

1. GENERAL INFORMATION			
1.1.Course teacher	Prof. Franjo Prot, Ph.D. Assist.Prof. Goran Sporiš, Ph.D.	1.6.Year of the study programme	1
1.2.Name of the course	SYSTEMATIC KINESIOLOGY	1.7.Credits (ECTS)	5
1.3.Associate teachers	Part-time associates: Prof. Vojko Strojnik, Ph.D. Prof. Rado Pišot, Ph.D. Tihana Ujević, Mag.Cin.	1.8.Type of instruction (number of hours L + S + E + e-learning)	60(45L+15S)
1.4.Study programme (undergraduate, graduate, integrated)	Integrated	1.9.Expected enrolment in the course	180– 210
1.5.Status of the course	Mandatory	1.10.Level of application of e-learning (level 1, 2, 3), percentage of online instruction (max. 20%)	0
2. COURSE DESCRIPTION			
2.1.Course objectives	The familiarization with and investigation of social and historical conditions in which kinesiology has originated and developed into the distinct scientific-research field. Systematization of concepts, insights and notions on the study of general regularities of human locomotion, general principles of exercise processes management and on the study of effects those processes have on the human organism, as well as on the study of any other, in that sense relevant, form of human activities and existence.		
1.2. Course enrolment requirements and entry competences required for the course	No enrolment requirements.		
1.3. Learning outcomes at the level of the programme to which the course contributes	<ul style="list-style-type: none"> - Understanding social and historical conditions in which kinesiology occurred and developed as a distinct scientific-research field; position and role of the Zagreb kinesiology circle in European world kinesiology development trends. - Systematization of concepts and findings on the study of general regularities of human locomotion, general principles of exercise processes management and on the study of effects those processes have on the human organism, as well as on the study of any other, in that sense relevant, form of human activities and existence. - Knowledge of: Structure of kinesiology. Autonomy of kinesiology and its relations to other scientific fields. Research subject and methods in kinesiology. Didactic transposition of kinesiological findings and inferences. Vocational training and education and qualification in the area of kinesiology science and in the areas of applied kinesiology. - Familiarize students with educational profiles in order to enable them to decide on one's own prospective professional engagement of a kinesiologist in modern society as regards opportunities for scientific and professional engagement. - Knowledge of relevant research studies on parameters of the general model of kinesiological transformational process with the eventual available changes of anthropological features, motor skills (knowledge) and health status, as well as with educational and other kinesiological transformational effects. Knowledge of elements necessary for the exercise process target determination. Short-term, mid-term and long-term objectives of the target, directed exercise process. Immediate and indirect objectives of transformational processes. Procedures of preparation and realization of kinesiological transformations: orientation, selection, planning, programming, execution/realization, control/monitoring and evaluation. Implicit and explicit representation model of transformation operators' impact. 		

	<ul style="list-style-type: none"> - Conceptualization, operationalization and measuring in kinesiology. Systemic and cybernetic approach to the functionality of kinesiological systems. Concept, elements and types of characteristic states of the subject within the framework of transformational processes. Management of kinesiological transformational processes. - Knowledge of diversity (kinesidiversity) and motor knowledge/skill adoption level, levels of characteristics and abilities, health status, educational effects. Selection and distribution of work contents, distribution of load volumes. Methodology of transformation value determination for a particular kinesiological operator and influence of exercise on the level and quality of motor knowledge/skill, regulation, development and preservice of anthropological characteristics. Components of work volume. Work modalities. Quantitative and qualitative changes induced by the process of exercise. - Understanding regular/chronic physical activity/exercise as a factor of biological survival of a human being and civilized lifestyle. Contemporary civilization strategy and commitment as regards active kinesiological engagement (physical activity and sports) through UNESCO, ICSSPE, ICHPER-SD, WHO and EU declarations. International and national organization modalities associated with active kinesiological involvement promotion (scientific-professional assemblings, sports meetings and festivals, selective sports competitions).
<p>2.5. Course content broken down in detail by weekly class schedule (syllabus)</p>	<p>Lectures</p> <ol style="list-style-type: none"> 1. Introduction to systematic kinesiology (course requirements and organization); professional status of kinesiologists – educational profiles and prospectives of permanent professional engagement of kinesiologists in contemporary society (educational system, selective sports, physical recreation, leisure-time activities, „Sport for All“, kinesitherapy, adapted physical activity, army forces, police forces, safe guards and rescue services) (3L) 2. Concept and definitions of kinesiology (2L) 3. Position of kinesiology in the Croatian cultural milieu (2L) 4. History and antecedents of kinesiology (2L) 5. N. Dally and modern development of kinesiology (2L) 6. Structure of kinesiology and the Zagreb kinesiology circle ; further development trends: basic and applicative/applied kinesiological disciplines and didactic transpositions (2L) 7. Structure of kinesiology and the Zagreb kinesiology circle ; further development trends: anthropological and methodological subdisciplines and didactic transpositions (2L) 8. Research subject and methods – objectives, part one – immediate goals (2L) 9. Research subject: objectives – part 2: indirect goals (2L) 10. Research subject: transformational process – part 1 – characteristic states (2L) 11. Research subject: transformational process – part 2 – characteristic procedures (2L) 12. Research subject: transformational process – part 3 – general formal model and definitions of the components of the kinesiological transformational process (2L) 13. Research subject: motor contents and activities – motor behaviour, motor control, motor knowledge/skill, motor learning (2L) 14. Classification criteria and taxonomy of kinesiological (sports) activities and contents (2L) 15. Research subject: environmental conditions, premises, equipment and aids (2L) 16. Principles, purpose and methods of kinesiology research: theoretical and/or empirical (experimental) approach to research; basic structure of research and its stages (2L) 17. Principles, purpose and methods of kinesiology research: basic research methods, publication and types of presence and accessibility of scientific and professional work results (2L) 18. Measurability issues and kinesiological phenomena: individual differences and measurability of manifest characteristics of motor behaviour (2L)

