



Sveučilište u Zagrebu

Kineziološki fakultet

University of Zagreb  
Faculty of Kinesiology





Sveučilište u Zagrebu  
Kineziološki fakultet

**University of Zagreb**  
**Faculty of Kinesiology**

Kineziološki fakultet  
najbolje od znanosti i prakse  
s jasnom vizijom budućnosti

**The Faculty  
of Kinesiology  
and our vision  
for the future**



**Zagreb, 2017. / Zagreb, 2017**

**Nakladnik**  
Publisher

**Za nakladnika**  
For the publisher

**Glavni i odgovorni urednik**  
Editor-in-chief

**Uredništvo**  
Editorial board

**Lektura, redaktura**  
Proofreading, editing

**Fotografije**  
Photos

**Grafičko oblikovanje**  
Graphic design

**Naklada**  
Edition

**Tisk**  
Printed by

**Zagreb, prosinac 2017.**  
Zagreb, December 2017

**ISBN**

**Kineziološki fakultet Sveučilišta u Zagrebu**  
University of Zagreb / Faculty of Kinesiology

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**Multimedia Čakovec**

**Tomislav Brozović**

**1000 primjeraka**

**1000 copies**

**Printex d.o.o.**



## Dekanova dobrodošlica



“

Studenti su naša budućnost te ih nastojimo pripremiti za najperspektivnije zanimanje budućnosti.

“

Na našem Kineziološkom fakultetu, sportski duh prožima sve aspekte našeg rada, sve radimo timski i zajedničkim snagama uvijek težimo prema kvalitetnijem znanstvenom, nastavnom i stručnom radu imajući u vidu neraskidivu povezanost ovih triju segmenata. Od skromnih početaka davne 1959. godine kada je osnovana Visoka škola za fizičku kulturu, Fakultet je izrastao u vodeću instituciju za područje kineziologije u Hrvatskoj. Spremnost na kontinuirani rast, što je trajna karakteristika i želja naše ustanove i svih djelatnika, bitna je kao preduvjet da bismo išli uz korak ne samo vodećim ustanovama u regiji, Europi i svijetu, nego i kako bismo u nekim segmentima preuzeli poziciju inicijatora i predvodnika. S tim smo ciljem na Fakultetu okupili vrhunski tim stručnjaka, trenera i istraživača koji imaju neprocjenjivo iskustvo u vrhunskom sportu, sportu i sportskoj gimnastici, kao i stručnjaka s trenerskom praksom.

Nastojimo osigurati najpovoljnije uvjete rada nabavljajući vrhunsku opremu kao što su *Awinda* i *Optojump*, po kojima smo iznimka u ovom regionalnom području. Svjesni smo da su upravo studenti naša budućnost te ih primjenom najboljih suvremenih nastavnih metoda, ali i aktivnim uključivanjem u rad Fakulteta, nastojimo pripremiti za jedno od najperspektivnijih zanimanja budućnosti.

Nastavljujući staru rimsku izreku *Mens sana in corpore sano*, vjerujemo da zdrav duh treba biti i u zdravom društvu i zato nastojimo promovirati zdrav način života i telesnu aktivnost u zajednici.

# Dean's welcome

At our Faculty of Kinesiology University of Zagreb, sportspersonship is a constituent of each aspect of our work, we always work as a team and join our efforts in our continual strive towards a higher level of quality in our scientific, teaching and professional activities bearing in mind the unbreakable bond between these three segments. Ever since our humble beginnings back in 1959 when the College for Physical Culture was established, our Faculty has become the leading institution in the field of kinesiology in Croatia. Our readiness for continuous growth, which is a permanent characteristic and aspiration of our institution and all our employees, is an important prerequisite in order for us to keep up not only with the leading institutions in the area, Europe and worldwide, but also to take over the position of initiator and leader in certain aspects. To this end, we have gathered at our Faculty a high-quality team of expert coaches and researchers who possess invaluable experience in top-level sports and sports diagnostics, as well as experts with coaching practice.



We strive to provide optimal working conditions in acquiring high standard equipment such as Awinda and Optojump which make us an exception in our region. We are aware that in fact our students are our future and that by ensuring the best current teaching methods, but also by actively including them in our Faculty's work, we are seeking to prepare them for one of the most promising professions in the future. By continuing with the ancient Roman proverb "Mens sana in corpore sano", we believe that a sound mind should be in a healthy society and therefore, we insist on promoting a healthy lifestyle and physical activity in our community.

# Dobro došli u Zagreb

Dobro došli u Zagreb, glavni grad Republike Hrvatske! Zagreb je stari srednjoeuropski grad. Stoljećima se razvijao kao bogato kulturno i znanstveno te snažno trgovacko i gospodarsko središte. Nalazi se na sjecištu važnih prometnica između jadranske obale i srednje Europe.

Kada je 1991. godine hrvatski narod ostvario državnu samostalnost, Zagreb postaje glavnim gradom, političkim i upravnim središtem Republike Hrvatske. Zagreb je i poslovno središte, sveučilišni centar, grad kulture, umjetnosti i zabave. Iz Zagreba potječu i u njemu djeluju mnogi glasoviti znanstvenici, umjetnici, sportaši i brojni drugi uglednici. Svojim gostima Zagreb nudi barokni ugodaj Gornjega grada, slikovite tržnice na otvorenome, raznovrsne trgovine i bogat izbor obrtničkih proizvoda, ukusnu domaću kuhinju. Zagreb je grad zelenih parkova i šetališta, s brojnim izletištima u prekrasnoj okolini. U treće tisućljeće Zagreb ulazi kao milijunski grad. Unatoč brzom razvoju gospodarstva i prometa, sačuvao je osebujnu ljepotu i ugodaj opuštenosti, što ga čini pravim gradom "po mjeri" čovjeka.

## Welcome to Zagreb

*Welcome to the city of Zagreb, the capital of the Republic of Croatia! Zagreb is an old Central European city. For centuries, it has developed as a rich cultural and scientific centre, as well as a strong commercial and economic hub. It is located on the intersection of important routes between the Adriatic coast and Central Europe.*

*When the Croatian people won their independence in 1991, Zagreb became the capital city, as well as the political and administrative centre of the Republic of Croatia. In addition, Zagreb is also a business centre, university centre and a city of culture, art and entertainment. It is the birthplace and home of numerous famous researchers, artists, athletes and many other notable individuals. It offers its guests the Baroque atmosphere of the Upper Town, picturesque open-air markets, various shops with a wide choice of traditional products and an exquisite local cuisine. Zagreb is a city of green parks and promenades with numerous excursion sites in its beautiful surroundings. It entered the third millennium with a population of one million inhabitants. Despite its rapid economic and traffic development, Zagreb has remained a city with unique charm and relaxed atmosphere which make it a city tailored to suit all needs.*



# Sveučilište u Zagrebu

Sveučilište u Zagrebu (1669.) najstarije je i najveće sveučilište u Jugoistočnoj Europi. Od samog osnutka Sveučilište se kontinuirano razvija i raste te danas obuhvaća 29 fakulteta, tri umjetničke akademije i Centar za hrvatske studije. Svojim sveobuhvatnim programima te s više od 72.000 redovitih dodiplomskih i poslijediplomskih studenata, skoro 8000 zaposlenih, Sveučilište je u Hrvatskoj najjača nastavna ustanova nudeći širok raspon akademskih programa koji vode do prvostupničkih, magistarskih i doktorskih diploma iz područja umjetnosti, biomedicine, biotehnologije, inženjerstva te humanističkih, prirodnih i društvenih znanosti. Sveučilište je također institucija snažno usmjerena istraživanju te sudjeluje u više od 50% ukupnih istraživanja u zemlji.

## University of Zagreb

*The University of Zagreb (1669) is the oldest and largest university in Southeast Europe. Ever since it was established, the University has been continuously evolving and growing so that it currently comprises 29 faculties, three art academies and the Centre for Croatian Studies. With its comprehensive programmes including over 72 000 full-time undergraduate,*



*graduate and postgraduate students and almost 8000 employees, the University of Zagreb is the strongest educational institution in Croatia offering a wide range of academic programmes leading to bachelor, master and doctoral degrees in the fields of art, biomedicine, biotechnology, engineering, as well as humanistic, natural and social sciences. The University of Zagreb is also an institution strongly focused on research and it participates in over 50% of all research in Croatia.*

## Početci Kineziološkog fakulteta

Povijest Kineziološkog fakulteta seže u daleku 1894. godinu kada je Franjo Bučar sastavio plan i program Prve visoke škole za učitelje tjelesnog odgoja u Hrvatskoj, koji je bio koncipiran po uzoru na švedski gimnastički sustav, a koji se provodio u Zagrebu na "Tečaju za učitelje gimnastike." 1959. godina početak je visokoškolskog djelovanja jer je tada osnovana Visoka škola za fizičku kulturu kao samostalna nastavna i naučna ustanova koja sprema visoko kvalificirane stručnjake za fizički odgoj za potrebe školstva, industrije, zdravstva i organizacija za fizičku kulturu, za rad na nastavi, rekreaciji i kineziterapiji. Uskoro, već 1967. godine ulazi u sastav Sveučilišta u Zagrebu pod nazivom Fakultet za fizičku kulturu. 2001. godine mijenja naziv u Kineziološki fakultet koji se zadržava do današnjih dana.

### *The beginnings of the Faculty of Kinesiology*

*The history of the Faculty of Kinesiology goes all the way back to 1894 when Franjo Bučar first composed the curriculum of the first college for teachers of Physical Education in Croatia, which was conceived on the example of the Swedish gymnastics system and was then implemented in Zagreb as a "Course for Gymnastics Teachers". The beginning of a higher education institution was in 1959 as that was the year when the College for Physical Culture was founded as "an independent educational and scientific institution that prepared highly qualified experts in Physical Education for the needs of the school system, industry, health care system, as well as for organizations for physical culture and for working in education, recreation and kinesitherapy. Already in 1967, the College for Physical Culture became a constituent of the University of Zagreb as the Faculty of Physical Culture. In 2001, the Faculty is renamed into the Faculty of Kinesiology and this name has remained until today. In 2014, the Faculty of Kinesiology celebrated its 55<sup>th</sup> anniversary.*



2014. godine  
Kineziološki  
fakultet obilježio  
je 55.  
godišnjicu  
postojanja i  
rada.

125

Zaposlenih  
Employees

5692

Profesora / magistra  
kineziologije  
*Masters of Kinesiology*

304

Magistara  
znanosti  
i struke  
*Master degrees*

196

Doktora  
znanosti  
*Doctoral degrees*

3611

Sportskih  
trenera  
*Sports coaches*

# O kineziologiji

Kineziologija je relativno mlada znanost, a naziv joj je izведен iz grčke riječi *kinezis* – pokret. Danas se definira kao empirijsko transdisciplinarno općeznanstveno polje u kojem dominiraju, prije svega, eksperimentalni pristup i istraživanja načela te zakonitosti ljudskoga pokreta ili tjelesne aktivnosti i vježbanja. Kineziologija također istražuje zakonitosti upravljanja procesima vježbanja i sportskog treniranja. Ti procesi obuhvaćaju motoričko učenje, usvajanje i usavršavanje motoričkih znanja i vještina u nastavi tjelesne i zdravstvene kulture unutar školskog sustava, u sportu, sportskoj rekreaciji i kineziterapiji.

Danas kineziologija sve više nalazi svoje mjesto u interdisciplinarnom području/prostoru, a povezano uz prevencije bolesti uzrokovanih nekretanjem (diabetes, srčanožilne bolesti...).

## On kinesiology

*Kinesiology is a relatively young science, deriving its name from the Greek word “kinesis” - movement. Today it is defined as an empirical trans-disciplinary general scientific field which is primarily dominated by the experimental approach and research on the principles and regularities of human movements or physical activity and exercise. Kinesiology also researches the regularities in management of exercise and sports training programmes. The mentioned processes include motor learning, as well as the acquisition and specialization of motor knowledge and skills in Physical Education within the school system or in sports, sports recreation and kinesitherapy.*

*Nowadays kinesiology is increasingly positioned as part of interdisciplinary fields/areas connected with the prevention of diseases caused by physical inactivity (diabetes, cardiovascular diseases, etc.)*

Područje: društvene znanosti  
Area: social sciences

Polje: kineziologija  
Field: kinesiology

sistemska  
kineziologija  
*systematic  
kinesiology*

kineziološka  
rekreacija  
*kinesiological  
recreation*

kineziterapija i  
prilagođena  
tjelesna aktivnost  
*kinesitherapy and  
adapted physical  
activity*

kineziološka  
antropologija  
*kinesiological  
anthropology*

kineziološka  
ekdukacija  
*kinesiological  
education*

kineziologija  
sporta  
*kinesiology  
of sports*

# Upravljanje fakultetom

*Faculty management*

## DEKAN DEAN



izv. prof. dr. sc. Tomislav Krističević  
Assoc. Prof. Tomislav Krističević, PhD

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Prodekanica za nastavu i studente  
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Asst. Prof. Maja Horvatin, PhD  
Vice-dean for Education and Students



Prodekanica za znanost  
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Vice-dean for Science



Prodekan za osiguranje i unapređenje kvalitete  
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Assoc. Prof. Ljubomir Antekolović, PhD  
Vice-dean for Quality Assurance



### SAVJETNICI ADVISORS

Savjetnica dekana za nastavu i studente  
prof. dr. sc. Branka Matković  
Prof. Branka Matković, PhD  
Dean's advisor for education and students



Savjetnica dekana za znanost  
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Prof. Lana Ružić, PhD  
Dean's advisor for science



Savjetnik dekana za međunarodnu suradnju  
prof. dr. sc. Goran Oreb  
Prof. Goran Oreb, PhD  
Dean's advisor for international relations



Savjetnik dekana za osiguranje i unapređenje kvalitete  
izv. prof. dr. sc. Mario Baić  
Assoc. Prof. Mario Baić, PhD  
Dean's advisor for quality assurance



Savjetnik dekana za poslovnu politiku i financije  
prof. dr. sc. Damir Knjaz  
Prof. Damir Knjaz, PhD  
Dean's advisor for Business Policy and Finances

### DEKANSKI KOLEGIJ DEAN'S EXECUTIVE BOARD

savjetodavno tijelo  
advisory board

## FAKULTETSKO VIJEĆE FACULTY COUNCIL

stručno tijelo za pitanja znanstveno-istraživačkoga rada i nastavnoga te stručnog rada; čine ga svi redoviti i izvanredni profesori, docenti, predstavnici nastavnika i suradnika te studenata

*expert board for issues concerning scientific and research work, as well as for education and professional work; its members are all full, associate and assistant professors, as well as representatives of lecturers, associates and students*

### NASTAVNO VIJEĆE PROGRAMA POSLIJEDIPLOMSKIH STUDIJA POSTGRADUATE STUDIES COUNCIL

### STALNA STRUČNA POVJERENSTVA ZA POJEDINA PITANJA PERMANENT EXPERT COMMITTEES FOR PARTICULAR ISSUES

Više detalja pogledajte na / More info at:  
[www.kif.unizg.hr/o\\_nama/fakultetska\\_tijela\\_i\\_sluzbe](http://www.kif.unizg.hr/o_nama/fakultetska_tijela_i_sluzbe)



Studirati na Kineziološkom fakultetu

# PETOGODIŠNJI INTEGRIRANI PREDDIPLOMSKI I DIPLOMSKI SVEUČILIŠNI STUDIJ KINEZIOLOGIJE

kojim se stječe akademski naziv  
magistar kineziologije  
(skraćeno mag. cin.)

