetna koda predmeta/University course code:</b> | 0042626 |
| <b>Koda učne enote na članici/UL Member course code:</b>   | 1036    |

| Predavanja<br>/Lectures | Seminar<br>/Seminar | Vaje<br>/Tutorials | Klinične vaje<br>/Clinical<br>tutorials | Druge oblike<br>študija<br>/Other forms<br>of study | Samostojno<br>delo<br>/Individual<br>student work | ECTS |
|-------------------------|---------------------|--------------------|-----------------------------------------|-----------------------------------------------------|---------------------------------------------------|------|
| 30                      | 15                  |                    |                                         |                                                     | 45                                                | 3    |

|                                   |              |
|-----------------------------------|--------------|
| <b>Nosilec predmeta/Lecturer:</b> | Tomaž Pavlin |
|-----------------------------------|--------------|

|                                    |                    |
|------------------------------------|--------------------|
| <b>Vrsta predmeta/Course type:</b> | obvezni/compulsory |
|------------------------------------|--------------------|

|                          |                      |             |
|--------------------------|----------------------|-------------|
| <b>Jeziki/Languages:</b> | Predavanja/Lectures: | Slovenščina |
|                          | Vaje/Tutorial:       | Slovenščina |

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

|                  |                                                                 |
|------------------|-----------------------------------------------------------------|
| Vpis v 1. letnik | <b>Prerequisites:</b><br>Enrolment in 1st year of study program |
|------------------|-----------------------------------------------------------------|

### Vsebina:

»Zgodovina športa« obravnava pojav in razvoj ter organiziranje različnih veščin, iger, navad ali pojavnih oblik na področju telesne kulture ali športa in njihovo družbeno vpetost v različnih zgodovinski obdobjih. Zgodovinski oris je osredotočen na pregled v starem, srednjem in novem veku. Na eni strani sledimo običnemu razvoju in na drugi domačemu, kjer pa je poudarek predvsem na moderni dobi, ki jo zaznamuje civilno-društveno organiziranje in podružbljanje. Posledično so se konec 19. stoletja obnovila olimpijska tekmovanja, ki so dodobra zaznamovala moderno telesnokulturno, telesnovzgojno in športno zgodovino.

### Content (Syllabus outline):

"History of sport" discuss the phenomenon and the development and organization of various skills, games, habits or forms in the field of physical culture or sport, and their social integration in different historical periods. Historical outline focuses on an overview of the ancient, medieval and modern times. On the one hand we follow general development and on the other the home one where the emphasis are mainly on the modern era, marked by a civil organization and sport institutionalization. Consequently the end of the 19th century renovated Olympic competitions which thoroughly marked modern culture and sports history. On the Slovenian territory the development of

|                                                                                                                                                                                                                                                                                                                                                                                                                                         |                                                                                                                                                                                                                                                                                                                                                                                                                                                         |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Na Slovenskem se je razvoj dejavnosti prepletal s slovenskim nacionalizmom druge polovice 19. stoletja in težnjami po nacionalni emancipaciji ter oblikovanju narodne politične entitete. Osrednjo vlogo v tem razvoju je imelo telovadno sokolsko gibanje, ob njem in telovadbi pa se že pred prvo svetovno vojno organizirajo planinska, kolesarska in prva športna društva, s čemer so bili postavljeni temelji nadaljnjega razvoja. | physical activities intertwined with Slovenian nationalism of the second half of the 19th century and the aspirations for national emancipation and the creation of a national political entity. A central role in this development had Sokol gymnastic movement. Beside gymnastics were already before the First World War organized mountaineering, cycling and the first sports clubs, with which the foundations were laid for further development. |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|