	<p>19. Measurability issues and kinesiological phenomena: concept and subsegments of psychosomatic status and methodology for its determination (2L)</p> <p>20. Systemic approach to kinesiological phenomena. Manageability of kinesiological transformational processes (2L)</p> <p>21. Factors and stages of the managed exercise process. Phases of preparation, planning and programming, execution, control and effects evaluation of kinesiological transformations. (2L)</p> <p>22. Contemporary civilization strategy and commitment (declarations) as regards active kinesiological engagement (physical activity and sports). International and national organization forms and modalities related to the promotion of active kinesiological involvement. (2L)</p> <p>Seminars</p> <p>1. Formation of groups, work organization and the basic seminar participation data base establishment (1S)</p> <p>2. Personal rationale to enrol on the study of kinesiology: essay – free form of expression in writing (2S)</p> <p>3. Endurance assessment(2400 m track running) – organization and execution of field measuring of motor behaviour in real situation (2S)</p> <p>4. Basic endurance factors. Basic endurance factors; a theoretical paper based on literature sources. Using a questionnaire in collecting data on sports achievements, level of involvement in kinesiological activities, and on sports preferences (2S)</p> <p>5. Individual and group differences in the chosen manifest anthropological characteristics and forms of motor behaviour (2S)</p> <p>6. Individual and group differences in the level of engagement with kinesiological activities, in the achievement level in sport and in sports preferences (2S)</p> <p>7. Comparison of and covariability of individual differences (2S)</p> <p>8. Associations between morphological, motor and functional features with sport performance/success (2S)</p>					
2.6.Format of instruction:	<input checked="" type="checkbox"/> lectures <input checked="" type="checkbox"/> seminars and workshops <input type="checkbox"/> exercises <input type="checkbox"/> on line in entirety <input type="checkbox"/> partial e-learning <input type="checkbox"/> field work	<input checked="" type="checkbox"/> independent assignments <input type="checkbox"/> multimedia and the internet <input type="checkbox"/> laboratory <input type="checkbox"/> work with mentor <input type="checkbox"/> (other)	2.7. Comments:			
2.8. Student responsibilities						
2.9. Screening student work (<i>name the proportion of ECTS credits for each activity so that the total number of ECTS credits is equal to the ECTS value of the course</i>)	Class attendance	0.5	Research		Practical training	1.0
	Experimental work		Report		(other)	
	Essay		Seminar essay	1.0	(other)	
	Tests		Oral exam	1.0	(other)	
	Written exam	1.5	Project		(other)	
2.10. Grading and evaluating student work in class and at the final exam	Class attendance 10% Written exam 30% Seminar essay 20% Oral exam 20% Practical training 20%					

	Title	Number of copies in the library	Availability via other media
2.11. Required literature (available in the library and via other media)	1. Mraković, M. (1994). Uvod u sistematsku kineziologiju. Zagreb: Fakultet za fizičku kulturu.		
	2. Hoffman, J. S. (ed.) (2009). Introduction to kinesiology (third edition). Champaign, IL: Human Kinetics Publishers, Inc.		
	3. Klavora, P. (2009). Introduction to kinesiology: a biophysical perspective. Toronto: Sport Books publisher.		
2.12. Optional literature (at the time of submission of study programme proposal)	<p>1. Brooks, A. G. (1981). Perspectives on the academic discipline of physical education. Champaign, IL: Human Kinetics Publishers, Inc.</p> <p>2. Charles, J. (1994). Contemporary Kinesiology. Englewood, Co.: Morton Publishing Company.</p> <p>3. Findak, V., Metikoš, D., Mraković, M. (1993). Ciljevi procesa vježbanja: Kineziološki priručnik za učitelje. Zagreb: HPKZ.</p> <p>4. Momirović, K. (1969). Utjecaj naučne zasnovanosti fizičke kulture na njenu društvenu afirmaciju. Teorija fizičke kulture. Beograd: JZFK, 116-133.</p> <p>5. Šturm, J., Strojnik, V. (1994). Uvod u antropološku kineziologiju. 5. dopunjeno izdanje. (Skripta), Ljubljana: Fakulteta za sport.</p>		
2.13. Quality assurance methods that ensure the acquisition of exit competences	Anonymous student survey.		