Shema sveučilišnog studija  
kineziologije (5+0)

*Sheme of university study of kinesiology (5+0)*



*Studying at the  
Faculty of Kinesiology*

5-year-long **INTEGRATED UNDERGRADUATE AND GRADUATE UNIVERSITY STUDY OF KINESIOLOGY** at completion of which students acquire the academic title of **MASTER OF KINESIOLOGY**

Završetkom integriranoga preddiplomskoga i diplomskoga sveučilišnog studija kineziologije, student stječe potrebne kompetencije za izvođenje nastave tjelesne i zdravstvene kulture na svim stupnjevima odgoja i izobrazbe (od predškolske do visokoškolske) i akademski naziv

# MAGISTAR KINEZIOLOGIJE

Dodatnim izborom jednog od modula koji student upisuje u sedmom semestru i sluša do završetka studija (sport, sportska rekreacija, kineziterapija, sportski menadžment), stječu se dodatne kompetencije za rad i u jednom od nabrojenih područja primijenjene kineziologije: **SPORTU, SPORTSKOJ REKREACIJI, KINEZITERAPIJI, SPORTSKOM MENADŽMENTU**

*After completion of the integrated undergraduate and graduate university study of kinesiology, students acquire the necessary competences for teaching Physical Education classes at all levels of education (from preschool to higher education), as well as the academic title of **MASTER OF KINESIOLOGY**.*

*In choosing one of the modules that students enrol in the 7th semester and then take until the completion of their studies (sports, sports recreation, kinesitherapy, sports management), students also acquire competences for working in one of the mentioned areas of applied kinesiology: **SPORTS, SPORTS RECREATION, KINESITHERAPY, SPORTS MANAGEMENT**.*



BROJ  
ECTS BODOVA:

300

ECTS CREDITS

BROJ  
SEMESTARA:

10

SEMESTERS

BROJ  
PREDMETA:

150-160

COURSES

**DOKTOR / DOKTORICA  
ZNANOSTI,  
PODRUČJE DRUŠTVENIH  
ZNANOSTI  
POLJE KINEZIOLOGIJA**

*PHD IN SOCIAL SCIENCES,  
FIELD OF KINESIOLOGY*



# POSLIJEDIPLOMSKI DOKTORSKI SVEUČILIŠNI STUDIJ

Kineziološki fakultet već od akademske godine 1971./1972. organizira znanstveni poslijediplomski studij. Od akademske godine 2006./2007. ustrojava i izvodi poslijediplomski doktorski sveučilišni studij kineziologije, a 2015. godine uspostavljen je novi. Završetkom studija stječe se 180 ECTS-bodova i studenti stječu akademski naziv doktor društvenih znanosti, polje kineziologija.

Tijekom poslijediplomskoga doktorskog studija predviđeno je održavanje neposredne nastave za studente u fondu od 278 efektivnih sati (236 sati i 42 sata radionica) i polaganje 9 - 11 obveznih i izbornih predmeta (konačan broj ispita ovisi o izbornom modulu) s ukupnim opterećenjem od 5.246 sati i ukupnim brojem od 180 ECTS-bodova.

## *Postgraduate doctoral university study*

*The Faculty of Kinesiology has been implementing scientific postgraduate study programmes since the academic year 1971/1972. The postgraduate doctoral university study of kinesiology was introduced in the academic year 2006/2007, while in 2015 the Faculty introduced a new postgraduate doctoral university study programme. After completion of the study students acquire 180 ECTS credits and the academic title of Doctor of Social Sciences – field Kinesiology.*

*Studying at the postgraduate doctoral study includes direct classes for students in the total of 278 effective hours (236 hours and 42 hours of workshops) and between 9 to 11 mandatory and elective courses (the final number of exams depends on the elective module), with an overall workload of 5 246 hours and a total of 180 ECTS credits.*

Više informacija dostupno na / More info at:  
[www.kif.unizg.hr/studiji/doktorski\\_studiji](http://www.kif.unizg.hr/studiji/doktorski_studiji)



Broj predmeta

**9-11**

Courses

Broj semestara

**6**

Semesters

POLJE  
KINEZIOLOGIJA  
FIELD  
KINESIOLOGY

**DOKTOR  
DRUŠTVENIH  
ZNANOSTI**  
DOCTOR OF  
SOCIAL SCIENCES

Broj sati

**5400**

Hours

Broj ECTS bodova

**180**

ECTS credits

# Studirati na Kineziološkom fakultetu pri STUDIJSKOM CENTRU ZA IZOBRAZBU TRENERA

*Studying at THE COACH EDUCATION STUDY CENTRE  
at the Faculty of Kinesiology*

## Šestsemestralni **PREDDIPLOMSKI STRUČNI STUDIJ IZOBRAZBA TRENERA**

za izobrazbu trenera kojim se stječe naziv stručnog prvostupnika trenerske struke (*baccalaureus; 180-ECTS bodova*).

Završetkom studija student stječe stručne kompetencije za rad u odabranom sportu, sportskoj rekreaciji, fitnesu ili kondicijskoj pripremi sportaša i kvalifikaciju za:

Broj ECTS bodova  
**180**  
ECTS credits

Broj predmeta  
**400**  
Courses

Broj semestara  
**6**  
Semesters

- planiranje, programiranje, izvođenje i kontrolu trenažnog procesa u odabranom sportu s osobama različitog spola, od djece do odraslih i od početnika do vrhunskih sportaša (npr. u atletici, košarci, nogometu, plivanju...)
- planiranje, programiranje, izvođenje i kontrolu programa sportsko-rekreativnog vježbanja s pretežito odraslim osobama (u sportskoj rekreaciji)
- provođenje različitih programa koji se realiziraju u fitnes centrima (u fitnesu)
- provođenje različitih programa kondicijske pripreme sportaša u sportskim školama i klubovima (kondicijska priprema)



Doc. dr. sc. **Vlatko Vučetić**  
Predstojnik Studijskog centra za izobrazbu trenera  
Asst. Prof. Vlatko Vučetić, Head of Study Centre for Coach Education

Doc. dr. sc. **Tomislav Đurković**  
pomoćnik za pitanja organizacije studija i nastave  
Asst. Prof. Tomislav Đurković, assistant for education and classes

Doc. dr. sc. **Ivan Segedi**  
pomoćnik za poslovnu politiku i finansije  
Asst. Prof. Ivan Segedi, assistant for business policy and finances

**UNDERGRADUATE  
PROFESSIONAL  
(6 semesters) full-time  
or part-time study**

*in coach education after which students acquire the academic title of Professional Bachelor of the Coaching Profession (baccalaureus – 180 ECTS credits).*

*After completion of the study students acquire professional competences for working in the selected sport, sports recreation, fitness or physical conditioning of athletes, as well as skills for:*

■ planning, programming, implementing and monitoring the training process in the chosen sport with both male and female athletes, including children and adults, as well as from beginners to professional athletes (ex. in track-and-field, basketball, football, swimming, etc.)

■ planning, programming, implementing and monitoring programmes in sports recreation exercise, mostly with adults (Sports Recreation)

■ implementing various programmes conducted in fitness centres (Fitness)

■ conducting various programmes for physical conditioning of athletes in sports schools and clubs (Physical Conditioning of Athletes)

## SPECIALIST GRADUATE PROFESSIONAL STUDY (4 semesters)

after which students acquire the academic title of Professional Specialist of the Coaching Profession.

*Students who graduate at the 3-year-long coach education professional study can directly enrol to the mentioned study, namely, to the study field that they completed as part of the professional study. After completion of the specialist graduate professional study, students acquire the highest level of professional competence for working in the selected sport, sports recreation, physical conditioning of athletes or fitness. They also acquire an additional 120 ECTS credits and the corresponding academic title of Professional Specialist (ex. in track-and-field, basketball, football, swimming, etc.; in physical conditioning of athletes; in sports recreation or in fitness) that is used together with the professional title acquired by completing the professional study.*

*Attendants who complete the specialist graduate professional study for coach education do not acquire teaching competences and they may not, under any circumstances, obtain the right to be employed and work in the teaching process in educational institutions.*

*In the academic year 2015/2016, a total of 116 students graduated at the Coach Education Study Centre. Most of these students (112) acquired the Professional title of Bachelor of the Coaching Profession, while four students acquired the professional title of Professional Bachelor of the Coaching Profession.*

*During the academic year 2015/2016, a total of 605 students enrolled (at all levels of the study, in all study fields and semesters) at the Coach Education Study Centre.*

Broj predmeta

50

Courses

Broj semestara

4

Semesters

Broj ECTS bodova

120

ECTS credits

kojim se stječe naziv stručnog specijalista trenerske struke. Na ovaj se studij, studenti sa završenim trogodišnjim stručnim studijem za izobrazbu trenera mogu upisati izravno izravno, i to na onaj studijski smjer koji su završili u okviru stručnog studija. Polaznici programa specijalističkoga stručnoga diplomskog studija završetkom studija stječu najvišu razinu stručne kompetencije za rad u odabranom sportu, sportskoj rekreaciji, kondicijskoj pripremi sporta ili fitnesu. Stječu dodatnih 120 ECTS-bodova i odgovarajuće zvanje: stručni specijalist (npr. iz atletike, košarke, nogomet, plivanja...; iz kondicijske pripreme; iz sportske rekreacije ili fitnesa), koji se rabi uza stručni naziv stečen stručnim studijem. Osobe koje završe specijalistički diplomski stručni studij za izobrazbu trenera, završetkom tog studija ne stječu nastavnice kompetencije i ne mogu ni pod kojim uvjetima ostvariti pravo na zapošljavanje i rad u nastavnom procesu u odgojno-obrazovnim ustanovama.

U ak. g. 2015./2016. diplomiralo je 116 studenata Stručnog studija za izobrazbu trenera. Veći broj završenih studenata (112) steklo je stručni naziv stručni prvostupnik trenerske struke, a četiri studenta stručnog studija steklo je najvišu razinu stručnog zvanja – stručni specijalist trenerske struke.

Tijekom ak. g. 2015./2016. na Studijskom centru za izobrazbu trenera upisano je ukupno 605 studenata (na svim razinama studija, smjerovima i semestrima).



# SPECIJALISTIČKI DIPLOMSKI STRUČNI STUDIJ IZOBRAZBA TRENERA



# KONCEPCIJA STRUČNIH STUDIJA (3+2 GOD.) NA STUDIJSKOM CENTRU ZA IZOBRAZBU TRENERA KINEZIOLOŠKOG FAKULTETA

**SPECIJALISTIČKI DIPLOMSKI STRUČNI STUDIJ**  
*SPECIALIST GRADUATE PROFESSIONAL STUDY*

**Stručni PRVOSTUPNIK**  
*Professional Bachelor of the*

## SPORTA SPORTS

ATLETIKE, HRVANJA, JUDA, JEDRENJA, KARATEA, KOŠARKE,  
NOGOMETA, ODBOJKE, PLES, RUKOMETA, SKIJANJA,  
SPORTSKE GIMNASTIKE, STOLNOG TENISA,  
STRJELAŠTVA, TENISA i dr.

TRACK-AND-FIELD, WRESTLING, JUDO, SAILING, KARATE,  
BASKETBALL, FOOTBALL, VOLLEYBALL, DANCE, HANDBALL,  
SKIING, SPORTS GYMNASTICS, TABLE TENNIS, ARCHERY,  
TENNIS AND OTHERS

## SPORTSKE REKREACIJE SPORTS RECREATION

**STRUČNI STUDIJ**  
*PROFESSIONAL STUDY*

SVEUČILIŠNI STUDIJ / UNIVERSITY STUDY

Pristupnici koji su završili srednju školu 2008./2009. godine i ranije, mogu ravnopravno s ostalim pristupnicima kandidirati za upis na stručni studij i bez položenih ispita državne mature, s tim da prema kriteriju državne mature na rang listi prioriteta za upis ne ostvaruju nikakve bodove.

CONCEPT OF PROFESSIONAL STUDIES (3+2)  
AT THE COACH EDUCATION STUDY CENTRE  
(FACULTY OF KINESIOLOGY)



### Stručni SPECIJALIST trenerske struke

*Professional SPECIALIST of the Coaching Profession*

**(baccalareus) trenerske struke iz:**

*Coaching Profession in*

KONDICIJSKE  
PRIPREME  
SPORTAŠA

*PHYSICAL CONDITIONING  
OF ATHLETES*

FITNEŠA  
*FITNESS*

2 GOD.  
(4 sem.)  
2 YEARS  
(4 sem.)

3 GOD.  
(6 sem.)  
3 YEARS  
(6 sem.)

**ZA IZOBRAZBU TRENERA**  
*FOR COACH EDUCATION*

**STRUČNI STUDIJ / PROFESSIONAL STUDY**

Candidates who graduated from secondary school in 2008/2009, or prior to that academic year, can equally apply for enrolment to the professional study even without passing the state graduation exam, provided that according to the criterion of the state graduation exam they obtain no points in the enrolment priority ranking list.

# Znanstveno-nastavna djelatnost

*Scientific and educational activities*

**Zavod za  
kineziologiju sporta**  
*Department of  
Kinesiology of Sports*

**Zavod za kineziološku  
antropologiju  
i metodologiju**  
*Department of Kinesiological  
Anthropology and Methodology*

**Zavod za opću i  
primjenjenu  
kineziologiju**  
*Department of General  
and Applied Kinesiology*

**Katedra za monostrukturalne  
discipline**  
*Chair of Monostructural  
Disciplines*

**Katedra za medicinu  
sporta i vježbanja**  
*Chair of Sports Medicine  
and Exercise*

**Katedra za opću i  
primjenjenu kineziologiju**  
*Chair of General and  
Applied Kinesiology*

**Katedra za kompleksne  
discipline (sportske igre)**  
*Chair of Complex Disciplines  
(Sports Games)*

**Katedra za kineziološku  
psihologiju, sociologiju  
i metodologiju**  
*Chair of Kinesiological Psychology,  
Sociology and Methodology*

**Katedra za kineziološku  
metodiku i teoriju treninga**  
*Chair of Kinesiological  
Methodology and Theory  
of Training*

**Katedra za polistrukturalne  
discipline (borilački sportovi)**  
*Chair of Polystructural  
Disciplines (Combat Sports)*

**Katedra za kineziološku  
rekreaciju i kineziterapiju**  
*Chair of Kinesiological Recreation  
and Kinesitherapy*

**Katedra za konvencionalne  
discipline**  
*Chair of Conventional Disciplines*

**Katedra za osnovne  
kineziološke transformacije**  
*Chair of Basic  
Kinesiological Transformation*

**Katedra za vodene sportove**  
*Chair of Water Sports*

**Katedra za atletiku**  
*Chair of track-and-field*



## Osnovne znanstveno-nastavne jedinice kineziološkog fakulteta

## *Organizational scientific and educational units of the Faculty of Kinesiology*

# ZAVOD ZA KINEZIOLOGIJU SPORTA

Znanstveni i nastavni rad Zavoda usmjeren je prema kineziološkim karakteristikama sportskih aktivnosti, bazičnim i specifičnim karakteristikama sportaša različite dobi i kvalitete, problematiči transformacijskih procesa, odnosno analizi efekata koji se mogu dobiti primjenom odgovarajućih trenažnih postupaka specifičnih za svaku sportsku granu (monostrukturalne, polistrukturalne, konvencionalne i kompleksne sportske aktivnosti). Zatim i razvoju bazičnih (osnovne kineziološke transformacije) i specifičnih motoričkih sposobnosti, motoričkih znanja i programskih sadržaja pojedinih sportskih grana zastupljenih u nastavi Tjelesne i zdravstvene kulture od predškolskog, osnovnoškolskog, srednjoškolskog do visokoškolskog obrazovanja.