### Temeljna literatura in viri/Readings:

A Brief History of Physical Education and Sport (1958). Ronald Press Company, New York.  
Enciklopedija fizičke kulture (1975-77). Jugoslovanski leksikografski zavod, Zagreb.  
Kos Dušan: Turnirska knjiga Gašperja Lambergarja, čas bojevnikov (1997). Viharnik, Ljubljana.  
Guttman Allen (1994): Games and Empires. Columbia University Press, New York.  
»Naša pot«, 150 let ustanovitve Južnega Sokola in sokolskega gibanja (2014, ur. T. Pavlin). Ljubljana: Fakulteta za šport.  
Miller David (2003): Athens to Athens. Mainstream publishing, Edinburgh & London.  
Pavlin Tomaž (2005): »Zanimanje za šport je prodrlo med Slovenci že v široke sloje«. Fakulteta za šport, Institut za šport, Ljubljana.  
Radan Živko (1979): Pregled historije tjelesnog vežbanja i sporta. Školska knjiga, Zagreb.  
Stepišnik Drago (1968): Oris zgodovine telesne kulture na Slovenskem. DZS, Ljubljana.  
Swaddling Judith (1999): The Ancient Olympic Games. University of Texas Press, Austin.

### Cilji in kompetence:

-spoznati in razumeti zgodovino in razvoj dejavnosti ter zgodovinske tehnike in dediščino  
-uporaba zgodovinskih tehnik pri delu v športnih organizacijah

### Objectives and competences:

- to know and understand the history and development of activities as well as some historic skills or techniques and heritage  
-to use historical techniques at work in sports organizations

### Predvideni študijski rezultati:

- pridobiti vedenje o pojavu in razvoju različnih telesnih aktivnosti in iger in njihova preobrazba v šport ter njegova družbena vloga v posameznih zgodovinskih obdobjih in družbenih okoljih  
-razumevanje pojmov, struktur, procesov v evoluciji in institucionalizaciji tradicionalne telesne dejavnosti in iger v moderni šport  
-usposobiti študenta za objektivno kritično presojo ter ga opozoriti na dediščino in odnos do nje

### Intended learning outcomes:

-to attain the knowledge about the occurrence and development of a variety of physical activities and games and their transformation in sport and its social role in certain historical periods and social environments  
-to understand concepts, structures, processes in the evolution and institutionalization of traditional physical activities and games in modern sport  
-to qualify student to objectively critical assessment and the attention to the heritage and attitude to it

### Metode poučevanja in učenja:

-predavanja in seminarsko delo z nastopom

### Learning and teaching methods:

-lecturing and seminar with presentation

### Načini ocenjevanja:

-pisni izpit, seminarska naloga pogoj za opravljanje izpita

### Delež/Weight

100,00 %

### Assessment:

-examination, positive seminar is demanded to acced to exam

### Ocenjevalna lestvica:

### Grading system:

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### Reference nosilca/Lecturer's references:

- PAVLIN, Tomaž. Jugoslovanski Sokol. V: PAVLIN, Tomaž (ur.). *Naša pot : 150 let ustanovitve Južnega Sokola in sokolskega gibanja = Our way : 150 years since the Southern Sokol and the Sokol movement were established*. Ljubljana: Fakulteta za šport, 2014, str. 101-158. [COBISS.SI-ID [3226740](#)]
- PAVLIN, Tomaž (urednik). *Naša pot : 150 let ustanovitve Južnega Sokola in sokolskega gibanja = Our way : 150 years since the Southern Sokol and the Sokol movement were established*. Ljubljana: Fakulteta za šport, 2014. 280 str., ilustr. ISBN 978-961-6843-49-2. [COBISS.SI-ID [273956096](#)]
- PAVLIN, Tomaž. "The duty of Sokol is to yet again step into the national front line" : Sokol movement in Slovenia - 150th anniversary of Južni Sokol. *Science of gymnastics journal*, ISSN 1855-7171. [Spletna izd.], 2013, vol. 5, issue 3, str. 5-18, fotogr.  
[http://www.fakultetazasport.si/cvus/zaloznistvo/science\\_of\\_gymnastics/zadnja\\_stevilka/#2013102812313834](http://www.fakultetazasport.si/cvus/zaloznistvo/science_of_gymnastics/zadnja_stevilka/#2013102812313834). [COBISS.SI-ID [4421297](#)]
- PAVLIN, Tomaž. Olimpijstvo do leta 1914. V: PODPEČNIK, Jože (ur.), PÖRŠ, Simona (ur.). *Sabljanje : veščina, tradicija, šport : zbornik ob 100-letnici osvojitve srebrne olimpijske medalje Rudolfa Cvetka*. Ljubljana: Narodni muzej Slovenije, 2012, str. 37-46, ilustr. [COBISS.SI-ID [4347569](#)]
- PAVLIN, Tomaž. La société Orel en Slovénie et Yougoslavie. V: MUNOZ, Laurence (ur.), TOLLENEER, Jan (ur.). *L'Église, le sport et l'Europe : La Fédération internationale catholique d'éducation physique (FICEP) à l'épreuve du temps (1911-2011)*, (Espaces et Temps du Sport). Paris: L'Harmattan, cop. 2011, str. 221-237. [COBISS.SI-ID [4047793](#)]
- PAVLIN, Tomaž. "V pesti sila, v srcu odločnost, v mislih domovina" : telovadba in šport v stari Jugoslaviji. V: ŠTEPEC, Marko, et al. *1918-1941*. Ljubljana: Muzej novejše zgodovine Slovenije, 2011, str. 70-85, ilustr. [COBISS.SI-ID [4166065](#)]
- PAVLIN, Tomaž. "Zanimanje za sport je prodrlo med Slovenci že v široke sloje" : (Telesnokulturno in športno organiziranje na Slovenskem pred prvo svetovno vojno in po njej). Ljubljana: Fakulteta za šport, Inštitut za šport, 2005. 143 str., ilustr., tabele. ISBN 961-6583-05-0. [COBISS.SI-ID [225221888](#)]
- KODELJA, Neva, MAŠERA, Boštjan, PAVLIN, Tomaž. *Zdravo! Bog živi! : dokumentarni film*. Radiotelevizija Slovenija; Ljubljana: 2006. [COBISS.SI-ID [2866609](#)]
- PAVLIN, Tomaž. Sport for all in Slovenia : heritage and actuality. V: EICHBERG, Henning (ur.), KOSIEWICZ, Jerzy (ur.), OBODYŃSKI, Kazimierz (ur.). *Sport for all as a form of education*. Rzeszów: Wydawnictwo Uniwersytetu Rzeszowskiego, cop. 2007, str. 74-86. [COBISS.SI-ID [3148209](#)]

# ŽIVČNO-MEHANSKE OSNOVE GIBANJA 1

## UČNI NAČRT PREDMETA/COURSE SYLLABUS

|                                   |                                      |
|-----------------------------------|--------------------------------------|
| <b>Predmet:</b>                   | Živčno-mehanske osnove gibanja 1     |
| <b>Course title:</b>              | Neuromechanical basics of movement 1 |
| <b>Članica nosilka/UL Member:</b> | UL FŠ                                |

| Študijski programi in stopnja                                                        | Študijska smer                  | Letnik    | Semestri    | Izbirnost |
|--------------------------------------------------------------------------------------|---------------------------------|-----------|-------------|-----------|
| Kineziologija, prva stopnja, univerzitetni<br>(od študijskega leta 2025/2026 dalje)  | Ni členitve (študijski program) | 2. letnik | 1. semester | obvezni   |
| Športna vzgoja, prva stopnja, univerzitetni<br>(od študijskega leta 2025/2026 dalje) | Ni členitve (študijski program) | 2. letnik | 1. semester | obvezni   |

|                                                            |         |
|------------------------------------------------------------|---------|
| <b>Univerzitetna koda predmeta/University course code:</b> | 0042638 |
| <b>Koda učne enote na članici/UL Member course code:</b>   | 1099    |

