1. COURSE DESCRIPTION – GENERAL INFORMATION			
1.1. Course teacher	Nikola Prlenda, Ph.D.	1.6. Year of the study programme	3
1.2. Name of the course	**WATER SPORTS**	1.7. Credits (ECTS)	5
1.3. Associate teachers		1.8. Type of instruction (number of hours L + S + E + e-learning)	60 (36L+24E)
1.4. Study programme (undergraduate, graduate, integrated)	Integrated	1.9. Expected enrolment in the course	200
1.5. Status of the course	Mandatory	1.10. Level of application of e-learning (level 1, 2, 3), percentage of online instruction (max. 20%)	
2. COURSE DESCRIPTION			
2.1. Course objectives	To offer students basic theoretical and practical knowledge of the structures of motion, the methods of teaching, learning and exercising the constituent items of Water Sports – Sailing, Windsurfing, Rowing, Kayak-Canoe – and to point to application values of listed sports in the field of education, recreation and agonism .		
2.2. Course enrolment requirements and entry competences required for the course	No requirements		
2.3. Learning outcomes at the level of the programme to which the course contributes	- basic theoretical and motor skills needed in the realization of the Basic program content of Sailing, Windsurfing and Rowing in the educational process of Physical Education; - the knowledge and skills required in the demonstration of basic elements of the program content of Sailing, Windsurfing and Rowing.		
2.4. Learning outcomes expected at the level of the course (4 to 10 learning outcomes)	During the course, students will master: - basic management techniques of: a sailboat, a surfboard, a rowing boat and a kayak-canoe; - methodical exercises for learning basic elements of managing a sailboat, a harness surfboard sailing technique, a gig and a touristic canoe-kayak; - the foundations of maritime culture; - avoiding collision on the sea; - the basic winds on the Adriatic Sea.		
2.5. Course content broken down in detail by weekly class schedule (syllabus)	Theoretical lectures 1. Development of sailing, windsurfing and rowing in Croatia and in the world and its organization (2L) 2. Application values and benefits of sailing, windsurfing and rowing (education, recreation, and sports) (2L) 3. Systematization of technical elements and structural and biomechanical analysis of basic movements in sailing, windsurfing and rowing according to class and discipline (2L) 4. Aero and hydrodynamics, propulsion, winds on the Adriatic Sea, safe navigation (3L) 5. Relevance of motor, morphological, functional, cognitive and conative dimensions of man in the process of training and realization of sailing, windsurfing and rowing (3L) Theoretical-practical lectures and exercises		

	1. Basic techniques in sailing: - preparation of sailboats and sails (1TPL + 1E) - setting sail, docking (1TPL + 1E) - steering wheel (motor + sail) (1TPL + 1E) - heading up, falling off (2TPL+2E) - jibing (2TPL+2E) - tacking (2TPL+2E) - windsurfing in different wind directions (side wind, tail wind) (1TPL+1E) 2. Basic techniques in windsurfing - preparation of boards and sails (1TPL + 1E) - getting used to a windsurfing board, raising the sail, standing 180 and 360 degree turns (2TPL+2E) - start. (2TPL+2E) - turning upwind (2TPL+2E) 3. Basic techniques in rowing (gig) - preparation of a rowing boat gig (1TPL + 1E) - boat management (2TPL + 2E) - turning in place, swing (phases) (1TPL + 1E) 4. Basic techniques in kayak-canoe - preparation of a rowing boat gig (1TPL + 1E) - boat management (1TPL + 1E) - turning in place, swing (phases) (1TPL + 1E)
2.6. Format of instruction:	☒ lectures ☐ seminars and workshops ☒ exercises ☐ on line in entirety ☐ partial e-learning ☒ field work ☐ independent assignments ☐ multimedia and the internet ☐ laboratory ☐ work with mentor ☐ (other) 2.7. Comments:
2.8. Student responsibilities	

2.9. Screening student work *(name the proportion of ECTS credits for each activity so that the total number of ECTS credits is equal to the ECTS value of the course)*						
	Class attendance	2	Written exam	1,5	Project	
	Experimental work		Research		Practical training	
	Essay		Report		Practical exam	1
	Tests		Seminar essay		(other)	
			Oral exam	0,5	(other)	

2.10. Grading and evaluating student work in class and at the final exam	Class attendance 40% Written exam 30% Oral exam 10% Practical exam 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.Bond, B. (1980). Sve o jedrenju. Zagreb: Mladost.	5	x
	2.Oreb, G. (1986). Naučimo jedriti na dasci. Zagreb: Komisija za udžbenike i skripte Fakulteta za fizičku kulturu.	5	x
	3.Korner, T., Schwanitz, P. (1985). Rudern. Berlin: Sportvelag. (Prijevod u izdanju Veslačkog Saveza Hrvatske, 1987)	5	
2.12. Optional literature (at the time of submission of study programme proposal)	1. Medved, R., Oreb. G. (1984). Blood Lactic Acid Values in Boardsailors. Journal of Sports Medicine and Physical Fitness, 24 (3): 234-237. 2. Oreb, G. (1997). Nautika i vodeni sportovi. Zbornik radova zagrebačkog sajma sporta, Zagreb: FFK, Zagrebački velesajam, Zagrebački sportski savez. 3. Oreb, G. (1993). Komplementarni program jedrenja, jedrenja na dasci i ronjenja. Konferencija o sportu Alpe-Jadran, Rovinj, 374-375. 4. Oreb, G. (1984). Efekti primjene analitičkog i sintetičkog pristupa u obučavanju jedrenja na dasci. Kineziologija, 16 (2):185-192 5. Mikulić, P., Vučetić, V., Šentija, D. (2002): Povezanost maksimalnog primitka kisika i anaerobnog laktatnog praga u veslača. Zbornik radova znanstveno stručnog skupa „Dopunski sadržaji sportske pripreme“, Zagreb: Kineziološki fakultet, Zagrebački sportski savez, Hrvatski olimpijski odbor, Zagrebački velesajam, 350 – 355.		
2.13. Quality assurance methods that ensure the acquisition of exit competences	Anonymous student survey		