U okviru Zavoda djeluju: Katedra za monostrukturalne discipline, Katedra za kompleksne discipline (sportske igre), Katedra za polistrukturalne discipline (borilački sportovi), Katedra za konvencionalne i estetske discipline, Katedra za osnovne kineziološke transformacije i Katedra za vodene sportove.

## *Department of Kinesiology of Sports*

*The primary focus of scientific and teaching activities of the Department of Kinesiology of Sports are kinesiological characteristics of sports activities, basic and specific characteristics of athletes of various age and level of quality, as well as transformational processes, i.e., analysis of the effects obtained by applying appropriate training procedures specific to each branch of sports (monostructural, polystructural, conventional and complex sports activities). The Department also examines the development of fundamental (Basic Kinesiological Transformations) and specific motor abilities, motor skills and programme contents of individual sports branches represented in Physical Education classes at all educational levels (from preschool to higher education). The following Chairs operate as part of the Department of Kinesiology of Sports: Chair of Monostructural Disciplines, Chair of Complex Disciplines (Sports Games), Chair of Polystructural Disciplines (Combat Sports), Chair of Conventional Disciplines, Chair of Basic Kinesiological Transformations and Chair of Water Sports.*

Predstojnik Zavoda / Head of Departement  
doc. dr. sc. Luka Milanović  
Asst. Prof. Luka Milanović, PhD



### **Unutar katedri djeluju predmetni nastavnici sa suradnicima na predmetima:**

*The following courses, course teachers and associates are part of the Department of Kinesiology of Sports:*

## ATLETIKA

bacanja i skokovi

### TRACK-AND-FIELD

Throws and Jumps

izv. prof. dr. Ljubomir Anteković

Assoc. Prof. Ljubomir Antekolović, PhD



## ATLETIKA

hodanja i trčanja

### TRACK-AND-FIELD

Walking and Running

prof. dr. sc. Vesna Babić

Prof. Vesna Babić, PhD



## SPORTSKO PLIVANJE

COMPETITIVE SWIMMING

prof. dr. sc. Goran Leko  
Prof. Goran Leko, PhD



dr. sc. Dajana Karaula / Dajana Karaula, PhD

## METODIKA PODUČAVANJA PLIVANJA

METHODS IN SWIMMING INSTRUCTION

prof. dr. sc. Nada Grčić-Zubčević  
Prof. Nada Grčić-Zubčević, PhD



dr. sc. Dajana Karaula / Dajana Karaula, PhD

## SPORTOVI NA VODI

WATER SPORTS

prof. dr. sc. Goran Orešnik  
Prof. Goran Orešnik, PhD



doc. dr. sc. Nikola Prlenda / Asst. Prof. Nikola Prlenda, PhD

## SKIJANJE

SKIING

prof. dr. sc. Bojan Matković  
Prof. Bojan Matković, PhD



doc. dr. sc. Vjekoslav Cigrovski / Asst. Prof. Vjekoslav Cigrovski, PhD

## NOGOMET

### FOOTBALL

doc. dr. sc. Valentin Barišić  
Asst. Prof. Valentin Barišić, PhD



dr. sc. Dario Bašić / Dario Bašić, PhD



## KOŠARKA

### BASKETBALL

prof. dr. sc. Bojan Matković  
Prof. Bojan Matković, PhD



prof. dr. sc. Damir Knjaz  
Prof. Damir Knjaz, PhD



dr. sc. Tomislav Rupčić  
Tomislav Rupčić, PhD



## SPORTOVI REKETOM

### RACKET SPORTS

doc. dr. sc. Petar Barbaros-Tudor  
Asst. Prof. Petar Barbaros Tudor, PhD



doc. dr. sc. Lidija Petrinović / Asst. Prof. Lidija Petrinović, PhD



## RUKOMET

### HANDBALL

prof. dr. sc. Dinko Vuleta  
Prof. Dinko Vuleta, PhD



doc. dr. sc. Katarina Ohnjec  
Asst. Prof. Katarina Ohnjec, PhD



dr. sc. Igor Grujić  
Igor Grujić, PhD

## ODBOJKA

### VOLLEYBALL

prof. dr. sc. Nenad Mareljić  
Prof. Nenad Mareljić, PhD



doc. dr. sc. Tomislav Đurković  
Asst. Prof. Tomislav Đurković, PhD



doc. dr. sc. Tomica Rešetar  
Asst. Prof. Tomica Rešetar, PhD

## JUDO

### JUDO

prof. dr. sc. Hrvoje Sertić  
Prof. Hrvoje Sertić, PhD



doc. dr. sc. Ivan Segedi / Asst. Prof. Ivan Segedi, PhD



## HRVANJE

WRESTLING

izv. prof. dr. sc. Mario Bać  
Assoc. Prof. Mario Bać, PhD

Nikola Starčević, mag. cin. / Nikola Starčević, mag. cin.

## RITMIČKA GIMNASTIKA

RHYTHMIC GYMNASTICS

prof. dr. sc. Gordana Furjan-Mandić  
Prof. Gordana Furjan-Mandić, PhD

dr. sc. Josipa Radaš  
Josipa Radaš, PhD

## PLES

DANCE

prof. dr. sc. Goran Oreb  
Prof. Goran Oreb, PhD

doc. dr. sc. Jadranka Vlašić / Asst. Prof. Jadranka Vlašić, PhD

## SPORTSKA GIMNASTIKA 1

ARTISTIC GYMNASTICS 1

prof. dr. sc. Kamenka Živčić Marković  
Prof. Kamenka Živčić Marković, PhD

izv. prof. dr. sc. Tomislav Krističević  
Assoc. Prof. Tomislav Krističević, PhD

## SPORTSKA GIMNASTIKA 2

ARTISTIC GYMNASTICS 2

izv. prof. dr. sc. Željko Hraski  
Assoc. Prof. Željko Hraski, PhD

izv. prof. dr. sc. Tomislav Krističević  
Assoc. Prof. Tomislav Krističević, PhD

Marijo Možnik, mag. cin.  
Marijo Možnik, mag. cin.

## OSNOVE KINEZIOLOŠKE TRANSFORMACIJE 1

BASIC KINESIOLOGICAL TRANSFORMATIONS 1

prof. dr. sc. Goran Marković  
Prof. Goran Marković, PhD

doc. dr. sc. Maja Horvatin-Fučkar  
Asst. Prof. Maja Horvatin-Fučkar, PhD

dr. sc. Josipa Nakić  
Josipa Nakić, PhD

dr. sc. Saša Vuk  
Saša Vuk, PhD

## OSNOVE KINEZIOLOŠKE TRANSFORMACIJE 2

BASIC KINESIOLOGICAL  
TRANSFORMATIONS 2

prof. dr. sc. Igor Jukić  
Prof. Igor Jukić, PhD



dr. sc. Cvita Gregov  
Cvita Gregov, PhD



doc. dr. sc. Luka Milanović  
Asst. Prof. Luka Milanović, PhD



dr. sc. Daniel Bok  
Daniel Bok, PhD



dr. sc. Asim Bradić  
Asim Bradić, PhD

# ZAVOD ZA KINEZIOLOŠKU ANTROPOLOGIJU I METODOLOGIJU

Znanstveni i nastavni rad Zavoda usmjeren je temeljnim i primijenjenim biomedicinsko-antropološkim (anatomija, fiziologija, biološka kinantropologija, sportska medicina i higijena) i društveno-humanističkom znanostima (psihologija, sociologija), te metodološkom aspektu (kvantitativne metode) u kineziološkom kontekstu.

### Zavod za kineziološku antropologiju i metodologiju čine:

Katedra za medicinu sporta i vježbanja, Katedra za kineziološku psihologiju, sociologiju i metodologiju, unutar kojih djeluju predmetni nastavnici i suradnici na predmetima:

## *Department of Kinesiological Anthropology and Methodology*

*The scientific and educational activities of the Department of Kinesiological Anthropology and Methodology are primarily focused on fundamental and applied biomedical and anthropological sciences (Anatomy, Physiology, Biological Kinanthropology, Sports Medicine and Hygiene) and social sciences (Psychology, Sociology), as well as on kinesiological methodology (Quantitative Methods). The Department of Kinesiological Anthropology and Methodology is represented by the Chair of Sports Medicine and Exercise and by the Chair of Kinesiological Psychology, Sociology and Methodology which incorporate the following courses, course teachers and associates:*



Predstojnica zavoda / Head of Department  
doc. dr. sc. Marija Rakovac  
Asst. prof. Marija Rakovac, PhD

## FIZIOLOGIJA SPORTA I VJEŽBANJA

PHYSIOLOGY OF SPORT AND EXERCISE

prof. dr. sc. Branka Matković  
Prof. Branka Matković, PhD



prof. dr. sc. Lana Ružić  
Prof. Lana Ružić, PhD

dr. sc. Antonela Devrnja, dr. med.  
Antonela Devrnja, PhD, MD

## BIOLOŠKA KINANTROPOLOGIJA

BIOLOGICAL KINANTHROPOLOGY

prof. dr. sc. Marjeta Mišigoj-Duraković  
Prof. Marjeta Mišigoj-Duraković, PhD



doc. dr. sc. Maroje Sorić / Asst. Prof. Maroje Sorić, PhD

## PSIHOLOGIJA SPORTA I TJELESNOG VJEŽBANJA ELEMENTI PSIHOLOGIJE

PSYCHOLOGY OF SPORT AND  
PHYSICAL EXERCISE

izv. prof. dr. sc. Renata Barić  
Assoc. Prof. Renata Barić, PhD



Rebeka Prosoli, mag. psych. / Rebeka Prosoli, mag. psych.

## FUNKCIONALNA ANATOMIJA

FUNCTIONAL ANATOMY

izv. prof. dr. sc. Davor Šentija  
Assoc. Prof. Davor Šentija, PhD



doc. dr. sc. Marija Rakovac / Asst. Prof. Marija Rakovac, PhD

## SPORTSKA MEDICINA I HIGIJENA

SPORTS MEDICINE AND HYGIENE

izv. prof. dr. sc. Saša Janković  
Assoc. Prof. Saša Janković, PhD



## KVANTITATIVNE METODE

QUANTITATIVE METHODS

prof. dr. sc. Dražen Dizdar  
Prof. Dražen Dizdar, PhD



dr. sc. Darko Katović / Darko Katović, PhD

## KINEZIOLOŠKA SOCILOGIJA

KINESIOLOGICAL  
SOCILOGY

dr. sc. Sunčica Bartoluci  
Sunčica Bartoluci, PhD



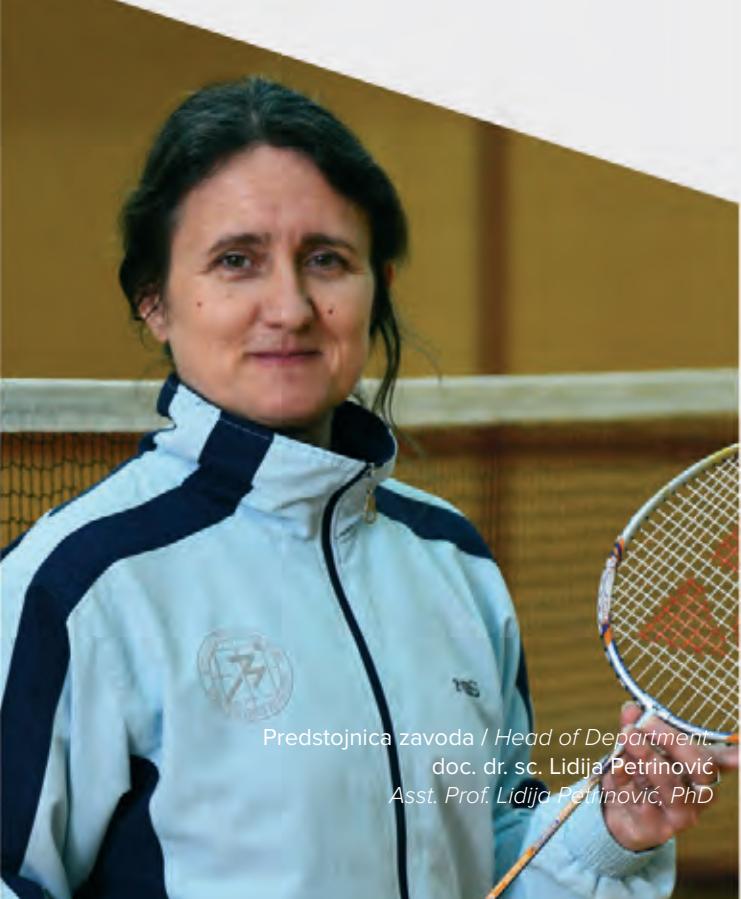
# ZAVOD ZA OPĆU I PRIMIJENJENU KINEZIOLOGIJU

Znanstveni i nastavni rad Zavoda usmjeren je na razvijanje kineziološke metodike pojedinih sportova i to u antropološkom, metodičkom i metodološkom smislu, te na razvijanje teorije treninga i kondicijske pripreme sportaša, kineziološku rekreaciju i kineziterapiju. U okviru Zavoda djeluju: Katedra za opću i primjenjenu kineziologiju, Katedra za kineziološku metodiku i teoriju treninga, Katedra za kineziološku rekreaciju i kineziterapiju, unutar kojih djeluju predmetni nastavnici i suradnici na predmetima:

## KINESIOLOGICAL SOCIOLOGY AND COMMUNICOLOGY

*The primary focus of the scientific and educational work of the Department of General and Applied Kinesiology is directed towards the development of kinesiological methodology in individual sports, namely in the anthropological and methodological sense, as well as on the development of the theory of training and physical conditioning of athletes, kinesiological recreation and kinesitherapy.*

*The Department includes the Chair of General and Applied Kinesiology, the Chair of Kinesiological Methodology and Theory of Training and the Chair of Kinesiological Recreation and Kinesitherapy which incorporate the following courses, course teachers and associates:*



Predstojnica zavoda / Head of Department.  
doc. dr. sc. Lidija Petrinović,  
Asst. Prof. Lidija Petrinović, PhD

**SISTEMATSKA  
KINEZIOLOGIJA**  
SYSTEMATIC KINESIOLOGY

prof. dr. sc. Goran Sporiš  
Prof. Goran Sporiš, PhD  
doc. dr. sc. Vlatko Vučetić  
Asst. Prof. Vlatko Vučetić, PhD

## BIOMEHANIKA

### BIOMECHANICS

izv. prof. dr. sc. Mario Kasović  
Assoc. Prof. Mario Kasović



Ivan Krakan, mag. cin.  
Ivan Krakan, mag. cin.

**EKONOMIKA I  
MENADŽEMENT  
SPORTA**  
ECONOMICS AND MANAGEMENT  
OF SPORTS

doc. dr. sc. Sanela Škorić  
Asst. Prof. Sanela Škorić, PhD

## POVIJEST SPORTA

### HISTORY OF SPORTS

doc. dr. sc. Zrinko Čustonja  
Asst. Prof. Zrinko Čustonja, PhD



dr. sc. Dario Škegro / Dario Škegro, PhD

**MODUL:  
KINEZIOLOGIJA  
U EDUKACIJI**  
MODULE: KINESIOLOGY  
IN EDUCATION

prof. dr. sc. Boris Neljak  
Prof. Boris Neljak, PhD

## TEORIJA TRENINGA

### THEORY OF TRAINING

prof. dr. sc. Igor Jukić  
Prof. Igor Jukić, PhD



doc. dr. sc. Sanja Šalaj / Asst. Prof. Sanja Šalaj, PhD

## PEDAGOGIJA DIDAKTIKA

*PEDAGOGY  
DIDACTICS*

Ana Žnidarec Čučković, mag. paed.  
Ana Žnidarec Čučković, B.A.Ed.