| Predavanja<br>/Lectures | Seminar<br>/Seminar | Vaje<br>/Tutorials | Klinične vaje<br>/Clinical<br>tutorials | Druge oblike<br>študija<br>/Other forms<br>of study | Samostojno<br>delo<br>/Individual<br>student work | ECTS |
|-------------------------|---------------------|--------------------|-----------------------------------------|-----------------------------------------------------|---------------------------------------------------|------|
| 60                      | 0                   | 30                 | 0                                       | 0                                                   | 90                                                | 6    |

|                                   |                               |
|-----------------------------------|-------------------------------|
| <b>Nosilec predmeta/Lecturer:</b> | Katja Tomažin, Vojko Strojnik |
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| <b>Vrsta predmeta/Course type:</b> | obvezni/compulsory |
|------------------------------------|--------------------|

|                          |                      |             |
|--------------------------|----------------------|-------------|
| <b>Jeziki/Languages:</b> | Predavanja/Lectures: | Slovenščina |
|                          | Vaje/Tutorial:       | Slovenščina |

|                                                                              |                       |
|------------------------------------------------------------------------------|-----------------------|
| <b>Pogoji za vključitev v delo oz. za opravljanje študijskih obveznosti:</b> | <b>Prerequisites:</b> |
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### Vsebina:

V okviru predmeta bodo predstavljeni osnovni elementi gibalnega sistema (mišica, kost, sklep, receptorji, živčni sistem) z vidika njihovih mehanskih lastnosti oziroma vloge v gibanju. Poseben poudarek je dan njihovemu povezovanju v okviru predstavitve gibalnih strategij. Poleg teoretičnih predstavitev vloge elementov gibalnega sistema bodo predstavljeni tudi praktični primeri, laboratorijske meritve, študenti pa bodo na osnovi rezultatov meritev na pritiskovni plošči izdelali profil športnika z vidika delovanja gibalnega aparata v različnih gibalnih strategijah odzivne moči in jih povezali s športno tehniko in taktiko.

### Content (Syllabus outline):

The subject covers the presentation of the basic elements of the movement system (muscle, bone, joint, receptors, nervous system), primarily in terms of their mechanical properties or role in integration. Particular emphasis is put on their integration in the framework of the presentation of movement strategies. In addition to the theoretical presentation, practical examples will be presented, laboratory measurements, on the basis of the results of measurements on the force plate, students will draw up the profile of the athlete from the point of view of the functioning of the movement apparatus in various movement strategies and connect them with sports

Po predstavitvi osnovnih elementov gibalnega sistema bodo predstavljene akutne spremembe živčno-mišičnega sistema v smeri izboljšanja oziroma poslabšanja delovanja živčno-mišičnega sistema. Pri gibalni kontroli bo dan poudarek predvsem na perifernih mehanizmih. Model za oceno delovanja gibalnega aparata bo poleg dinamičnih parametrov vključeval tudi kinematične in EMG parametre.

#### **Značilnosti Ž-M sistema**

- Struktura in mehanika osnovnih elementov gibalnega aparata.
- Struktura in funkcija nevronov z vidika gibanja.
- Motorična enota, mehanske značilnosti, določanje.
- EMG, izvor signala, obdelava, povezava z mišično silo.
- Osnovni refleksi (miotatični refleks, golgijev kitni refleks, refleks nasprotnega ekstenzorja, refleks umika, refleks recipročne inhibicije, refleks rekurentne inhibicije, tonični vibracijski refleks, jendrasikov maneuver, H refleks ...).
- Refleksi in gibanje.
- Kinestezija (senzorji in delovanje).
- Aktivacija mišice (mehanizmi, nivo aktivacije).
- Mišična mehanika (mehanski model mišice, skrček, odnosi sila-čas, sila-dolžina mišice, sila-hitrost).
- Enosklepne in dvosklepne mišice in njihova vloga pri gibanju.
- Kinetične verige in njihova mehanika.
- Gibalne strategije (drža, ravnotežje, ciljanje, manipulacija, balistična kontrakcija, ekscentrično-koncentrična kontrakcija, ...).

