1. COURSE DESCRIPTION – GENERAL INFORMATION			
1.1. Course teacher	Prof. Goran Leko, Ph.D.	1.6. Year of the study programme	3
1.2. Name of the course	**SPORTS SWIMMING**	1.7. Credits (ECTS)	3,5
1.3. Associate teachers	Assist. Prof. Dajana Karaula, Ph.D.	1.8. Type of instruction (number of hours L + S + E + e-learning)	36L+24E
1.4. Study programme (undergraduate, graduate, integrated)	Integrated	1.9. Expected enrolment in the course	180
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	To adopt the necessary theoretical and practical knowledge of all swimming techniques with their respective starts and turns and their application in education, recreation and sports. In the theoretical part, the aim is to introduce students to the rules of each technique, the kinesiological analysis and the history of each technique.		
2.2. Course enrolment requirements and entry competences required for the course	Sufficient proficiency in swimming demonstrated at the classification procedure		
2.3. Learning outcomes at the level of the programme to which the course contributes	Students will acquire the necessary theoretical and practical knowledge of all swimming techniques. The acquired knowledge and skills will be a good basis for other teaching contents such as water polo, synchronous swimming and diving. Such outcomes will enable graduates to become versatile in the implementation of physical education programs in schools and colleges, sports associations or clubs.		
2.4. Learning outcomes expected at the level of the course (4 to 10 learning outcomes)	Learning outcomes expected at the level of the course: 1. Analyze and adopt the proper crawl swimming technique with the corresponding start and turn 2. Analyze and adopt the proper backstroke swimming technique with the corresponding start and turn 3. Analyze and adopt the proper breaststroke swimming technique with the corresponding start and turn 4. Analyze and adopt the proper butterfly swimming technique with the corresponding start and turn 5. Analyze and adopt the freestyle swimming technique 6. Transformation of specific motor skills in water (speed and endurance)		
2.5. Course content broken down in detail by weekly class schedule (syllabus)	**Theoretical lectures** Biomechanical basics of sports swimming (2L) Crawl technique: history, rules, kinesiological analysis, video analysis of the technique (2L) Backstroke technique: history, rules, kinesiological analysis, video analysis of the technique (2L) Breaststroke technique: history, rules, kinesiological analysis, video analysis of the technique (2L) Butterfly technique: history, rules, kinesiological analysis, video analysis of the technique (2L) Freestyle swimming technique: history, rules, kinesiological analysis, video analysis of the technique (2L) **Theoretical-practical lectures and exercises** 1. Crawl legs - demonstration, analysis, teaching (1TPL + 1E)		

	2. Crawl arms - demonstration, analysis and teaching (1TPL + 1E) 3. Crawl coordination - demonstration, analysis and teaching (1TPL + 1E) 4. Crawl start - demonstration, analysis and teaching (1TPL+1E) 5. Crawl turn - demonstration, analysis and teaching (1TPL+1E) 6. Backstroke legs - demonstration, analysis and teaching (1TPL+1E) 7. Backstroke arms - demonstration, analysis and teaching (1TPL+1E) 8. Backstroke coordination - demonstration, analysis and teaching (1TPL+1E) 9. Backstroke start - demonstration, analysis and teaching (1TPL+1E) 10. Backstroke turn - demonstration, analysis and teaching (1TPL+1E) 11. Breaststroke legs - demonstration, analysis, teaching (1TPL+1E) 12. Breaststroke arms - demonstration, analysis and teaching (1TPL+1E) 13. Breaststroke coordination - demonstration, analysis and teaching (1TPL+1E) 14. Breaststroke start - demonstration, analysis and teaching (1TPL+1E) 15. Breaststroke turn - demonstration, analysis and teaching (1TPL+1E) 16. Butterfly legs - demonstration, analysis and teaching (1TPL+1E) 17. Butterfly arms - demonstration, analysis and teaching (1TPL+1E) 18. Butterfly coordination - demonstration, analysis and teaching (1TPL+1E) 19. Butterfly start - demonstration, analysis and teaching (1TPL+1E) 20. Butterfly turn - demonstration, analysis and teaching (1TPL+1E) 21. Freestyle swimming - demonstration, analysis and teaching (1TPL+1E) 22. Freestyle start (1TPL+1E) 23. Freestyle turns (1TPL+1E) 24. Relays (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	0,25	Practical exam	1,5	Project	
	Experimental work		Research		Practical training	
	Essay		Report		Motor skills – swimming speed	0,25
	Tests		Seminar essay		(other)	
			Written exam	1,5	(other)	

2.10. Grading and evaluating student work in class and at the final exam	Class attendance 7% Practical exam 43%

	Written exam 43% Motor skills – swimming speed 7%		
2.11. Required literature (available in the library and via other media)	Title	**Number of copies in the library**	**Availability via other media**
	Volčanšek, B. (1996). Sportsko plivanje. Fakultet za fizičku kulturu Sveučilišta u Zagrebu. Zagreb.	5	
	Leko, G. (2008). Slobodni način plivanja: Sveučilišni priručnik. Promo FIT, Zagreb	5	
	FINA pravila Hrvatski plivački savez - dokumeti		www.hps.hr
2.12. Optional literature (at the time of submission of study programme proposal)	1. Leko,G., Zoretić, D. (2009). Utjecaj nastave plivanja po bolonjskom sustavu na razvoj brzine plivanja na 50 m kraul tehnikom. 18 Ljetna škola kineziologa. Poreč. 2. Maglischo, E.W. (2003) Swimming Fastest. Human Kinetics. California. 3. Volčanšek, B. (1985). Plivačke tehnike.Fakultet za fizičku kulturu Sveučilišta u Zagrebu. Zagreb.		
2.13. Quality assurance methods that ensure the acquisition of exit competences	Continuous monitoring through partial exams (each technique in particular)		