## STRANI JEZIK

*FOREIGN LANGUAGE*

doc. dr. sc. Darija Omrčen  
Asst. Prof. Darija Omrčen, PhD



## KINEZIOLOŠKA REKREACIJA

*KINESIOLOGICAL RECREATION*

prof. dr. sc. Mirna Andrijašević  
Prof. Mirna Andrijašević, PhD



doc. dr. sc. Danijel Jurakić  
Asst. Prof. Danijel Jurakić, PhD



doc. dr. sc. Drena Trkulja-Petković  
Asst. Prof. Drena Trkulja-Petković, PhD

## KINEZITERAPIJA

*KINESITHERAPY*

izv. prof. dr. sc. Dubravka Ciliga  
Assoc. Prof. Dubravka Ciliga, PhD



doc. dr. sc. Lidija Petrinović  
Asst. Prof. Lidija Petrinović, PhD

dr. sc. Tatjana Trošt Bobić  
Tatjana Trošt Bobić, PhD



## TJELESNA AKTIVNOST I ZDRAVLJE

*PHYSICAL ACTIVITY  
AND HEALTH*

doc. dr. sc. Maroje Sorić  
Asst. Prof. Maroje Sorić, PhD



doc. dr. sc. Danijel Jurakić  
Asst. Prof. Danijel Jurakić, PhD





## ZNANSTVENO- -ISTRAŽIVAČKA DJELATNOST

### SCIENTIFIC AND RESEARCH ACTIVITIES

*Scientific and research activities are a significant part of the overall activity of the Faculty of Kinesiology ever since its beginnings. The best indicators of scientific activity are primarily the numerous papers published by Faculty teachers and associates as part of internationally acknowledged publications.*

Znanstveno-istraživački rad značajna je sastavica djelatnosti Kineziološkog fakulteta od njegova osnutka. Najbolji pokazatelj znanstvene aktivnosti svakako su brojni objavljeni radovi nastavnika i suradnika Fakulteta u međunarodno priznatim znanstvenim publikacijama.

O znanstvenoj aktivnosti djelatnika Fakulteta svjedoče i podatci o sudjelovanju znanstvenika Fakulteta na međunarodnim znanstvenim skupovima, djelovanje u znanstvenim i stručnim udrugama i organizacijama te, izdavanje međunarodnog znanstvenog časopisa Kinesiologija iz područja temeljne i primijenjene kineziologije.

*The scientific activity of Faculty members can also be demonstrated by observing data on the participation of researchers and scientists from the Faculty of Kinesiology in international scientific conferences, as well as by examining their involvement and activity in various scientific and professional associations and organizations and in the publication of the scientific journal Kinesiology in the field of general and applied kinesiology.*

## CENTAR ZA ZNANSTVENA ISTRAŽIVANJA



U Centru se neposredno provode temeljna, primjenjena i razvojna istraživanja, i osnivaju se i djeluju posebni istraživački laboratorijski:

- Laboratorij za motoričku kontrolu i izvedbu
- Laboratorij za vodene sportove
- Laboratorij za biomehaniku
- Laboratorij za medicinu sporta i vježbanja: za kinantropometriju i primjenjenu fiziologiju
- Laboratorij za psihodijagnostiku
- Laboratorij za sportske igre
- Laboratorij za motorički razvoj

## CENTRE FOR SCIENTIFIC RESEARCH

*The Centre for Scientific Research continuously implements basic, applied and developmental research, as well as establishes and consists of the following research laboratories:*

- *Laboratory for Motor Control and Performance*
- *Laboratory for Water Sports*
- *Laboratory for Biomechanics*
- *Laboratory for Sports Medicine and Exercise: Kinanthropometry and Applied Physiology*
- *Laboratory for Psychodiagnostics*
- *Laboratory for Sports Games*
- *Laboratory for Motor Development*

Laboratorij za motoričku kontrolu i izvedbu prostire se na 85 m<sup>2</sup> moderno uređenog prostora, prilagođenog izučavanju neuro-mehaničkih obilježja ljudskog pokreta. Opremljen je suvremenim istraživačkim sustavima za mjerjenje živčano-mišićnih funkcija i motoričke kontrole čovjeka. Trenutno se u laboratoriju provode dvije linije istraživanja: (1) akutni i kronični učinci primjene vanjskog opterećenja na živčano-mišićnu funkciju i motoričku kontrolu čovjeka i (2) učinci starenja i mišićnokoštanih ozljeda/bolnih sindroma na živčano-mišićne funkcije i kontrolu pokreta čovjeku.

*The Laboratory for Motor Control and Performance stretches over 85 m<sup>2</sup> of modern designed space which is modified for studying the neuromechanics of human movement. The Laboratory is equipped with contemporary research systems for measuring human neuromuscular functions and motor control. Currently there are two lines of research conducted by the Laboratory: (1) acute and chronic effects of applying external load on human neuromuscular function and motor control, and (2) effects of aging and musculoskeletal disorders/pain syndromes on human neuromuscular function and motor control.*

Voditelj:  
prof. dr. sc. Goran Marković  
Head of Laboratory:  
Prof. Goran Marković, PhD



## LABORATORIJ ZA MOTORIČKU KONTROLU I IZVEDBU

LABORATORY FOR MOTOR CONTROL  
AND PERFORMANCE



# LABORATORIJ ZA VODENE SPORTOVE

*LABORATORY FOR  
WATER SPORTS*

*The Laboratory for Water Sports operates as part of the Chair of Water Sports at the Faculty of Kinesiology University of Zagreb. The facility and the equipment of the Laboratory are also used as part of regular classes in the course Swimming and Water Sports, as well as for the elective module – Swimming and elective course – Diving. In addition, the equipment of this Laboratory is also used for scientific research in the field of water sports. Part of the equipment is for testing in water, while the other part is used for testing outside the water.*

*The equipment which is used covers a large portion of basic and specific tests in the field of water sports and it includes the following: swim ergometer (Biokinetic), dynamometry, underwater cameras, software for training programmes and biomechanical analysis, determining the lactate curve (pace mat, lactate and pulse meters), equipment for training programmes.*

# LABORATORIJ ZA BIOMEHANIJKU

Biomehanička je metodologija u osnovi studija i razumijevanja ljudskog kretanja, kako mu se pristupa u okviru kineziologije i sportske znanosti. U tu svrhu mjerimo prije svega prostornu (3D) kinematiku, reakciju podloge i višekanalnu površinsku elektromiografiju (EMG). Pored osnovne mjerne instrumentacije, dodatno posjedujemo 4-kanalni prijenosni EMG uređaj MEGA, pedobarograf ZEBRIS, kinematički senzor KINECT, te pojedine elemente tehnologije prividne stvarnosti (virtual reality-VR) poput kacige OCULUS RIFT.

Biomechanical methodology is basically the study and understanding of human movement, in the manner in which it is approached within kinesiology and sport science. For that purpose, first of all we measure space (3D) kinematics, ground reaction and multi-channel surface electromyography (EMG). Apart from basic measuring instruments: we also have the 4-channel portable EMG machine MEGA, the pedobarograph ZEBRIS, the kinematic sensor KINECT, as well as some instruments of virtual reality technology (virtual reality-VR), such as the OCULUS RIFT helmet.

# LABORATORIJ ZA MEDICINU SPORTA I VJEŽBANJA

*LABORATORY FOR  
SPORTS MEDICINE AND EXERCISE:  
KINANTHROPOMETRY  
AND APPLIED PHYSIOLOGY*

*The research topics studied within this Laboratory are applied physiology of sports and physical exercise, the connection between physical activity and health, with emphasis on the nutritional status and on indicators of cardiovascular and metabolic health. The largest ongoing research of the Laboratory for Kinanthropometry is the "Croatian Physical Activity in Adolescence Longitudinal Study" (CRO-PALS), which is dealing with precisely the above-mentioned issue during the 4 years of high school education. Further, research is also conducted on the various methods of body composition assessment with emphasis on their accuracy and precision in the population of athletes.*

*Future research of this Laboratory shall also be directed towards studying the effects of various training programmes on health, cardiovascular and metabolic diseases, as well as on body weight control and the development and treatment of obesity.*

*The focus of interest shall also be put on evaluating the effects of intervention programmes for increasing the level of physical activity and their role in primary and secondary prevention of chronic non-communicable diseases.*

*Part of the research is related to nutrition of athletes and there is also an ongoing scientific project on the polymorphisms of several genes responsible for adaptation to weight trainings and/or endurance trainings in top-level athletes and oxidative stress in football players.*



Istraživačke teme kojima se bavimo u sklopu Laboratorija glavninom se odnose na primijenjenu fiziologiju sporta i tjelesne aktivnosti, proučavanje povezanosti tjelesne aktivnosti i zdravlja, s naglaskom na status uhranjenosti te na pokazatelje kardiovaskularnog i metaboličkog zdravlja. Najveće tekuće istraživanje Laboratorija, 'Croatian Physical Activity in Adolescence Longitudinal Study' (CRO-PALS), bavi se upravo ovom problematikom tijekom 4-godišnjeg razdoblja srednjoškolskog obrazovanja. Uz to, istražuju se i različite metode sastava tijela s naglaskom na njihovu točnost i preciznost u populaciji sportaša.

Također dio istraživanja je vezan uz prehranu sportaša, a u tijeku i je i projekt istraživanja polimorfizama nekoliko gena odgovornih za adaptacije na trening snage ili izdržljivosti u vrhunskih sportaša te oksidacijskog stresa u nogometuša.

U budućnosti rad laboratorijskih bit će usmjeren i na izučavanje utjecaja različitih programa vježbanja na zdravlje, te kronične kardiovaskularne i metaboličke bolesti, kao i na kontrolu tjelesne težine te razvoj i liječenje pretilosti. Uz to, fokus interesa bit će i evaluacija učinaka intervencijskih programa za povećanje razine tjelesne aktivnosti i njihova uloga u primarnoj i sekundarnoj prevenciji kroničnih nezaraznih bolesti.

## LABORATORIJ ZA PSIHODIAGNOSTIKU

Djelatnost laboratorija obuhvaća specifičnu ponudu psiholoških usluga iz područja psihodijagnostike i psihoedukacije, specijaliziranih za područje sporta.

U dosadašnjem radu laboratorija ostvarena je suradnja sa sportašima različitih sportova, sportskim savezima i sportskim trenerima. Sportaši različite dobi i ranga kvalitete koristili su usluge psihodijagnostičke procjene u privatne svrhe ili u okviru šireg plana priprema za natjecanja, od natjecanja nižeg ranga, međunarodnih, europskih i svjetskih natjecanja, pa do olimpijskih igara.



## LABORATORY FOR PSYCHODIAGNOSTICS

*The activities of this Laboratory include a specified offer of psychological services in the field of psychodiagnostic and psychoeducational assessments, specializing in the field of sports.*

*In the previous work of the Laboratory for Psychodiagnostics collaborations were established with athletes from different sports, as well as sports federations and coaches. Athletes of different age and level of quality used services of psychodiagnostical assessment both for private purposes or as part of a broader plan while preparing for competitions, starting with competitions of lower rank, international, European and World championship, and even for the Olympic Games.*

# LABORATORIJ ZA SPORTSKE IGRE

Laboratorij za sportske igre je osnovan, 2016. godine, za provedbu različitih znanstvenih istraživanja iz područja sportskih igara.

Laboratorij je opremljen vrhunskom dijagnostičkom opremom, kao što su OPTO JUMP sustav, GYKO uređaji, WITTY (SEM) sustavi, a za potrebe praćenja i utvrđivanja razine intenziteta opterećenja laboratorij je opremljen mjeračima frekvencije srca. Također, za potrebe utvrđivanja koncentracije mlijecne kiseline u krvi u laboratoriju je na raspolaganju laktatomjer SCOUT +.

Laboratorij je također opremljen različitim video kamerama koje omogućavaju video analizu specifičnih motoričkih kretnji tijekom procesa usvajanja i usavršavanja, ali i utvrđivanje različitih kinematičkih parametara primjenom programskih aplikacija tijekom izvedbe određenog motoričkog znanja. Uz spomenuto, u laboratoriju su na raspolaganju različiti dijagnostički uređaji koji omogućavaju vrlo detaljna i specifična znanstvena istraživanja u području košarkaške igre (SMART SENSOR BASKETBALL, DR. DISH shooting machine).

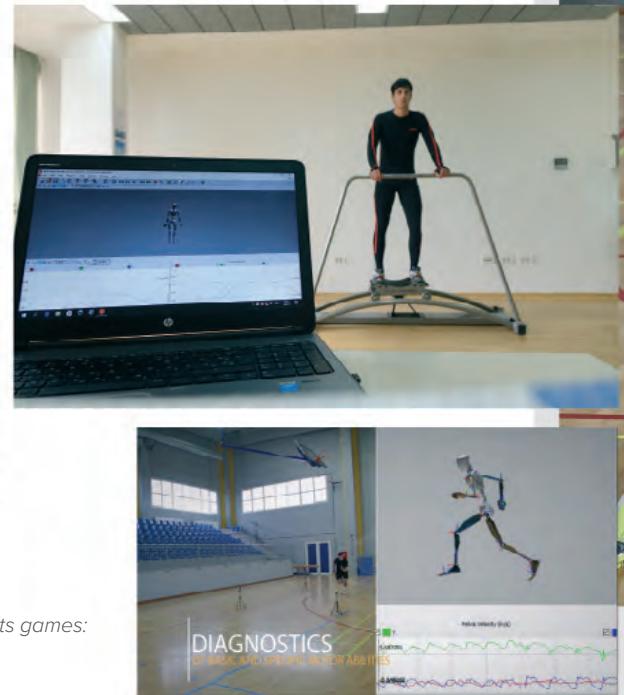
## LABORATORY FOR SPORTS GAMES

*Laboratory was founded in 2016. The Laboratory is equipped with top-level diagnostical equipment, such as the OPTO JUMP SYSTEM, GYKO devices, WITTY (SEM) systems, and also heart rate monitors for monitoring and determining the level of loading intensity. In addition, for determining the concentration of lactic acid in the blood the Laboratory is also equipped with the SCOUT+ lactate analyser.*

*The Laboratory has different video cameras that enable video analysis of specific motor movements during the process of acquisition and development, however also used for determining various kinematic parameters by way of applying programme applications during the performance of a certain motor skill. Besides the previously mentioned equipment, the Laboratory has different diagnostic instruments at its disposal enabling quite detailed and specified scientific research in basketball (SMART SENSOR BASKETBALL, DR DISH Shooting Machine).*



Voditelji:  
prof. dr. sc. Damir Knjaz,  
dr. sc. Tomislav Rupcic  
*Head of Laboratory for sports games:*  
Prof. Damir Knjaz, PhD,  
Tomislav Rupcic, PhD





## LABORATORIJ ZA MOTORIČKI RAZVOJ

LABORATORY FOR  
MOTOR DEVELOPMENT

Laboratorij za motorički razvoj osnovan je 2015. godine u sklopu projekta Motorička znanja djece predškolske dobi. Laboratorij je opremljen mjernim instrumentima za procjenu motoričkih sposobnosti djece i mladih.