#### **Akutne spremembe delovanja Ž-M sistema**

- Akutne spremembe živčno-mišičnega sistema pod vplivom obremenitve (potenciacija, utrujenost: centralna-periferna, nizko in visokofrekvenčna utrujenost).

#### **Obremenitve Ž-M sistema pri tipičnih gibalnih nalogah**

- Dejavniki obremenitve človeka (bio-psiho-socialni pristop).
- Obremenitev hrbtenice (predstavitve modela, analiza sil in navorov).
- Drže: sedenje, pokončna drža in ležanje (obremenitev hrbtenice, priporočeni položaji, ukrepi za zmanjšanje obremenitve).
- Lokomocija: hoja, tek, šprint (ključne mehanske značilnosti in strategije).
- Mehanika obutve (poudarek na amortizaciji in stabilizaciji stopala).

and other motor tasks. After the presentation of the basic elements of the movement system, changes in the neuro-muscular system in the field of acute changes due to increased or decreased physical activity will be presented and the peripheral movement control will be upgraded with the basics of the central control of the movement. In addition to dynamic parameters, the model for the evaluation of the operation of the motor will also include kinematic and EMG parameters.

#### **Features of the neuro-muscular system**

- Structure and mechanics of the basic elements of a movement apparatus.
- The structure and function of neurons in terms of movement.
- Motor unit, mechanical characteristics, determination.
- EMG, signal source, treatment, connection with muscle force.
- Reflexes (stretch reflex, reverse extensor, withdrawal reflex, reciprocal inhibition, recurrent inhibition, tonic vibration reflex, jendrasic maneuver, H reflex ...).
- Reflexes and movement
- Kinesthesia (sensors and performance)
- Muscle activation (mechanisms, activation level)
- Muscular mechanics (mechanical muscle model, twitch, relationships: force-time, force-muscle length, force-velocity)
- Single- and two-joint muscles and their role in movement.
- Kinetic chains and their mechanics.
- Movement strategies (posture, balance, targeting, manipulation, ballistic contraction, eccentric-concentric contraction, ...).

#### **Acute changes in the functioning of the neuro-muscular system**

- Acute changes in the nervous system under the influence of stress (potentiation, fatigue: central-peripheral, low and high-frequency fatigue).

#### **Loading of the neuro-muscular system for typical motor tasks**

- Factors of human loading (bio-psycho-social approach).
- Spine mechanics (model presentation, force and force analysis).
- Postures: sitting, upright posture and lying (spine load, recommended positions, load reduction).
- Locomotion: walking, running, sprinting (key mechanical characteristics and strategies).
- Shoe mechanics (emphasis on depreciation and stabilization of the foot).

#### **Temeljna literatura in viri/Readings:**

- Enoka, R.M. (2001 or later) Neuromechanics of Human Movement. Human Kinetics, Champaigne.

- McGill, S. Low Back Disorders Human Kinetics, Champaign, IL, 2002.
  - Zatsiorsky V.M. (1995) Science and practice of strength training. Human Kinetics, Champaigne.
- Priporočena literatura
- Jereb B. (1995) Primerjava treh testov vzdržljivosti v moči z nekaterimi biomehanskimi, biokemijskimi in elektromiografskimi metodami, magistririj, FŠ, Ljubljana.
  - Dolenec A. (1997) Analiza delovanja skočnega sklepa pri različnih tehnikah izvedbe vertikalnih skokov, magistririj, FŠ, Ljubljana.
  - Tomažin K. (2001) Spremembe površinskega EMG signala pod vplivom utrujenosti, disertacija FŠ, Ljubljana.
  - Dyhre-Poulsen P., Simonsen E.B., Voigt M.: Dynamic control of muscle stiffness and H-reflex modulation during hopping and jumping in man. – J. Physiol. (1991), 437, pp. 287-304
  - Štirn, I. (2006) Ugotavljanje utrujenosti mišic med plavanjem na 100 metrov : magistrska naloga. Fakulteta za šport, Ljubljana.
  - Fitts R.H.: Cellular Mechanisms of Muscle Fatigue. - Physiological Reviews, Vol.74, No.1, January ,1994, pp.49-94
  - Nicol C., P.V. Komi: Neuromuscular Fatigue in Stretch-Shortening Cycle Exercises. - Medicine and Sport Science. Basel, Karger, 1996, vol. 41, pp. 1-14

