

1	Subject	SPORT AND HEALTH			
2	Code	DSZ107			
3	Study Program	Study Program of Integrated studies in dental medicine			
4	Organizing Institution (Unit, Institute, Chair, Department)	Faculty of physical education, sport end health			
5	Educational degree (first or second cycle)	Integrated study			
6	Study year/semester	1/1	7	Number of credits	2
8	Teacher	Teachers from Departments of Faculty of physical education, sport end health			
9	Preconditions	No			
10	<p>Teaching goals: The purpose of the subject is the adoption of new and upgrading of motor skills and knowledge, improving motor and functional abilities to promote health, satisfying the need for movement, empowering the student for rational, meaningful use of leisure time and improving the quality of life in youth, adulthood and old age. Improvement of social communication. Training of the student for self-sports and physical exercise, acquaintance with the laws of sports and health and proper nutrition. Acquire knowledge of the structure, rules, principles of the educational process and the specifics of the chosen kinesiology activity.</p>				
11	Brief content				
	Theoretical course				Class
	Total				0
	Practical lessons:				Class
	A. Program - Basic regular program - basketball, volleyball, handball, small football, aerobics, pilates, shooting, cycling, rolling and animation and recreation. B. Elective (self-financing) program - swimming, fitness, tennis, bowling, archery, hiking, skiing, camping.				
	Total				30
12	Methods of studying: class room oriented lectures, interactive lectures, group work, practical training, seminar paper				
13	Total available time	60 classes			
14	Organization of the course	0 classes - practical course, 30 classes – individual tasks -30 classes			
15	Forms of teaching activities	15.1.	Theoretical course	30 classes	
		15.2.	Practical course, seminars		
16	Other forms of activities	16.1.	Project tasks		
		16.2.	Individual tasks	30 classes	
		16.3.	Individual (home) learning		
17	Method assessment of	17.1.	Tests	points	
		17.2.	Active participation, seminar paper/project (oral/written presentation)	points	
		17.3.	Final (oral) exam	points	
18	Grading criteria (points / grade)	The subject is not assessed. If the student attends classes regularly he / she receives a signature in the index.			
19	Requirement for signature and taking the	The student must attend it regularly and to make efforts in order to obtain a signature requirement. Knowledge and skills testing, motor and functional ability levels are performed at the end of			

	final exam	the semester through a standardized tests.				
20	Language of the course	English				
21	Method for evaluation of the quality of education	Anonymous student's evaluation of the subject, teachers and collaborators involved in the educational activities				
22	Literature					
	22.1.	Mandatory textbooks				
		No.	Author	Title	Publisher	Year
		1		Authorized lectures by teachers		
		2				
	3					
	22.2.	Additional literature				
No.		Author	Title	Publisher	Year	
			Authorized lectures by teachers			