*The Laboratory for Motor Development was established in 2015 as part of the scientific project by the Croatian Science Foundation called "Motor skills of preschool children". The Laboratory is equipped with measurement instruments for the assessment of motor skills of children and youngsters.*

# SPORTSKI DIJAGNOSTIČKI CENTAR



Doc. dr. sc. Vlatko Vučetić  
predstojnik Sportskog dijagnostičkog centra  
Asst. Prof. Vlatko Vučetić  
Head of Sports Diagnostic Centre

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Suvremeni dijagnostički centar pruža usluge dijagnosticiranja stanja svih sastavnica antropološkog statusa (morphološkoga, motoričkoga, funkcionalnog te psihološkoga) s glavnim ciljem pružanja informacija o razini treniranosti. Naime, selekcija i usmjeravanje te planiranje, programiranje, praćenje i provjeravanje, ključni su upravljački postupci trenažnog procesa u sportu, sportskoj rekreaciji i ostalim djelatnostima (oružane snage, policija, vatrogasci i sl.), a svaki se više ili manje temelji na dijagnostici stanja antropološkog statusa.

## *SPORTS DIAGNOSTIC CENTRE*

*Our modern Sports Diagnostic Centre provides various services of diagnostic measurements of all elements and conditions that are part of the anthropological status (morphological, motor, functional and psychological), while its main objective is to provide information on the level of physical preparation. Namely, selection and monitoring, as well as planning, programming, evaluating and testing are the essential managing processes in sports training, sports recreation and other activities that require physical conditioning (such as the armed forces, the police, firemen, etc.), whereas each of the mentioned activities are based to a certain degree on diagnosing the condition of all elements of the anthropological status.*



## SPORTSKI DIJAGNOSTIČKI CENTAR

*SPORTS DIAGNOSTIC CENTRE*

### MORFOLOŠKA MJERENJA

*MORPHOLOGICAL  
MEASUREMENTS*

### BIOMEHANIČKA MJERENJA

*BIOMECHANICAL  
MEASUREMENTS*

### MJERENJA MOTORIČKIH SPOSOBNOSTI

*MEASUREMENTS  
OF MOTOR SKILLS AND  
ABILITIES*

### MJERENJE FUNKCIJALNIH SPOSOBNOSTI

*(AEROBNIH I ANAEROBNIH  
SPOSOBNOSTI)*

*MEASUREMENT OF  
FUNCTIONAL CAPACITIES  
(AEROBIC AND ANAEROBIC  
CAPACITIES)*

### IZOKINETIČKA MJERENJA

*ISOKINETIC  
MEASUREMENTS*



Hrvatski institut za kineziologiju osnovao je Kineziološki fakultet Sveučilišta u Zagrebu 28. svibnja 2015. godine, a u registar Trgovačkog suda u Zagrebu upisan je 22. rujna 2015. godine.

Njegova glavna zadaća je skrb o edukaciji stručnjaka koji rade u polju kineziologije kao i implementaciji stečenih znanja u gospodarstvu i u međunarodnim projektima. Kao takav predstavlja značajan iskorak i pokazuje svijest o potrebi i odgovornosti održanja standarda edukacije osoba koje se bave raznim poslovima u polju kineziologije.

Hrvatski institut za kineziologiju obrazuje i educira buduće nositelje razvijanja kineziološke struke u praksi, s naglaskom djelatnosti na cjeloživotnoj izobrazbi odraslih.

To će rezultirati transferom znanja u primjenjenim područjima kineziologije kako na području Republike Hrvatske tako i na međunarodnom planu.

## HRVATSKI INSTITUT ZA KINEZIOLOGIJU

[www.hik-kif.eu](http://www.hik-kif.eu)

### CROATIAN INSTITUTE OF KINESIOLOGY

*The Croatian Institute of Kinesiology was founded by the Faculty of Kinesiology University of Zagreb on 28 May 2015, and it was registered at the Commercial Court in Zagreb on 22 September 2015.*

*The primary goal of the Croatian Institute of Kinesiology is to educate personnel in the field of kinesiology, as well as to implement the acquired knowledge and skills into joint collaborations with economic subjects and through international projects. As such, the Institute represents a major step towards raising the level of awareness on the need and responsibility to maintain a certain standard level in the education of individuals who are involved in providing various services in the field of kinesiology.*

*The Croatian Institute of Kinesiology educates and trains future holders of growth and development of the kinesiology profession in practice, with special emphasis on activities and training programmes for lifelong learning of adults. The final result shall stimulate the transfer of knowledge in fields of applied kinesiology, both in the Republic of Croatia and on the international level as well.*



## CENTAR ZA BIBLIOTEČNO-INFORMACIJSKU I IZDAVAČKU DJELATNOST

Knjižnica Kineziološkog fakulteta visokoškolska je knjižnica koja prikuplja, obrađuje i daje svojim korisnicima na korištenje građu iz područja kineziologije i srodnih područja.

Knjižnica ima dugu tradiciju te bogatu i raznovrsnu građu koja se neprestano nadopunjuje novim i relevantnim naslovima.

Osim tradicionalne tiskane građe-knjiga i časopisa, enciklopedija i leksikona, knjižnica nudi i vrijedne izvore elektroničke građe. Preplaćena je na EBSCO bazu SPORTDiscus kojoj studenti i nastavnici mogu pristupiti besplatno iz prostora Fakulteta. Web stranica knjižnice redovito se ažurira, pruža mnoštvo raznolikih i atraktivnih sadržaja.

Knjižnica pruža stručnu pomoć pri izdavanju i distribuiranju časopisa Kinesiology i nositelj je izdavačke djelatnosti fakulteta. Kao takva uključena je u sve faze u izdavanja publikacija kojima je izdavač Kineziološki fakultet.

KNJIŽNICA



## CENTRE FOR LIBRARY INFORMATION AND PUBLICATION ACTIVITIES

# LIBRARY

The library of the Faculty of Kinesiology is a higher institution library that collects, organizes and provides numerous materials in the field of kinesiology, as well as in other related fields.

The library has a long tradition and a very rich and diverse database that is constantly updated with new and relevant titles.

In addition to traditional printed materials, such as books or journals, encyclopaedias and dictionaries, the library also offers relevant electronic editions. The library is prescribed to the EBSCO SPORTDiscus database to which students and teachers have free access at the Faculty premises. The library's web page is regularly updated and offers a wide range of diverse and interesting contents.

The library of the Faculty of Kinesiology also offers expert assistance in the publication and distribution process of the journal *Kinesiology*. In addition, it manages all publication activities of the Faculty. As such, the library is part of each phase of publishing editions which are published by the Faculty of Kinesiology.



# Konferencije / Conferences

Fakultet je dugi niz godina organizator ili suorganizator znanstvenih i znanstveno-stručnih skupova: AIESEP, Supetar 1979.; FISU / CESU Conference, Universiade '87, Zagreb; međunarodna konferencija o sportu Radne zajednice Alpe-Jadran (Rovinj, 1993., 1996., 1999. i 2003.); dvije europske konferencije CESS-a u Poreču, 2000. i 2001.; XVI. europska konferencija o sportu (Dubrovnik, 2003.). U skladu s suvremenim potrebama društva i kinezijologije kao znanosti, 2016. godine

održana je međunarodna konferencija "Tjelesna aktivnost i zdravlje" u cilju osvjećivanja javnosti o važnostima tjelesne aktivnosti i prevencije krvožilnih bolesti. Još je nekoliko konferencija za koje se nadamo da će postati tradicionalne: "Primjenjiva istraživanja u judu" u suradnji s Hrvatskim judo savezom i s Europskom judo unijom, međunarodni stručno- znanstveni simpozij iz psihologije sporta, "Primjenjiva istraživanja u hrvanju."

*Over the years, the Faculty of Kinesiology has either organized or co-organized the following scientific and scientific and professional conferences: AIESEP, Supetar 1979; FISU/CESU Conference, Universiade '87, Zagreb; International Conference on Sports of the Working Community of the Alps-Adria Region (Rovinj, 1993, 1996, 1999 and 2003); 2 European CESS Conferences in Poreč, 2000 and 2001; XVI. European Conference on Sports (Dubrovnik, 2003).*

*In keeping with the current demand of both the society and kinesiology as a science, in 2016 the International Conference "Physical Activity and Health" took place with the aim to initiate public awareness on the importance and correlation between physical activity and prevention of coronary disease. There are other International conferences that have not yet become traditional, but we hope to be: "Applicable Research in Judo", "Applicable Research in Wrestling", symposiums on psychology of sport.*

	Vrijeme i mjesto <i>Time and place</i>	Broj sudionika <i>Number of participants</i>	Broj sadova <i>Number of papers</i>	Broj zemalja <i>Number of countries</i>
1. međunarodna konferencija / 1st International Conference <b>KINEZIOLOGIJA - SADAŠNJOST I BUDUĆNOST</b> KINESIOLOGY - PRESENT AND FUTURE	25.-28. rujna 1997. 25th-28th September 1997 Dubrovnik	110	72	9
2. međunarodna konferencija / 2nd International Conference <b>KINEZIOLOGIJA ZA 21. STOLJEĆE</b> KINESIOLOGY FOR THE 21st CENTURY	22.-26. rujna 1999. 22nd-26th September 1999 Dubrovnik	268	132	17
3. međunarodna konferencija / 3rd International Conference <b>KINEZIOLOGIJA – NOVE PERSPEKTIVE</b> KINESIOLOGY - NEW PERSPECTIVES	25.-29. rujna 2002. 25th-29th September 2002 Opatija	273	216	32
4. međunarodna konferencija / 4th International Conference <b>SCIENCE AND PROFESSION</b> - CHALLANGE FOR THE FUTURE	7.-11. rujna 2005. 7th-11th September 2005 Opatija	300	227	26
5. međunarodna konferencija / 5th International Conference <b>KINEZOLOŠKI TRENDovi ISTRAŽIVANJA I PRIMJENA</b> KINESIOLOGY RESEARCH TRENDS AND APPLICATIONS	10.-14. rujna 2008. 10th-14th September 2008 Zagreb	400	239	40
6. međunarodna konferencija / 6th International Conference <b>INTEGRATIVE POWER</b> OF KINESIOLOGY	8.-11. rujna 2011. 8th-11th September 2011 Opatija	380	326	42
7. međunarodna konferencija / 7th International Conference <b>FUNDAMENTAL AND APPLIED KINESIOLOGY</b> - STEPS FORWARD	22.-25. svibnja 2014. 22nd-25th May 2014 Opatija	370	400	36
8. međunarodna konferencija o kinezijologiji / 8th International Conference <b>20. OBLJETNICA / 20th ANNIVERSARY</b>	10.-14. svibnja 2017. 10th-14th May 2017 Opatija	375	245	31

**Posebno mjesto, zbog svoje tradicije i međunarodne  
i domaće važnosti zauzimaju ovi skupovi:**

## MEDUNARODNA ZNANSTVENA KONFERENCIJA O KINEZIOLOGIJI

*Due to their long tradition and both international and domestic dimension and status, special mention goes to the following conferences:*

### INTERNATIONAL SCIENTIFIC CONFERENCE ON KINESIOLOGY



Od kada je ustanovljena (1997. i 1999. Dubrovnik te 2002. i 2005. Opatija, 2008. Zagreb, 2011. Opatija, 2014. Opatija) na njoj sudjeluje sve više znanstvenika iz Hrvatske i svijeta. Od svog početka održava se pod pokroviteljstvom Hrvatske akademije znanosti i umjetnosti te UNESCO-a.

Od 1997. godine do danas International Scientific Conference on Kinesiology izrasla je u jedan od najvažnijih znanstvenih skupova iz područja kineziologije u središnjoj i istočnoj Europi, a u radu posljednje konferencije, koja je održana 2014. godine u Opatiji, sudjelovali su znanstvenici iz preko 40 zemalja Europe i svijeta.



Ever since its foundation, each year (Dubrovnik in 1997 and 1999, Zagreb in 2008 and Opatija in 2002, 2005, 2011 and 2014) there are more participants from Croatia and all over the world at the International Scientific Conference on Kinesiology. From the very beginnings, the Conference was always held under the auspices of the Croatian Academy of Science and Art and UNESCO.

Since the first Conference until today, the International Scientific Conference on Kinesiology has become one of the most significant scientific conferences in the field of kinesiology in Central and Eastern Europe. As part of the last Conference in 2014 in Opatija, scientists from over 40 countries in Europe and worldwide took part in its realization.



## GODIŠNJA MEĐUNARODNA KONFERENCIJA „KONDICIJSKA PRIPREMA SPORTAŠA”

Od 2003. godine, krajem veljače, održava se međunarodna znanstveno-stručna konferencija „Kondicijska priprema sportaša“ u organizaciji Kineziološkog fakulteta Sveučilišta u Zagrebu i Udruge kondicijskih trenera Hrvatske. Održava se na Kineziološkom fakultetu i traje dva dana, a o zanimljivosti tema kondicijske pripreme, svjedoči i broj od 1000-1300 posjetitelja svake godine. Svoja znanja i iskustva predstavili su stručnjaci iz Kanade, Njemačke, Italije, Španjolske, Švicarske, Finske, Slovenije, Bosne i Hercegovine, Srbije, Crne Gore i Hrvatske. Prezentirani radovi objavljaju se u Zborniku radova u tiskanom i digitalnom obliku, a video zapisi praktičnih prikaza dostupni su na DVD mediju. U okviru 14. Konferencije održane u 2016. godini organiziran je nacionalni seminar "Unaprjeđenje rodne ravnopravnosti u sportskom treningu – SCORE", u okviru europskog projekta Erasmus + sport programa u partnerstvu s Hrvatskim olimpijskim odborom.

### ANNUAL INTERNATIONAL CONFERENCE “PHYSICAL CONDITIONING OF ATHLETES”

*Since the year 2003, at the end of February, the Faculty of Kinesiology and the Croatian Association of Physical Conditioning Coaches co-organize the International Scientific and Professional Conference “Physical Conditioning of Athletes”. The Conference takes place at the Faculty of Kinesiology during two days and it welcomes between 1 000 and 1 300 visitors each year, which demonstrates the interest of the topic of physical conditioning of athletes. Experts from Canada, Germany, Italy, Spain, Switzerland, Finland, Slovenia, Bosnia and Herzegovina, Serbia, Montenegro and Croatia presented their knowledge and skills. All the presented papers are published in the conference proceedings (both in printed and digital form), whereas videos of practical demonstrations are available on DVD. As part of the 14th International Conference on physical conditioning in 2016, a national seminar also took place in co-operation with the Croatian Olympic Committee as part of the European Erasmus+ sports programme “SCORE – Strengthening Coaching with the Objective to Raise Equality”.*



# Ljetna škola kineziologa Hrvatske



Sve je počelo 1992. godine, ili točnije, 27. do 30. kolovoza 1992. godine, kada je u Rovinju održana 1. ljetna škola pedagoga fizičke kulture Hrvatske.

**Do 2017. godine održano je ukupno 26 ljetnih škola.**

Svaka Škola bila je posvećena obilježavanju važnijih datuma iz povijesti naše sruke ili obilježavanju prigodnih međunarodnih obljetnica vezanih uz područje školstva, sporta, sportske rekreatcije i zdravlja.

