

UČNI NAČRT PREDMETA / COURSE SYLLABUS

Predmet: Bio-psiho-socialni konteksti kineziologije
Course title: Bio-psycho-social Context of Kinesiology

Študijski program in stopnja Study programme and level	Študijska smer Study field	Letnik Academic year	Semester Semester
Doktorski študijski program		1	1 ali 2
Doctoral study program		1	1 or 2

Vrsta predmeta / Course type

Izbirni/elective

Univerzitetna koda predmeta / University course code:

Predavanja Lectures	Seminar Seminar	Vaje Tutorial	Klinične vaje work	Druge oblike študija	Samost. delo Individ. work	ECTS
30	30			65		5

Nosilec predmeta / Lecturer:

prof. dr. Kovač Marjeta

Jeziki /

Predavanja / Lectures: Slovensko/ Slovene

Languages:

Vaje / Tutorial:

Pogoji za vključitev v delo oz. za opravljanje študijskih obveznosti:

Izpolnjevanje pogojev za vpis na doktorski študij Kineziologija

Prerequisites:

General conditions for enrolment into the Doctoral Programme of Kinesiology

Vsebina:

Teorije telesnega in gibalnega razvoja. Zakonitosti in značilnosti telesnega in gibalnega razvoja v povezavi s koledarsko in biološko starostjo ter spolom otrok in mladine.

Vplivi gibanja in športne dejavnosti na telesni razvoj in trendi sprememb v zadnjih desetletjih.

Različni modeli spremljave gibalnega razvoja in trendi sprememb v zadnjih desetletjih.

Načini preživljanja prostega časa otrok in mladine med tednom in v pouka prostih dnevih.

Ugotavljanje vloge različnih bioloških, pedagoških, kognitivnih, emocionalnih, socioloških in okoljskih dejavnikov pri oblikovanju življenjskih slogov otrok in mladostnikov.

Različni kvalitativni in kvantitativni načini spremljanja gibalne dejavnosti otrok in mladine

Content (Syllabus outline):

Theories of physical and motor development. Laws and characteristics of physical and motor development related to the calendar and biological age as well as gender of children and youth.

Effects of movement and sport activity on physical development and the trends in the past decades.

Different models for monitoring motor development and trends in the past decades.

Children's and adolescents' ways of spending leisure time during the week and on non-school days.

Establishment of the role of different biological, pedagogical, cognitive, emotional, sociological and environmental factors in forming of lifestyle of children and adolescents.

Different qualitative and quantitative ways of monitoring motor activities of children and adolescents (interviews, surveys, heart rate

(intervjuji, ankete, merilniki srčne frekvenca, merilniki porabe energije, sledenje z GPS ipd.).

Določanje gibalne nadarjenosti in predstavitev organizacijskih modelov dela z nadarjenimi športniki.

monitoring, energy consumption monitoring, GPS tracking etc.).

Establishment of physical talent and presentation of organisational models of work with talented athletes.

Temeljna literatura in viri / Readings:

Brettschneider, W. B., Naul, R. (2007). Obesity in Europe. Young people's physical activity and sedentary lifestyles. Sport sciences international. št. 4. Frankfurt am Main: Peter Lang.

Eurofit. Handbook for the Eurofit tests of physical fitness. 2nd ed. (1993). Strasbourg: Council of Europe. Committee for the Development of Sport. Committee of Experts on Sports Research.

Hoffman, J. (2006). Norms for Fitness, Performance, and Health. New Jersey: Human Kinetics

Jurak, G., Kovač, M., Strel, J., Majerič, M., Starc, G., Filipčič, T., Bednarik, J., Kolenc, M. (2003). *Sports activities of Slovenian children and young people during their summer holidays*. Ljubljana: Faculty of Sport.

Jurak, G. idr. (2005). *Športno nadarjeni otroci in mladina v slovenskem šolskem sistemu*. Ljubljana: Fakulteta za šport, Inštitut za kineziologijo; Koper: Univerza na Primorskem, Znanstveno-raziskovalno središče, Inštitut za kineziološke raziskave, Založba Annales.

Jurimae, T. in Jurimae, J. (2000). Growth, physical activity, and motor development in prepubertal children. Boca Raton: CRC Press LLC.

Kovač, M., Jurak, G., Starc, G., Leskošek, B., Strel, J. (2011). Športnovzgojni karton: diagnostika in ovrednotenje telesnega in gibalnega razvoja otrok in mladine v Sloveniji. Ljubljana: Fakulteta za šport.

Kovač, M., Jurak, G., Starc, G., Strel, J., (2007). Šport in življenjski stili slovenskih otrok in mladine.

Ljubljana: Univerza v Ljubljani, Fakulteta za šport, Zveza društev športnih pedagogov Slovenije.

Malina, R. M., Bouchard, C. (1991). Growth, maturation, and physical activity. Illinois: Human Kinetics.