### Cilji in kompetence:

#### Cilji predmeta:

- Spoznati značilnosti elementov Ž-M sistema in obremenitve gibalnega aparata, temeljne gibalne strategije.
- Razumeti uporabo gibalnih strategij pri tipičnih gibalnih nalogah.
- Razumeti dejavnike prilagajanja tehnike gibanja ter obremenitve gibalnega aparata značilnostim posameznika.
- Poznati osnove akutnih sprememb v delovanju živčno-mišičnega sistema in osnove kontrole gibanja v pogojih potenciacije in utrujenosti.
- Razumeti mehaniko obremenitve hrbtenice.
- Poznavanje delovanja Ž-M sistema pri med ohranjanjem različnih drž, lokomociji in manipulaciji s predmeti.
- Poznati osnove mehanike športne obutve.
- Z razumevanjem tovrstnih obremenitev dobo lažje načrtovati vadbene programe, ki bodo omogočili boljšo prilagojenost na tovrstne obremenitve oziroma bodo omogočili kompenzacijo in sprostitvev.
- Bolje razumeti delovanja živčno-mišičnega sistema z integracijo digitalnih orodij in orodij umetne inteligence.
- Dvigniti digitalne kompetence z integracijo digitalnih orodij v poučevanje.

#### Predmetno specifične kompetence:

##### Značilnosti Ž-M sistema

- Uporabiti živčno-mišično-kitno-skeletni model za reševanje gibalnih problemov in pri tem uporabiti različna digitalna orodja.
- Analizirati osnove elektromiografske podatke.
- Oceniti delovanja perifernega živčnega sistema v povezavi z gibanjem.
- Uporabiti osnove mišične mehanike za analizo gibanja.
- Analizirati mehanizme mišične aktivacije in njeno vlogo pri gibanju.

### Objectives and competences:

#### Objectives of the course:

- To learn about the characteristics of the elements of the neuro-muscular system and the load of the movement apparatus, the fundamental movement strategies.
- Understand the use of movement strategies in typical movement tasks.
- Understand the factors of adapting the movement technique and the load of the movement apparatus to the characteristics of the individual.
- Know the basics of acute changes in the functioning of the nervous system and the basis of movement control under conditions of potency and fatigue.
- Understand the mechanics of the spine.
- Knowing the functioning of the Ž-M system while maintaining various positions, locomotion and object manipulations.
- Know the basics of sports shoes.
- By understanding these types of workloads, it is easier to plan training programs that will allow better adaptation to such loads or allow for compensation and relaxation.
- Better understanding of the functioning of the neuromuscular system through the integration of digital tools and artificial intelligence tools.
- Improve digital competencies by integrating digital tools into the classroom.

#### Subject-specific competences:

##### Features of the neuro-muscular system

- Use a neuro-muscular, tendon and skeleton model to solve movement problems using various digital tools.
- Analyze basic electromyographic data.
- Evaluate the function of the peripheral nervous system in relation to movement.
- Apply basic muscle mechanics to analyze movement
- Analyze the mechanisms of muscle activation and their role in movement.