Tijekom Škola održane su tribine pod naslovom „Okrugli stol“, „Aktualne teme“, „Kineziološka tribina“, seminari iz odbojke, rukometa, košarke, nogometa i aerobike, turniri u tenisu, odbojci, nogometu, odbojci na pijesku i sl.

Sudjelovanje ovako velikog broja stručnjaka mogla je osigurati samo ponuda dobrih programa, a prije svega aktualnost i atraktivnost tema Škola.

## Croatian Summer School for Kinesiologists

*It all started in 1992, or to be more precise, between 27 and 30 August 1992, when the first Croatian Summer School for Physical Education Teachers took place in Rovinj.*

**By 2017, 26 summer schools were organized.**

*Each Summer School is dedicated to celebrating an important historical date for our profession or to commemorate international anniversaries related to the fields of education, sports, sports recreation and health.*

*As part of the Summer Schools, tribunes titled “Round-table discussions”, “Current topics” and “Kinesiological tribune” take place, as well as seminars in volleyball, handball, basketball, football and aerobics, or tournaments in tennis, volleyball, futsal and beach volleyball.*

*The participation of so many experts could only have been ensured by a programme containing various contents, as well as the actuality and attractiveness of the topics chosen for the Summer Schools.*



## Tjelesna aktivnost i zdravlje

Kineziološki fakultet Sveučilišta u Zagrebu u suradnji sa Sveučilištem u Zagrebu i partnerima organizirao je u travnju 2016. godine konferenciju „Tjelesna aktivnost i zdravlje“ s glavnom temom “Tjelesna aktivnost i krvožilne bolesti”. Konferencija se održala pod posebnim pokroviteljstvom predsjednice Republike Hrvatske gđe. Kolinde Grabar- Kitarović, te važnim pokroviteljima poput Ministarstva zdravlja RH, Hrvatskog kardiološkog društva, Nastavnog zavoda za javno zdravstvo „Dr. Andrija Štampar“, Koordinacije hrvatske obiteljske medicine, Hrvatskog društva obiteljskih doktora, Društva nastavnika opće/obiteljske medicine te Ministarstva znanosti, obrazovanja i sporta RH, Hrvatskog olimpijskog odbora te Grada Zagreba. Poseban obol konferenciji su dali akademik Davor Miličić, prof. Carla Fostera- University of Wisconsin i dr. Joao Breda-Svjetska zdravstvena organizacija. Glavni cilj konferencije je bio osvještenje javnosti o važnostima tjelesne aktivnosti u prevenciji krvožilnih bolesti, u čemu izuzetnu ulogu imaju kineziologzi, treneri i fizioterapeuti te stručnjaci drugih srodnih zanimanja kroz programirano vježbanje.



## International Conference „Physical Activity and Health“

In cooperation with the University of Zagreb and other partners, in April 2016 the Faculty of Kinesiology organized an international conference titled “Physical Activity and Health” and with emphasis on “Physical Activity and Coronary Disease” as the main topic of the conference. The conference took place under the special auspices of the President of the Republic of Croatia, Mrs Kolinda Grabar Kitarović, as well as other noticeable sponsors such as the Ministry of Health, the Croatian Cardiac Society, the Andrija Štampar Institute of Public Health, the Croatian Family Physicians Coordination, the Croatian Society of Family Physicians, the Croatian Association of Teachers in General Practice/Family Medicine, the Ministry of Science, Education and Sports, the Croatian Olympic Committee and the city of Zagreb. A special contribution to the conference were lectures presented by academic Davor Miličić, professor Carl Foster (University of Wisconsin, USA) and Dr Joao Breda from the World Health Organization. The main goal of this conference was to inform the public on the importance of physical activity in the prevention of coronary disease, as part of which an important role is played by kinesiologists, coaches, physiotherapists and other experts in related professions during the process of programme exercising.

# Znanstvena i stručna konferencija: Primjenjiva istraživanja u judu

Konferencija se je po drugi put zaredom održala u Poreču, 20. i 21. lipnja 2016. godine u organizaciji Kineziološkog fakulteta Sveučilišta u Zagrebu, Hrvatskog judo saveza i Europske judo unije.

Sudionici iz 12 zemalja Sviljeta (Japan, Portugal, Austrija, Norveška, Španjolska, Italija, Poljska, Bosna i Hercegovina, Slovenija, Velika Britanija, Turska i Hrvatska), su tijekom konferencije predstavili 40 radova u okviru tri sekcije. Za istaknuti je veliki doprinos konferenciji hrvatskih znanstvenika i stručnjaka iz juda.

## *Scientific and Professional Conference on Judo „Applicable Research in Judo“*

*The Scientific and Professional Conference on Judo once again took place in Poreč, on 20 and 21 June, with the Faculty of Kinesiology, the Croatian Judo Federation and the European Judo union as the organizers.*

*During the conference participants from 12 world countries (Japan, Portugal, Austria, Norway, Spain, Italy, Poland, Bosnia and Herzegovina, Slovenia, Great Britain, Turkey and Croatia) presented 40 papers as part of three sections.*

*An enormous contribution to the conference by Croatian scientists and experts in judo should especially be mentioned.*



## Be better with sport psychology

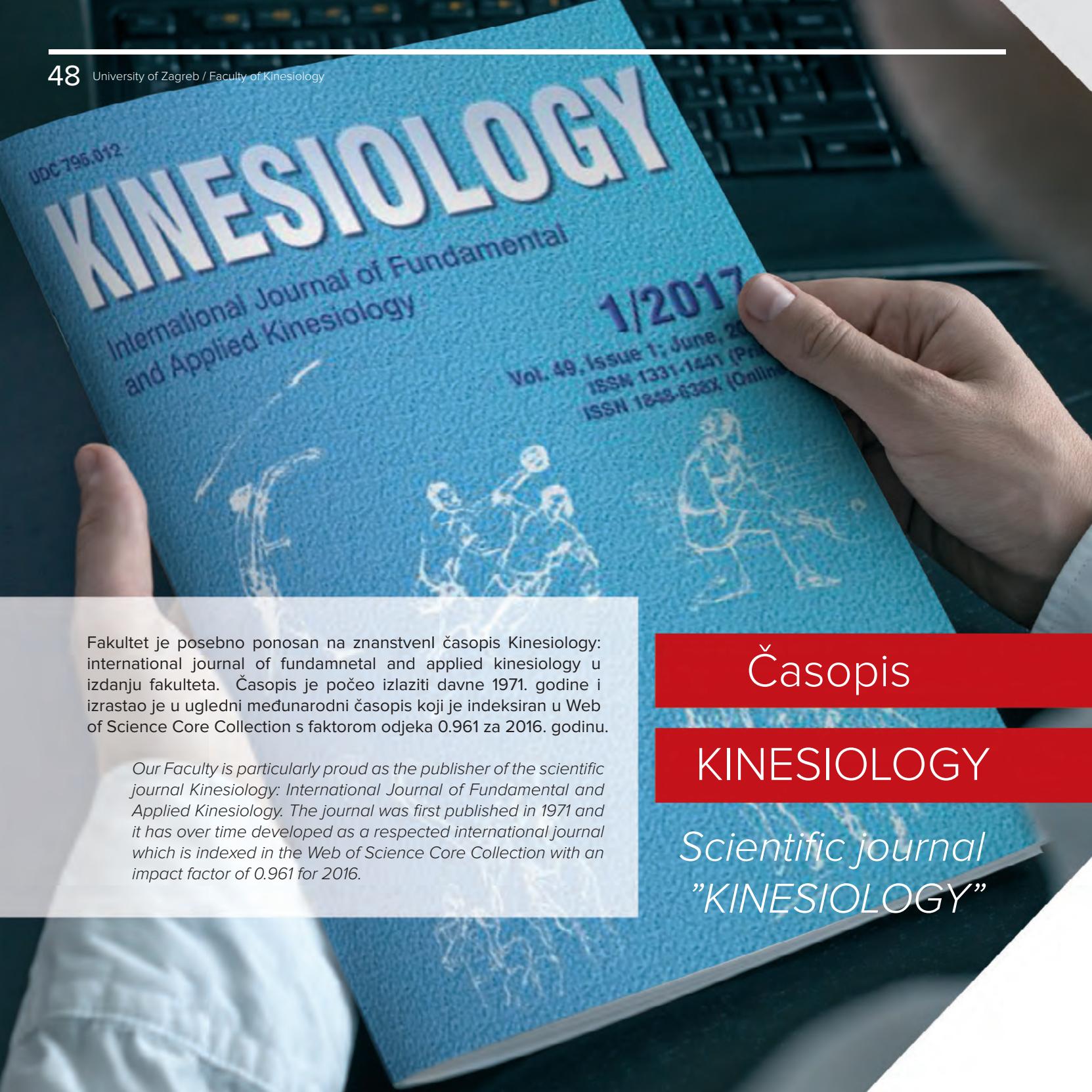
7. svibnja 2017. održan je 3. međunarodni znanstveni i stručni simpozij psihologije sporta pod nazivom „Be better with sport psychology“. Simpozij je održan kroz 11 pozvanih predavanja s odabranim temama koje je održalo osam međunarodnih (iz Velike Britanije, SAD-a, Italije, Slovačke, Turske, Slovenije, Škotske, Srbije), te dva domaća predavača. Simpoziju je prisustvovalo 75 sudionika iz šire regije susjednih zemalja koji su pokazali veliki interes za tematiku. Simpozij je, s izuzetkom jednog predavanja, održan na engleskom jeziku. Zaključci sa simpozija potvrđuju iskustvo iz prakse, a to je da sve veći broj sportaša i trenera traži i treba usluge sportskih psihologa, te da je ta potreba u značajno većoj mjeri prepoznata od krovnih institucija u Hrvatskoj nego prije dvije godine.

*On May 7, 2017, the 3rd International Scientific and Professional Symposium of Sports Psychology was held, entitled "Be better with sport psychology". The symposium was attended by 75 participants from the wider region of neighbouring countries who showed great interest in the theme. The services of sports psychologists are becoming more and more recognized in society and institutions and this conference confirms it.*

## Applicable research in wrestling

Na Fakultetu sporta i fizičkog vaspitanja u Novome Sadu od 5. do 7. svibnja 2017. održana je međunarodna, znanstvena i stručna konferencija iz hrvanja pod nazivom „Applicable research in wrestling“ u organizaciji Kineziološkog fakulteta Sveučilišta u Zagrebu i Fakulteta sporta i fizičkog vaspitanja u Novom Sadu, a pod pokroviteljstvom Svjetske hrvačke federacije (UWW), Međunarodne mreže znanstvenika iz područja hrvanja (INWR), međunarodne udruge Sport Kinetics (IASK), te mnogih drugih. U zborniku radova, 125 autora iz 25 zemalja prezentirali su svoje radove na konferenciji.

*First international, scientific and professional wrestling conference was held under the title "Applicable Research in Wrestling." The conference was held in May 2017 under the auspices of the World Wrestling Federation (UWW), the International Wrestling Network (INWR), the International Sport Kinetics Association (IASK) and many others. 125 authors from 25 countries presented their papers at the conference.*



Fakultet je posebno ponosan na znanstveni časopis Kinesiology: international journal of fundamental and applied kinesiology u izdanju fakulteta. Časopis je počeo izlaziti davne 1971. godine i izrastao je u ugledni međunarodni časopis koji je indeksiran u Web of Science Core Collection s faktorom odjeka 0.961 za 2016. godinu.

*Our Faculty is particularly proud as the publisher of the scientific journal Kinesiology: International Journal of Fundamental and Applied Kinesiology. The journal was first published in 1971 and it has over time developed as a respected international journal which is indexed in the Web of Science Core Collection with an impact factor of 0.961 for 2016.*

Časopis

KINESIOLOGY

Scientific journal  
"KINESIOLOGY"

# Hrvatski športskomedicinski vjesnik



Hrvatski športskomedicinski vjesnik je znanstveni i stručni časopis u čijem uredenju sudjeluju profesori Fakulteta. Namijenjen je svima koji se bave problematikom medicine i sporta. Časopis objavljuje uvodnike, znanstvene i stručne radove, prikaze bolesnika, prikaze lijekova i metoda, prethodna znanstvena i stručna priopćenja, osvrte, novosti iz struke, pisma uredništvu, prikaze knjiga, referate iz literature, i druge priloge. Časopis objavljuje članke pisane na hrvatskom jeziku (uz sažetak na engleskom) ili engleskom jeziku (uz sažetak na hrvatskom).

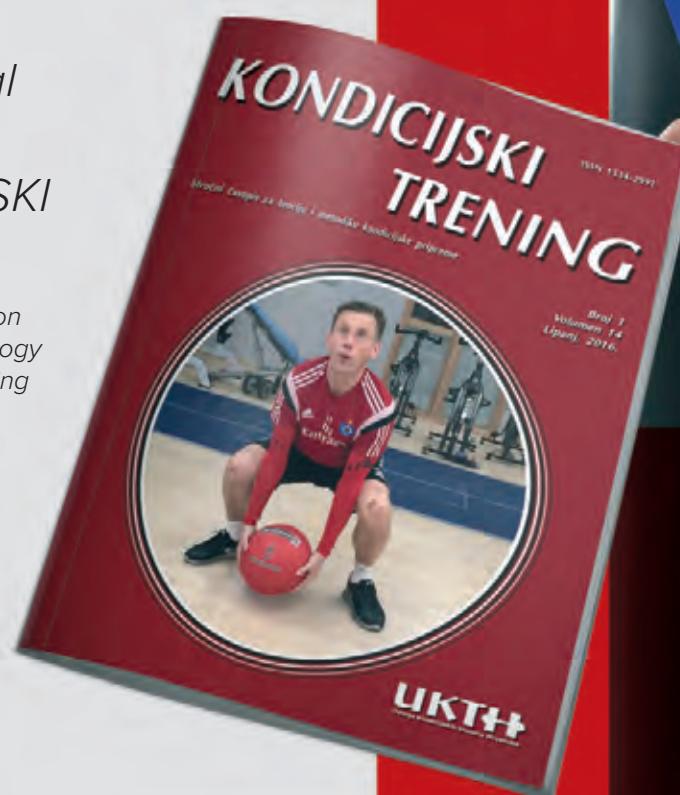
*Croatian Sports Medicine Journal is scientific and professional journal that covers topics in sports medicine issues. It is edited by faculty professors. The journal publishes editorials, research papers, preliminary communications, comments, news, letters to the editor, book reviews, literature reviews, reports from scientific meetings and other contributions. The papers are written in Croatian (with summary in English) or English (with summary in Croatian).*

# Časopis KONDICIJSKI TRENING

Stručni časopis za teoriju  
i metodiku kondicijske pripreme

Professional  
journal  
"KONDICIJSKI  
TRENING"

Professional journal on  
theory and methodology  
of physical conditioning





Kineziološki fakultet, u suradnji s Udrugom kondicijskih trenera Hrvatske, 2003. godine počinje objavljivati stručni časopis "Kondicijski trening".

Časopis je namijenjen kondicijskim trenerima, sportskim trenerima, nastavnicima tjelesne i zdravstvene kulture, sportskim liječnicima, fizioterapeutima te samim sportašima. Njegova osnovna zadaća jest doprinos usavršavanju stručnjaka, popularizaciji sportske struke i znanosti te svekolikom razvoju hrvatskoga sporta objavljivanjem stručnih priloga iz područja kondicijskog treninga.

Koristeći se informacijama iz obaju spomenutih područja, ovom je časopisu cilj pravovremeno i prilagođeno informirati sportske stručnjake o suvremenim trendovima i najnovijim tehnologijama kondicijske pripreme.

