1. GENERAL INFORMATION			
1.1. Course teacher	**Assistant professor Danijel Jurakić, PhD** **Assistant professor Maroje Sorić, PhD**	1.6.Year of the study programme	4
1.2.Name of the course	Physical Activity and Health	1.7.Credits (ECTS)	4
1.3.Associate teachers		1.8.Type of instruction (number of hours L + S + E + e-learning)	60 (30L+30E)
1.4.Study programme (undergraduate, graduate, integrated)	Integrated	1.9.Expected enrolment in the course	30
1.5.Status of the course	Mandatory	1.10.Level of application of e-learning (level 1, 2, 3), percentage of online instruction (max. 20%)	2
2. COURSE DESCRIPTION			
2.1.Course objectives	The course has two main objectives. First objective is to enable students to gain basic theoretical knowledge about impact of physical activity on health and role of physical activity in primary prevention of chronic non-communicable diseases as well as acquire knowledge about recommended type, intensity, and frequency of physical activity needed for prevention of specific chronic diseases (dose-response). Second objective of the course is enabling students to acquire theoretical and applied knowledge in the field of physical activity promotion. Students will learn about specificities and effectiveness of different kind of physical activity interventions. Finally, through practical examples, students will gain applied knowledge about implementation of physical activity promotion interventions in different settings such as: schools, sport clubs, health of recreational clubs, workplaces, nursing homes etc.		
2.2.Course enrolment requirements and entry competences required for the course	No enrolment requirements.		
2.3.Learning outcomes at the level of the programme to which the course contributes	Creation of plan and programme with aim to improve physical fitness (schools, sport clubs, health of recreational clubs, workplaces, nursing homes etc.). Organization of professional work (schools, sport clubs, health of recreational clubs, workplaces, nursing homes etc.). Physical activity promotion as important part of healthy lifestyle.		
2.4.Learning outcomes expected at the level of the course (4 to 10 learning outcomes)	The students will be able to: - Understand the role of physical activity on health improvement and protection; - Understand determinants of physical activity in different populations; - Provide conditions for safe exercise; - Apply methods for measurement and assessment of physical activity; - Create physical activity intervention plan, - Work within team for creation physical activity strategies.		
2.5.Course content broken down in detail by weekly class schedule (syllabus)	**Lectures and exercises** 1. Introduction. Relation between physical activity, physical fitness and health. (2L) 2. Physiological impact of physical activity on health. (2L) 3. Primary prevention of chronic diseases. The role of physical activity in primary prevention. (2L) 4. Relationship between cardiovascular fitness and risk factors for chronic cardiovascular and metabolic diseases. (2L+2E) 5. Conditions of safe exercise and procedures for prevention of potential complications during exercise. (2L+4E)		

	6. Energy consumption and energy expenditure measurement in different physical activities. Physical activity level assessment- (2L+4V) 7. The level of physical activity in different populations. The prevalence of physical activity in the world and in Croatia. (2P) 8. Determinants of physical activity. (2L+2P) 9. Physical activity and quality of life. (2L) 10. Dose-response impact of physical activity in prevention of chronic diseases. (2L+2E) 11. Specificity of physical activity for children and adolescents. 82P+2E) 12. Types of intervention for physical activity improvement. (2P+4V) 13. Physical activity promotion for different population. (2L+4E) 14. Physical activity barriers. (2L+2E) 15. Creation of strategies for physical activity promotion. (2L+4E)

2.6.Format of instruction:			2.7.Comments:
	☒ lectures ☐ seminars and workshops ☒ exercises ☐ on line in entirety ☒partial e-learning ☐ field work	☒ independent assignments ☐ multimedia and the internet ☐ laboratory ☐ work with mentor ☐ (other)	

2.8.Student responsibilities	

2.9.Screening student work *(name the proportion of ECTS credits for each activity so that the total number of ECTS credits is equal to the ECTS value of the course)*						
	Class attendance	0.5	Research		Practical training	
	Experimental work		Report		(other)	
	Essay		Seminar essay	0.5	(other)	
	Tests	2	Oral exam	0.5	(other)	
	Written exam	(2)	Project	0.5	(other)	

2.10. Grading and evaluating student work in class and at the final exam	
	Class attendance – 12.5% Tests – 50% Seminar essay – 12.5% Oral exam – 12.5% Creation of intervention plan and presentation – 12.5% If a student does not pass the course during the year, he/she has to take final exam (written – 50% and oral – 50%).

2.11. Required literature (available in the library and via other media)	**Title**	**Number of copies in the library**	**Availability via other media**
	1. Mišigoj-Duraković, M. (2012). Tjelesno vježbanje i zdravlje (2. izdanje). Zagreb: Znanje. [engl. Physical Activity and Health, 2nd edition. Zagreb:Znanje.]	10	

2.12.Optional literature (at the time of submission of study programme proposal)	
	1. Bouchard, C., Blair, S., Haskell, W. L. (2012). Physical activity and health. Champaign, IL.: Human Kinetics.. 2. Dishman, R. K., Washburn, R. A., Heath, G. W. (2013). Physical activity epidemiology. Champaign, IL.: Human Kinetics. 3. U.S. Department of Health and Human Services (1999). Promoting physical activity: A guide for community action. Champaign, IL.: Human Kinetics. 4. Kohl, H.W., Murray, T.D. (2012) Foundations of physical activity and public health. Champaign, IL.: Human Kinetics.

2.13.Quality assurance methods that ensure the acquisition of exit competences	
	Anonymous student survey.