Attachment No. 3		Course program for the first cycle of studies			
1.	Course title	Sports and Health			
2.	Code	DMMSH1			
3.	Study program	Dentistry - integrated first and second cycle of studies			
4.	Organizer of the study program (unit, i.e., institute, department, division)	University “Ss. Cyril and Methodius" in Skopje, Faculty of Physical Education, Sports and Health, Department of Physical Education, Sports, and Sports Management			
5.	Degree (first, second, third cycle)	First and second cycle studies			
6.	Academic year/semester	Year	1	Semester	1
7	Course workload expressed in ECTS credits	2			
8.	Teacher (in case of multiple teachers, designated teacher in charge)	Asst. Prof. Dr. Elena Soklevska Ilievski			
9.	Language in which the teaching is conducted	English			
10.	Necessary prerequisites for listening and taking the class	None			
11.	Course objectives (competences) and learning outcomes:	The purpose of the course Sport and Health is for students to acquire new and improve old motor knowledge and skills, improve motor, morphological and functional abilities in order to promote health, meet the needs for movement, enable the student to use leisure time rationally, content and purposefully, as well as improve the quality of life in youth, adulthood and old age. Acquiring knowledge about the structure, rules, and principles of the training process and the specifics of the training activity.			

12.	Detailed course content by chapter and units, with the learning outcomes for each chapter	A. Program - basic regular program - basketball, volleyball, handball, foosball, development of motor skills, dance fitness programs (aerobics, step aerobics, pilates, etc.), B. Program-election training (self-financing) - swimming, skiing, hiking, camping, cycling, rolling, fitness, tennis, ice skating. C. Program for students with special needs (Physical activities depending on the student's diagnosis) D. Program – sports tournaments (Faculty and University sports tournaments)			
13	Interrelation of subjects	Promotion of health, greater socialization, and training for rational, contained, and purposeful use of time.			
14.	Detailed description of the teaching and working methods for the subject	Lecture, presentations, discussion, demonstrations, practical exercises (analytical, synthetic, complex), method of work, laboratory method, and method of practical activities; individual, frontal, group.			
15.	Total Available Time	60 classes			
16.	Forms of teaching activities	16.1.	Lectures - theoretical teaching. Classes		
		16.2.	Exercises (laboratory, auditorium), seminars, teamwork: classes		30 classes
		16.3.	Practice: classes		
17.	Other forms of activities	17.1.	Project assignments: classes		2 classes
		17.2.	Independent assignments: classes		
		17.3.	Home study - assignments		28 classes
18	Signature requirements	Regular attendance at classes (exercises)			
19	Method of grading				
	19.1.	Tests: points		60 points	
	19.2.	Seminar work/project, written and oral presentation: points		40 points	
	19.3.	Final exam: points		100 points	
20	Evaluation criteria (points/grade)		up to 59 points	5 (five) (F)	
			60 to 68 points	6 (six) (E)	
			69 to 76 points	7 (seven) (D)	
			77 to 84 points	8 (eight) (C)	
			85 to 92 points	9 (nine) (B)	
			93 to 100 points	10 (ten) (A)	
21.	Method of monitoring the quality of teaching		Internal evaluation and surveys		

22. Literature

22.1. Required literature

Ord. No.	Author	Title	Publisher	Year
1.	Daniela Shukova Stojmanovska	Hygiene in physical and health education and sports	"Evropa 92" Kochani	2022
2.	Nebojsa Markovski, Zhikica Tasevski	Football	Bomat Grafiks, Skopje	2021
3.	Milan Naumovski - Miki, Borche Daskalovski	Theoretical Basics of Basketball	Gogo Prom	2016

22.2. Additional literature

Ord. No.	Author	Title	Publisher	Year
1.	Gino Strezovski	Handball	Boro Grafika, Skopje	2019
2.	Joshko Milenkovski, Andrijana Zafirovska Misovska	Volleyball practicum	Faculty of Physical Education, Sports and Health, Skopje	2019
3.	Zoran Radikj, Aleksandar Simeonov	Athletics-technique	"Sofija" DGUP, Bogdanci	2021