In 2003, the Faculty of Kinesiology started publishing the professional journal "Kondicijski trening" in cooperation with the Croatian Association of Physical Conditioning Coaches.

The journal is intended for physical conditioning coaches, sports coaches, Physical Education teachers, sports doctors, physiotherapists, as well as for the athletes themselves. Its main goal is to contribute to the training of professional personnel, the popularization of the sports profession and knowledge, as well as to the overall development of Croatian sports by publishing professional papers in the field of physical conditioning training.

By way of using all the information in each of the mentioned fields, this journal aims to provide timely and personalized information to professional sports personnel on current trends and latest technologies in physical conditioning.

ČASOPIS ČITAJTE OVDJE / READ JOURNAL HERE

[www.ukth.hr/hr/publikacije/casopisi/](http://www.ukth.hr/hr/publikacije/casopisi/)

## MEĐUNARODNA SURADNJA

Međunarodna suradnja Kineziološkog fakulteta Sveučilišta u Zagrebu na području nastavne i znanstveno-istraživačke djelatnosti ostvaruje se temeljem bilateralnih sveučilišnih i fakultetskih sporazuma s nizom visokoškolskih institucija iz područja kineziologije, kao što su:

- Fakulteta za šport Sveučilišta u Ljubljani, Slovenija
- Norwegian University of Sport and Physical Education, Oslo, Norveška
- Faculty of Sport Studies, Masaryk University Brno, Češka Republika
- Jozef Pilsudski Academy of Physical Education, Varšava, Poljska
- Faculty of Art and Music, Education and Sport, Institute of Sport Science, University of West-Hungary, Szombathely, Mađarska
- Faculty of Physical Education and Sport, Comenius University, Bratislava, Slovačka
- Department of Kinesiology, Penn State / York, Pennsylvania State University, Sjedinjene Američke Države
- Fakultet sporta i tjelesnog odgoja Univerziteta u Sarajevu, Bosna i Hercegovina
- Faculty of Formation, University of Salerno, Italija
- Beijing Sport University, Peking, Republika Kina
- Fakultet za sport i turizam, Novi Sad, Srbija
- Fakultet sporta i fizičkog vaspitanja Univerziteta u Novom Sadu, Srbija
- Faculty of Kinesiology and Rehabilitation Sciences, Katholieke University Leuven, Belgija
- Faculty of Physical Education and Sport, University of Craiova, Romania.

Fakultet sa svojim predstvincima aktivno sudjeluje u radu brojnih međunarodnih udruga i mreža na području kineziologije i interdisciplinarnih područja sportske znanosti:

- ICSSPE – International Council of Sport Science and Physical Education
- ENSSHEE – European Network of Sport Science, Education and Employment
- IASK – International Association of Sport Kinetics
- EUPEA – European Physical Education Association
- AIESEP – Association Internationale des Ecoles Supérieures d'Education Physique
- INSHS – International Network of Sport and Health Sciences.

Međunarodna suradnja Kineziološkog fakulteta podrazumijeva također:

- razmjenu nastavnika na preddiplomskoj, diplomskoj i poslijediplomskoj razini temeljem bilateralnih sporazuma Sveučilišta u Zagrebu i fakulteta;
- razmjenu nastavnika i studenata u okviru Potprograma za cjeloživotno učenje ERASMUS;
- suradnju u postupcima realizacije zajedničkih znanstveno-istraživačkih međunarodnih projekata;
- sudjelovanje nastavnika Kineziološkog fakulteta na skupovima o ujednačavanju curriculum preddiplomskoga, diplomskog i doktorskih studija;
- razmjenu nastavnika i studenata preko programa CEEPUS – program akademске razmjene studenata i nastavnika srednje i istočne Europe;
- sudjelovanje nastavnika Kineziološkog fakulteta na međunarodnim znanstvenim skupovima iz područja kineziologije i interdisciplinarnih područja sportske znanosti;
- organizaciju znanstvenih međunarodnih konferenciјa;
- organizaciju pretkonferencijskih kineziologijskih škola za studente poslijediplomskih i doktorskih studija.

## INTERNATIONAL COLLABORATION

In the area of teaching, as well as scientific and research activities the Faculty of Kinesiology University of Zagreb collaborates with numerous higher education institutions in the field of kinesiology on the basis of bilateral university and faculty agreements. Some of our partner institutions are the following:

- Faculty of Sport, University of Ljubljana, Slovenia
- Norwegian University of Sport and Physical Education, Oslo, Norway
- Faculty of Sport Studies, Masaryk University Brno, Czech Republic
- Jozef Pilsudski Academy of Physical Education, Warsaw, Poland
- Faculty of Art and Music, Education and Sport, Institute of Sport Science, University of West-Hungary, Szombathely, Hungary
- Faculty of Physical Education and Sport, Comenius University, Bratislava, Slovakia
- Department of Kinesiology, Penn State / York, Pennsylvania State University, USA
- Faculty of Sports and Physical Education, University of Sarajevo, Bosnia and Herzegovina
- Faculty of Formation, University of Salerno, Italy
- Beijing Sport University, Beijing, China
- Faculty for Sport and Tourism, Novi Sad, Serbia
- Faculty of Sport and Physical Education, University of Novi Sad, Serbia
- Faculty of Kinesiology and Rehabilitation Sciences, Katholieke Universiteit Leuven, Belgium
- Faculty of Physical Education and Sport, University of Craiova, Romania.

Our Faculty and its representatives actively participate in the work of numerous international associations and networks in the field of kinesiology and interdisciplinary fields of sports science:

- ICSSPE – International Council of Sport Science and Physical Education
- ENSSHEE – European Network of Sport Science, Education and Employment
- IASK – International Association of Sport Kinetics
- EUPEA – European Physical Education Association
- AIESEP – Association Internationale des Ecoles Supérieures d'Education Physique
- INSHS – International Network of Sport and Health Sciences.

International collaboration of the Faculty of Kinesiology also includes the following activities:

- teacher exchange programmes on the undergraduate, graduate and postgraduate level based on bilateral agreements of the University of Zagreb and the Faculty;
- teacher and student exchange programmes as part of the ERASMUS lifelong learning programme;
- cooperation in the implementation process in realizing common international scientific and research projects;
- participation of teachers of the Faculty of Kinesiology in gatherings for unification of curricula of undergraduate, graduate and doctoral studies;
- teacher and student exchange programmes as part of the CEEPUS programme for academic exchange of students and teachers from Central and Eastern Europe;
- participation of teachers of the Faculty of Kinesiology in international scientific conferences in the field of kinesiology and interdisciplinary fields of sports science;
- organization of international scientific conferences;
- organization of pre-conference kinesiology schools for students of postgraduate and doctoral studies.

## ČLANSTVO U MEĐUNARODNIM ZNANSTVENIM I STRUČNIM UDRUGAMA:

MEMBERSHIP IN  
INTERNATIONAL SCIENTIFIC  
AND PROFESSIONAL ASSOCIATIONS:

**ECSS** – European College of Sport Sciences

**ICSSPE** – International Council of Sport Science  
and Physical Education

**ENSSHEE** – European Network of Sport Science,  
Education and Employment

**FIMS** – Federation Internationale  
de Medicine du Sport

**IASK** – International Association of Sport Kinetics

**EUPEA** – European Physical  
Education Association

**EFSM** – European Federation of Sports Medicine

**AIESEP** – Association Internationale  
des Ecoles Supérieures d'Education Physique

**APA** – American Psychological Association

**CESS** – Confederation European Sport Sante

**INSHS** – International Network of Sport  
and Health Sciences

**FIEP** – Federation Internationale  
D'Education Physique

**TAFISA** – The Association For  
International Sport for All



UNIVERSITÉ  
RENNES 2



Middlesex  
University  
London





# Prostori

*Location  
and facilities*

Prostor koji koristi Kineziološki fakultet Sveučilišta u Zagrebu nalazi se na području Trešnjevke, na adresi Horvaćanski zavoj 15, i u cijelosti administrativno uredno je u vlasništvu Kineziološkog fakulteta.

Prostor za izvođenje svih oblika nastave (teorijska predavanja: do 150 studenata, teorijsko-praktična predavanja: do 30 studenata, seminari i vježbe: od 12 do 20 studenata) zadovoljava potrebe studenata ako se svake akademske godine u I. godinu studija upisuje 250-300 studenata.

Svi nastavni prostori zadovoljavaju suvremene multimedijalne standarde, što omogućuje, kako studentima tako i nastavnicima, kvalitetan nastavni proces.

Broj kabinetova, praktikuma, laboratorijskih, učionica, dvorana, pomoćnih soba i ostalih predavaonica; iskazana površina u m<sup>2</sup>, audio-vizualna oprema, broj sjedećih mesta u predavaonicama, prikazan je u sljedećoj tablici.

*The Faculty of Kinesiology University of Zagreb is situated in the part of Zagreb called Trešnjevka, at the address Horvaćanski zavoj 15, and the entire location is administratively properly owned by the Faculty of Kinesiology.*

*Our facilities meet the needs of our students for the implementation of all types of instruction (theoretical lectures – up to 150 students, theoretical and practical classes – up to 30 students, seminars and exercises – between 12 and 20 students) under the condition that each academic year between 250 and 300 students enrol in the first year of study.*

*All educational facilities meet modern multimedia standards which allows both our students and teachers to conduct quality teaching processes.*

*The number of teacher cabinets, space for practical classes, laboratories, lecture rooms, sports halls, extra rooms and other classrooms (surface expressed in m<sup>2</sup>), as well as audio-visual equipment and the number of seating spaces in lecture rooms is presented in the table below.*

Broj sjedećih mesta i korisna površina površina  
Number of seating spaces and usable surface

**194**  
[162m<sup>2</sup>]

Velika amfiteatralna  
Large amphitheatre

**145**  
[106m<sup>2</sup>]

Amfiteatralna  
Amphitheatre

**50**  
[65m<sup>2</sup>]

Srednja I.  
Middle-sized  
amphit. I.

**50**  
[65m<sup>2</sup>]

Srednja II.  
Middle-sized  
amphit. II.

**50**  
[65m<sup>2</sup>]

Srednja III.  
Middle-sized  
amphit. III.

**50**  
[43m<sup>2</sup>]

Mala I.  
Small  
amphit. I.

**50**  
[41m<sup>2</sup>]

Mala II.  
Small  
amphit. II.

**50**  
[36m<sup>2</sup>]

Mala III.  
Small  
amphit. III.

**50**  
[90m<sup>2</sup>]

Računalna  
Computer  
room

Ukupno / Total: **604** [673m<sup>2</sup>]

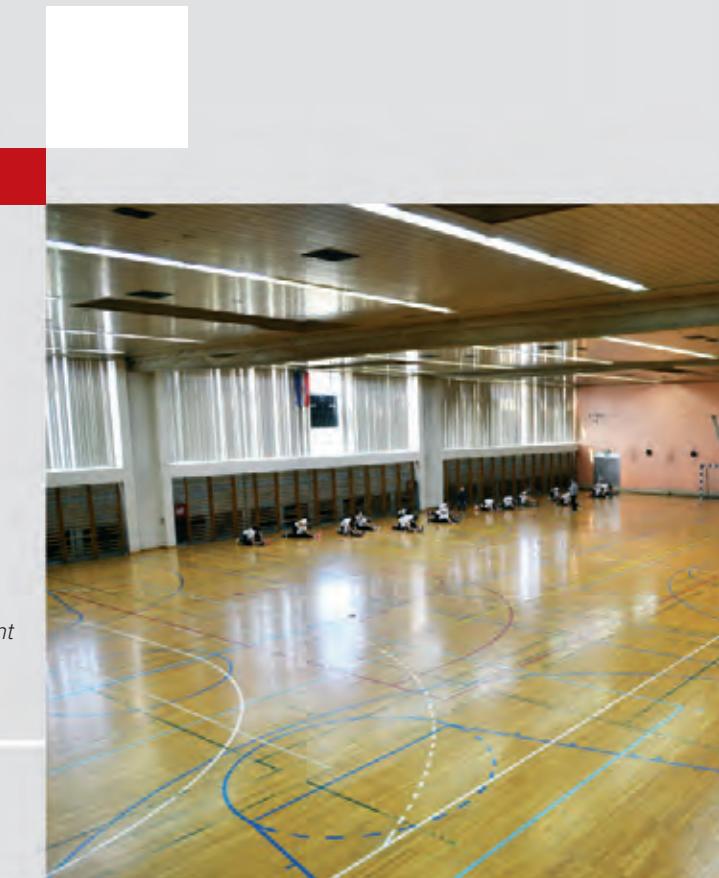


# Sportske dvorane

SPORTS  
HALLS



510 m <sup>2</sup>	Školska sportska dvorana za metodičke vježbe <i>School sports hall for methodological exercises</i>
560 m <sup>2</sup>	Dvorana za sportsku gimnastiku <i>Hall for sports gymnastics</i>
1350 m <sup>2</sup>	Dvorana za sportske igre i atletiku <i>Hall for sports games and track-and-field</i>
186 m <sup>2</sup>	Dvorana za ritmičku gimnastiku i ples <i>Hall for rhythmic gymnastics and dance</i>
186 m <sup>2</sup>	Dvorana za hrvanje <i>Hall for wrestling</i>
204 m <sup>2</sup>	Teretana <i>Fitness room</i>
112 m <sup>2</sup>	Trim kabinet <i>Trim cabinet</i>
278 m <sup>2</sup>	Dvorana za borilačke sportove <i>Hall for combat sports</i>
330 m <sup>2</sup>	Dvorana za fitnes i aerobiku <i>Hall for fitness and aerobics</i>
460 m <sup>2</sup>	Ukupan prostor skladišta za sprave i opremu <i>Overall storage surface for instruments and equipment</i>
242 m <sup>2</sup>	Svlačionice <i>Locker rooms</i>
4.878 m <sup>2</sup>	Sveukupno dvoranski i prateći prostor <i>Total surface</i>



12,8 m<sup>2</sup>

Površina kabinetetskog prostora po nastavniku i suradniku  
*Average surface of cabinet space per teacher and associate*

Bibliotečno-informacijski centar (Knjižnica), ukupne površine 242 m<sup>2</sup>, i šest laboratorija, površine 564 m<sup>2</sup>, služe za potrebe nastave i uglavnom zadovoljavaju potrebe nastavnog procesa na Fakultetu.

*Total surface of the Centre for Library Information and Publication Activities (Library) is 242 m<sup>2</sup> and total surface of six laboratories is 564 m<sup>2</sup>; these are used for the implementation of teaching activities and mostly meet the requirements of the teaching process at the Faculty.*

74 m<sup>2</sup>

Laboratorij za funkcionalnu anatomiju  
*Laboratory for Functional Anatomy*

66 m<sup>2</sup>

Laboratorij za fiziologiju sporta i vježbanja  
*Laboratory for Physiology of Sports and Exercise*

24 m<sup>2</sup>

Centar za A-V pomagala  
*Centre for Audio-Visual Aids*

60 m<sup>2</sup>

Laboratorij za biomehaniku - praktikum  
*Laboratory for Biomechanics – practical classes*

55 m<sup>2</sup>

Laboratorij za kinematiku  
*Laboratory for Kinematics*

285 m<sup>2</sup>

Sportski dijagnostički centar  
(Biološka kinantropologija i Sportska medicina,  
laboratorij za biomehaniku)  
*Sports Diagnostic Centre*  
(*Biological Kinanthropology and Sports Medicine,*  
*Laboratory for Biomechanics*)

564 m<sup>2</sup>

Ukupno  
*Total*



## OSTALI PROSTORI I SADRŽAJI OTHER FACILITIES

1. zdravljak / cafe
2. studentske prostorije / student rooms
3. garderoba / wardrobe

Zbog specifičnosti nastave, osim u vlastitim prostorima, plivanje ronjenje, atletika i veslanje izvode se na terenima susjednog Športsko-rekreacijskog centra „Mladost“ i na jarunskom jezeru. Jedrenje, jedrenje na dasci, kajak i skijanje izvode se izvan Zagreba (Korčula, Sappada-IT, Cortina d'Ampezzo-IT).