Strel, J., Kovač, M., Jurak, G., Bednarik, J., Leskošek, B., Starc, G., Majerič, M., Filipčič, T. (2003). Nekateri morfološki, motorični, funkcionalni in zdravstveni parametri otrok in mladine v Sloveniji v letih 1990 – 2000. Ljubljana: Fakulteta za šport: Inštitut za kineziologijo.

Cilji in kompetence:

Študenti spoznajo različne načine transverzalnih in longitudinalnih preučevanj telesnega in gibalnega razvoja otrok in mladine ter modele, ki interdisciplinarno preučujejo dejavnike vključevanja otrok in mladostnikov v športno dejavnost. Usvojijo tudi raziskovalne postopke za prepoznavanje, ugotavljanje in pojasnjevanje povezav gibalne učinkovitosti z drugimi razsežnostmi človeka, s tem pa tudi pomen gibanja in športa pri oblikovanju življenjskih slogov otrok in mladostnikov.

Objectives and competences:

Students learn about different methods in transversal and longitudinal study of physical and motor development of children and youth as well as models which, in an interdisciplinary manner, investigate the factors of inclusion of children and adolescents in sport activity. They also master research procedures for recognition, identification and explanation of relations between motor efficiency and other dimensions of a human being as well as the meaning of movement and sport in forming of lifestyles of children and adolescents.

Predvideni študijski rezultati:

<p>Znanje in razumevanje:</p> <ul style="list-style-type: none"> • Znanje o različnih teorijah telesnega in gibalnega razvoja, modelih gibalnih sposobnosti, različnih merskih nalogah za spremljavo telesnih značilnosti in gibalnih sposobnosti. • Razumevanje zakonitosti sprememb posamezne telesnih in gibalnih razsežnosti glede na starost in spol. • Razumevanje soodvisnosti telesnega in gibalnega razvoja v različnih razvojnih fazah odraščanja otrok in mladine ter njune povezanosti z drugimi razsežnostmi otrokovega bio-psihosocialnega statusa. • Razumevanje vplivov spremenjenih življenjskih slogov otrok in mladine na telesni in gibalni razvoj v zadnjih desetletjih. • Razumevanje modelov odkrivanja gibalno nadarjenih in gibalno manj kompetentnih otrok in mladine
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Intended learning outcomes:

<p>Knowledge and understanding:</p> <ul style="list-style-type: none"> • Knowledge about different theories of physical and motor development, motor ability models and different measurement tasks for monitoring physical characteristics and motor abilities. • Understanding of the laws of changes in individual physical and motor dimensions related to age and gender. • Understanding of the co-dependence of physical and motor development in different development phases of growing up of children and youth as well as their relation with other dimensions of a child's psychosocial status. • Understanding of the effects of changed lifestyles of children and youth on the physical and motor development in the last decades. • Understanding of the models of identification of physically talented and physically less competent children and youth.

Metode poučevanja in učenja:

Predavanja, raziskovalni seminar, individualno delo.
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Learning and teaching methods:

Lectures, seminar work, individual work.
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Načini ocenjevanja:

Način (pisni izpit, ustno izpraševanje, naloge, projekt)	Delež (v %) / Weight (in %)	Assessment:
Izdelava in predstavitev seminarja.		

Type (examination, oral, coursework, project):
Making and presentation of the seminar.

100 %**Reference nosilcev / Lecturers' references:**

KOVAČ, Marjeta, LESKOŠEK, Bojan, STREL, Janko. Morphological characteristics and motor abilities of boys following different secondary-school programmes. *Kinesiology (Zagreb)*. [English ed.], 2007, vol. 39, no. 1, str. 62-73

KOVAČ, Marjeta, STREL, Janko, JURAK, Gregor, LESKOŠEK, Bojan. Morphological characteristics and motor fitness among girls attending different secondary-school programmes. *International journal of morphology*, ISSN 0717-9502, 2012, vol. 30, no. 2, str. 411-416

KOVAČ, Marjeta, JURAK, Gregor, LESKOŠEK, Bojan. The prevalence of excess weight and obesity in Slovenian children and adolescents from 1991 to 2011.

KOVAČ, Marjeta, STREL, Janko, JURAK, Gregor, LESKOŠEK, Bojan, DREMELJ, Saša, KOVAČ, Petra, MIŠIGOJ-DURAKOVIĆ, Marjeta, SORIĆ, Maroje, STARC, Gregor. Physical activity, physical fitness levels, daily energy intake and some eating habits of 11-year-old children. *Hrvat. čas. odgoj obraz*, 2013, 15(1), 127-139

KOVAČ, Marjeta, JURAK, Gregor, ZALETEL-KRAGELJ, Lijana, LESKOŠEK, Bojan. The secular trend in the prevalence of overweight and obesity in the population of primary school children from Ljubljana (Slovenia). *Zdravstveno varstvo*, 2014, 53(2), 188-198.