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| <ul style="list-style-type: none"> <li>• Prepoznati osnovne gibalne strategije.</li> <li>• Izvesti osnovne laboratorijske teste za oceno delovanja živčno-mišičnega sistema.</li> <li>• Oceniti akutne spremembe v delovanju živčno-mišičnega sistema.</li> <li>• Uporabiti modela delovanje živčno-mišično-kitno-skeletnega za razlago gibalnih nalog.</li> <li>• Analizirati osnovne gibalne strategije na osnovi kinematičnih, dinamičnih in EMG parametrov</li> <li>• Izvesti analizo obremenitve gibalnega aparata.</li> <li>• Oceniti mehaniko obremenitve hrbtenice.</li> <li>• Analizirati mehaniko ohranjanja drž, lokomocije in manipulacij s premeti.</li> <li>• Prikazati pravilne tehnike sedenja, pokončne drže, dviganja, prenašanja predmetov.</li> <li>• Oceniti osnovne mehanske značilnosti tekaške obutve in njihovo vlogo pri teku.</li> <li>• Izdelati preprost klepetalnik za razumevanje delovanja živčno-mišičnega sistema med gibanjem.</li> <li>• Nadarjeni posamezniki znajo analizirati kinematične, dinamične in elektromiografske podatke z uporabo naprednih digitalnih orodij (strojno učenje, algoritmi UI) za prepoznavanje osnovnih gibalnih strategij, napovedovanje poškodb itd.</li> </ul> | <ul style="list-style-type: none"> <li>• Recognize basic movement strategies.</li> <li>• Perform basic laboratory tests to assess the function of the neuromuscular system.</li> <li>• Evaluate acute changes in the function of the neuromuscular system.</li> <li>• Apply the neuromuscular, tendon and skeletal models in different movement tasks.</li> <li>• Analyze basic movement strategies based on kinematic, dynamic and EMG parameters.</li> <li>• Evaluate the mechanics of spinal loading.</li> <li>• Analyze the mechanics of postural maintenance, locomotion and object manipulation.</li> <li>• Demonstrate correct techniques for sitting, upright posture, lifting and carrying objects.</li> <li>• Evaluate the basic mechanical properties of running shoes and their role in running.</li> <li>• Create a simple chat system to understand the functioning of the neuromuscular system during movement.</li> <li>• Gifted individuals are able to analyze kinematic, dynamic and electromyographic data using advanced digital tools (machine learning, AI algorithms) to identify basic movement strategies, predict injuries, etc.</li> </ul> |
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| <b>Predvideni študijski rezultati:</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      | <b>Intended learning outcomes:</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |
| <ul style="list-style-type: none"> <li>• Znanje in razumevanje:</li> <li>• Poznavanje in razumevanje temeljnih konceptov delovanja živčno-mišičnega sistema, gibalnih strategij, elektromiografije in temeljev diagnostičnih metod na tem področju.</li> <li>• Razumevanje in opis delovanja gibalnega aparata s pomočjo s pomočjo petih osnovnih gradilnih elementov gibalnega aparata.</li> <li>• Poznavanje in razumevanje temeljnih konceptov delovanja gibalnega aparata, njegovih obremenitev pri nekaterih tipičnih športnih in vsakodnevni obremenitvah.</li> </ul> | <ul style="list-style-type: none"> <li>• Knowledge and understanding:</li> <li>• Knowledge and understanding of fundamental concepts of the functioning of the neuromuscular system, movement strategies, electromyography and the foundations of diagnostic methods in this field.</li> <li>• Understanding and describing the operation of the movement apparatus by means of the five basic building elements of the movement apparatus.</li> <li>• Knowledge and understanding of the fundamental concepts of the operation of a movement apparatus, its loads in some typical sports and everyday loads.</li> </ul> |

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| <b>Metode poučevanja in učenja:</b>                                               | <b>Learning and teaching methods:</b>                                                        |
| Predavanja, laboratorijske vaje<br>Sodelovalno učenje, refleksija, samoevalvacija | Lectures, laboratory sessions<br><br>Collaborative learning, self-reflexion, self-assessment |

