

(Table 5.2) Course unit description

Study program: Teacher				
Type and level of studies: Bachelor Studies				
Course unit: Swimming				
Teacher in charge: Goran Sekeljic, PhD, Full Professor				
Language of instruction: English				
ECTS: 3				
Prerequisites: /				
Semester (Summer Semester):				
Course unit objective To train students for planning, realization and evaluation of activities in nature. Enable students to train non-swimmers, rescue drowning individuals and first aid.				
Learning outcomes of Course unit Acquired theoretical and practical knowledge and skills in relation to swimming, method of training non-swimmers, rescuing drowning and giving first aid.				
Course unit contents Practical classes Introducing students to activities that can be implemented with children on the coast and in the water. The importance of swimming. Biomechanical basics of swimming. Swimming techniques: breast stroke, back stroke, freestyle. Water jumping techniques. Diving techniques. Non-swimmer Training Methodology. Methodology of training of individual swimming techniques. Methodology of diving training. Methods of training water jumping. Evaluation of swimming techniques. Dedicated rescue techniques. Giving first aid. Solving possible problems in the implementation of non-swimmers training. Organization and presentation of out-of-school activities related to water activities.				
References Haljand, R.: <i>Swimming Technique, Starts and Turns Complex Analysis; Computer Models</i> . Retrived Ostober 29, 2010 from the World Wide Web http://www.swim.ee/ http://www.sr.wikipedia.org				
Number of active teaching hours				Other classes
Lectures: 2	Practice: 1	Other forms of classes: 1	Independent work	
Teaching methods Interactive classes and practical application of knowledge acquired; verbal-textual and analytical; popular lectures, discussion, method of practical activities, workshops, role playing, e-teaching, presentations and mentoring.				
Examination methods (maximum 100 points)				
Exam prerequisites	No. of points:	Final exam	No. of points:	
Student's activity during lectures	30	oral examination		
practical classes/tests	50	written examination		
seminars/homework	20		
Project				
Other				
Grading system				

Grade	No. of points	Description
10	91–100	Excellent
9	81–90	Exceptionally good
8	71–80	Very good
7	61–70	Good
6	51–60	Passing
5	Less than 51	Failing