*Due to the specific nature of certain classes, in addition to the facilities of the Faculty of Kinesiology, courses such as swimming, diving, track-and-field and rowing are implemented in the facilities of the nearby Sports and Recreation Centre Mladost and at Jarun lake. Courses such as sailing, surfing, kayak and skiing take place outside of Zagreb (island of Korčula, Croatia and Sappada, Italy).*



## Prema zapadnom sveučilišnom kampusu

Gradnjom Zapadnog sveučilišnog kampusa stvorilo bi se mjesto sinergije edukacije, istraživanja, dijagnostike i praktične primjene znanja.

Sportsko-edukacijski centar Kineziološkog fakulteta, koji bi se trebao nalaziti unutar njega, ima kao temeljni cilj razvoj javno-zdravstvenih rekreativnih programa.

Ponudom adekvatne tjelesne aktivnosti, sporta i rekreacije, zdrave prehrane, kineziterapije i motoričke rehabilitacije, kao važnih čimbenika gospodarske, društvene i ekološke odrednice zdravlja našeg društva, osigurali bi se novi programi cjeloživotne izobrazbe, te promaknulo nacionalnu i regionalnu sportsku prepoznatljivosti i kvalitetu.

Projekt Zapadni kampus Sveučilišta u Zagrebu nastao je u suradnji i uz potporu Grada Zagreba. O njegovoj važnosti svjedoči i činjenica da je uvršten na indikativnu listu infrastrukturnih projekata za Operativni plan Konkurentnost i kohezija 2014.-2020. Ministarstva znanosti, obrazovanja i sporta kao i da je u prosincu 2015. godine potpisani je Sporazum o sufinanciraju između Sveučilišta u Zagrebu, Studentskog centra i Kineziološkog fakulteta Sveučilišta u Zagrebu.

Kampus će uključivati novi razvojni istraživački centar, sportske objekte, vanjske terene, studentski trg, park s klupama, trim stazom i uređenim prostorom za vježbanje na otvorenom.



### *ON THE WAY TOWARDS THE WESTERN UNIVERSITY SPORT CAMPUS*

*The completion of the construction project of the Western University Sport Campus shall create a place of synergy between education, research, diagnostics and practical application of knowledge.*

*The primary goal of the Sports Educational Centre of the Faculty of Kinesiology, as part of the Western University Sport Campus, shall be the development of recreational programmes for the public.*

*By way of offering adequate physical activity, sports and recreational programmes, healthy diet plans, kinesitherapy and motor rehabilitation, as key elements of economic, social and ecological factors of our society's health, and by offering new programmes of lifelong training the Western University Sport Campus shall improve sports recognition and quality both on the national and regional level.*

*The project of the Western University Sport Campus was created in collaboration and with the support of the City of Zagreb. Its significance is also manifested in its inclusion to the indicative list of infrastructural projects for the Concurrence and Cohesion 2014-2020 Operative Programme of the Ministry of Science, Education and Sport of the Republic of Croatia. In addition, in December 2015, the University of Zagreb, the Student Centre and the Faculty of Kinesiology concluded an Agreement on Co-financing for the implementation of the project.*

*The mentioned campus shall include a research development centre, sports facilities, outdoor sports fields, a student public square, a park with benches, a trim track and surfaces for outdoor exercising.*



Pomoću transfera znanja i tehnologija, komercijalizacije istraživanja u suradnji s partnerima iz akademske zajednice, zdravstvenom i sportskom industrijom, te turizmom ovakva je zamisao ostvario. Da je uistinu to tako svjedoči uspješna suradnja s različitim sudionicima i ostvareni projekti:

- SPORTS: studija poveznica razine tjelesne aktivnosti srednjoškolaca
- European Collaborative Partnership on Sport and Health Enhancing Physical Activity – EPHEPA
- Promoting National Implementation for Sports Club for Health Programmes in EU Member States (SCforH-project)
- Lancet physical activity observatory
- Acute and Overuse Injuries in European Junior Badminton Players
- Tehnološka platforma za nove ICT strategije u terapiji i kontroli dijabetesa
- Motorička znanja djece predškolske dobi
- Oksidacijski stres uzrokovani nogometnom utakmicom
- Dijagnostički uređaj za mjerjenje funkcionalne stabilnosti lumbalne kralježnice
- Učinci tjelesne aktivnosti u intermitentnoj hipoksiji na transportni sustav za kisik i diferencijalnu krvnu sliku
- Hrvatsko-slovenska studija tjelesne aktivnosti u adolescenciji
- Razvoj računalnog sustava za digitalno mjerjenje ljudskog tijela
- Dijagnostika pokreta radnika na radnim mjestima (za LIDL Hrvatska d.o.o.k.d)
- Pedagoški standardi i normativi rada trenera u sportu
- Zastupljenost nasilja i nesportskog ponašanja u nogometu mladih na području Grada Zagreba
- Javnozdravstvene kampanje i programi: Navike promjeni, zdravlje pokreni, Kako odrastati zdravo, PETICA-igrom do zdravlja - Program prevencije pretilosti u djece školske dobi, Živjeti zdravo
- Utjecaj antropoloških obilježja i specifičnih motoričkih znanja na situacijsku i natjecateljsku učinkovitost u alpskom skijanju

Određeni sadržaji bit će otvoreni svim studentima kao i lokalnoj zajednici zagovarajući tradiciju zdravog i aktivnog života.

*Certain facilities shall be available to all students and the entire local community as a means of advocating a tradition of a healthy and active lifestyle.*

*By using the transfer of knowledge and technologies, as well as through commercialization of research in cooperation with partners from the academic community, the industry of health, sports and tourism, the mentioned goals are entirely achievable. As evidence that the above mentioned is true, here are some examples of successful collaborations with various partners and realized projects:*

- *SPORTS: research on the connection of the level of physical exercise in high-school adolescents*
- *European Collaborative Partnership on Sport and Health Enhancing Physical Activity – EPHEPA*
- *Promoting National Implementation for Sports Club for Health Programmes in EU Member States (SCforH-project)*
- *Lancet physical activity observatory*
- *Acute and Overuse Injuries in European Junior Badminton Players*
- *Technological Platform for new ICT strategies in therapy and control of diabetes*
- *Motor skills in pre-school children*
- *Oxidation stress caused by a football match*
- *Diagnostic equipment for measuring the functional stability of the lumbar spine*
- *Effects of physical activity in intermittent hypoxia on the transport system for oxygen and differential blood count*
- *Croatian-Slovenian study on physical activity in adolescence*
- *Development of the computer system for digital measurements of the human body*
- *Diagnostics of movements in workers on different working positions (for LIDL Croatia)*
- *Pedagogical standards and norms for sports coaches and their work*
- *Representation of violence and unsportsmanlike behaviour in football of young age groups in the City of Zagreb*
- *Public health campaigns and programmes: "Change your habits, start living healthy", "How to grow up healthy", "PETICA – being healthy through games –programme for prevention of obesity in school-aged children", "Healthy living"*
- *Effect of anthropological characteristics and specific motor skills on situational and competitive efficiency in alpine skiing*

# Studentski život

Na Kineziološkome fakultetu od akademske godine 1997./1998. djeluje Studentski zbor, studentsko izabrano predstavničko tijelo koja zastupa interese studenata. Predstavnici Studentskoga zbora aktivno i ravnopravno sudjeluju u radu Fakultetskoga vijeća, Dekanskoga kolegija i ostalih povjerenstava Fakultetskoga vijeća.

Najvažnije aktivnosti Studentskoga zbora Kineziološkoga fakulteta Sveučilišta u Zagrebu su:

- sudjelovanje u organizaciji terenske nastave iz predmeta skijanje;
- sudjelovanje u organizaciji konferencije Kondicijska priprema sportaša;
- organizacija Smotre Sveučilišta;
- organizacija Akcije čišćenja;
- organizacija Tjedna sporta;
- organizacija Dana otvorenih vrata;
- organizacija internih natjecanja Kineziološkoga fakulteta;
- organizacija međunarodnih natjecanja;

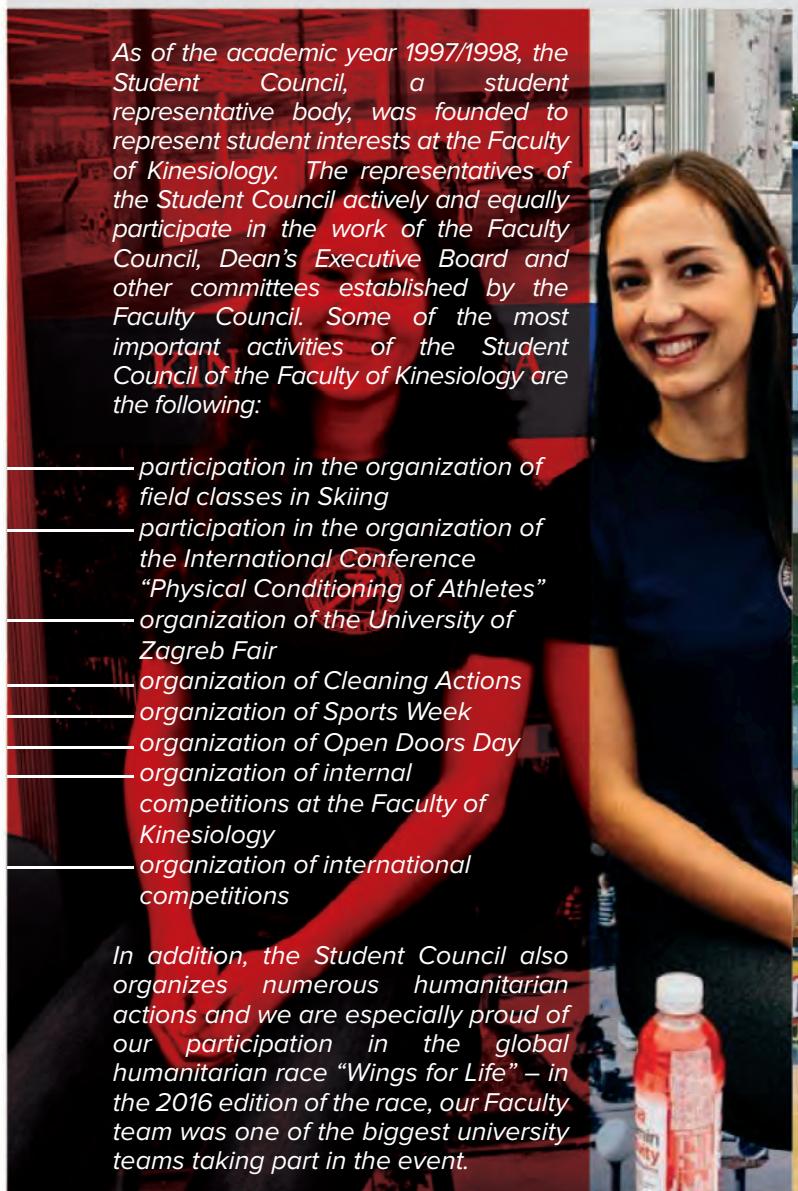
Osim toga, Studentski zbor organizira razne humanitarne akcije, a posebno smo ponosni na sudjelovanje u globalnoj humanitarnoj utrci "Wings for life", 2016. godine bili smo jedna od najbrojnijih ekipa na svijetu u konkurenciji sveučilišta.

## Student life

*As of the academic year 1997/1998, the Student Council, a student representative body, was founded to represent student interests at the Faculty of Kinesiology. The representatives of the Student Council actively and equally participate in the work of the Faculty Council, Dean's Executive Board and other committees established by the Faculty Council. Some of the most important activities of the Student Council of the Faculty of Kinesiology are the following:*

- participation in the organization of field classes in Skiing*
- participation in the organization of the International Conference "Physical Conditioning of Athletes"*
- organization of the University of Zagreb Fair*
- organization of Cleaning Actions*
- organization of Sports Week*
- organization of Open Doors Day*
- organization of internal competitions at the Faculty of Kinesiology*
- organization of international competitions*

*In addition, the Student Council also organizes numerous humanitarian actions and we are especially proud of our participation in the global humanitarian race "Wings for Life" – in the 2016 edition of the race, our Faculty team was one of the biggest university teams taking part in the event.*





# Partneri

PARTNERS





# UDRUGE I SEKCIJE ASSOCIATIONS AND SECTIONS

**Na Kineziološkome fakultetu djeluje nekoliko udruga.**

- HRVAČKA SEKCIJA - Wrestling section
- HRVATSKI KINEZIOLOŠKI SAVEZ [www.hrks.hr](http://www.hrks.hr)
- PLIVAČKI KLUB KINFA
- KLUB SPORTSKE AEROBIKE FAKS ZAGREB
- RONILAČKI KLUB KINFA
- UDRUGA KONDICIJSKIH TRENERA HRVATSKE [www.ukth.hr](http://www.ukth.hr)

**Na Kineziološkome fakultetu neke udruge imaju svoje sjedište.**

- EUROPEAN PHYSICAL CONDITIONING ASSOCIATION (EPCA) [www.epca-europe.com](http://www.epca-europe.com)
- HRVATSKO DRUŠTVO ZA SPORTSKU MEDICINU Osnovano je 1953. godine u Zagrebu. Član je FIMS-a (Fédération de Internationale de Medicine Sportive) od 19. studenoga 1992. godine.
- HRVATSKO DRUŠTVO ZA TEORIJSKU I EKSPERIMENTALNU KINEZIOLOGIJU Osnovano je 02. prosinca 1992. godine u Zagrebu.
- HRVATSKI SVEUČILIŠNI ŠPORTSKI SAVEZ [www.hsss.hr](http://www.hsss.hr)
- SEKCIJA "ŽIVOT I PREŽIVLJAVANJE U PRIRODI"

*Here are several associations at the Faculty of Kinesiology:*

- CROATIAN KINESIOLOGY ASSOCIATION
- SWIMMING CLUB "KNIFA"
- SPORTS AEROBICS CLUB "FAKS ZAGREB"
- DIVING CLUB "KNIFA"
- CROATIAN ASSOCIATION OF PHYSICAL CONDITIONING COACHES

*Here are some associations that have their main office registered at the Faculty of Kinesiology:*

- EUROPEAN PHYSICAL CONDITIONING ASSOCIATION (EPCA)
- CROATIAN ASSOCIATION OF SPORTS MEDICINE *Established in 1953 in Zagreb. Member of the International Federation of Sports Medicine (FIMS – Federation Internationale de Medicine du Sport) since 19 November 1992.*
- CROATIAN ASSOCIATION FOR THEORETICAL AND EXPERIMENTAL KINESIOLOGY *Established on 2 December 1992 in Zagreb.*
- CROATIAN ACADEMIC SPORTS FEDERATION
- SECTION "LIFE AND SURVIVAL IN NATURE"



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