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| <b>Načini ocenjevanja:</b>                                                                       | <b>Delež/Weight</b> | <b>Assessment:</b>                                                                                                                                   |
| Pogoj za opravljanje teoretičnega izpita je ustrezna prisotnost na vajah. Ustni ali pisni izpit. | 100,00 %            | The condition for taking the theoretical examination is the appropriate attendance at the practical part of the course. Oral or written examination. |

**Ocenjevalna lestvica:**

**Grading system:**

|                                                          |                                                                |
|----------------------------------------------------------|----------------------------------------------------------------|
| 5 - 10, pri čemer velja, da je pozitivna ocena od 6 - 10 | 5 - 10, a student passes the exam if he is graded from 6 to 10 |
|----------------------------------------------------------|----------------------------------------------------------------|

#### Reference nosilca/Lecturer's references:

prof. dr. Vojko Strojnik

- SPUDIĆ, Darjan, STROJNIK, Vojko, ŠTIRN, Igor, PORI, Primož, ŠARABON, Nejc. Effects of flywheel resistance training on countermovement jump performance and vastus lateralis muscle stiffness : a controlled study. *Journal of sports sciences*. 2024, vol. , iss. , str. 1-12, ilustr. ISSN 1466-447X. <https://www.tandfonline.com/eprint/XHCSN3JVRSDZQF2TR3C/full?target=10.1080/02640414.2024.2434285>.
- MOŠKON, Sara, ŠINKOVEC, Lara, TOMAŽIN, Katja, AMON, Rok, STROJNIK, Vojko, SPUDIĆ, Darjan. Učinek podprazne električne stimulacije tibialnega živca na navor iztegovalk gležnja pri zdravih odraslih in odraslih z multiplo sklerozo. *Šport : revija za teoretična in praktična vprašanja športa*. 2024, letn. 72, št. 3/4, str. 93-101.
- ŠTIRN, Igor, GARCÍA RAMOS, Amador, FERICHE, Belén, STROJNIK, Vojko, TOMAŽIN, Katja. Influence of an acute exposure to a moderate real altitude on motoneuron pool excitability and jumping performance. *Frontiers in physiology*. 2022, vol. 13, art. 861927, str. 1-8, ilustr. ISSN 1664-042X.
- DOLENEC, Aleš, SVETINA, Mojca, STROJNIK, Vojko. Electromyographic comparison of an abdominal rise on a ball with a traditional crunch. *Sensors*. 2022, iss. 5, art. 1979, str. 1-9, ilustr. ISSN 1424-8220. <https://www.mdpi.com/1424-8220/22/5/1979/htm>, Repozitorij Univerze v Ljubljani – RUL, DOI: 10.3390/s22051979. [COBISS.SI-ID 99970051], [JCR, SNIP, WoS do 10. 3. 2025: št. citatov (TC): 2, čistih citatov (CI): 2, čistih citatov na avtorja (CIAu): 0.67, Scopus do 24. 2. 2025: št. citatov (TC): 2, čistih citatov (CI): 2, čistih citatov na avtorja (CIAu): 0.67]
- KALC, Miloš, RITZMANN, Ramona, STROJNIK, Vojko. Effects of whole-body vibrations on neuromuscular fatigue : a study with sets of different durations. *PeerJ*. 23 Nov. 2020, vol. 8, str. [1]-20, ilustr. ISSN 2167-8359. <https://peerj.com/articles/10388/>, DOI: 10.7717/peerj.10388. [COBISS.SI-ID 42596867], [JCR, SNIP, WoS do 10. 1. 2025: št. citatov (TC): 4, čistih citatov (CI): 4, čistih citatov na avtorja (CIAu): 1.33, Scopus do 27. 12. 2024: št. citatov (TC): 4, čistih citatov (CI): 4, čistih citatov na avtorja (CIAu): 1.33]

prof. dr. Katja Tomažin

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