

**UČNI NAČRT PREDMETA / COURSE SYLLABUS**

**Predmet:** VODENJE ŠPORTNE VADBE  
**Course title:** MANAGEMENT OF SPORTS EXERCICE

Študijski program in stopnja Study programme and level	Študijska smer Study field	Letnik Academic year	Semester Semester
Kineziologija, dodiplomski		2.	4.
Kinesiology, Bachelor			

**Vrsta predmeta / Course type**

obvezni/obligatory

**Univerzitetna koda predmeta / University course code:**

Predavanja Lectures	Seminar Seminar	Vaje Tutorial	Klinične vaje work	Druge oblike študija	Samost. delo Individ. work	ECTS
15		30				3

**Nosilec predmeta / Lecturer:**

prof. dr. Marjeta Kovač  
prof. dr. Gregor Jurak

**Jeziki /  
Languages:**

**Predavanja /  
Lectures:** Slovenski/angleški  
Slovenian/English  
**Vaje / Tutorial:**

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

Vpis v 2. letnik dodiplomskega programa.

**Prerequisites:**

Enrolment in the second year of the undergraduate study.

**Vsebina:**

**Content (Syllabus outline):**

Predmet vključuje tako teoretično predstavitev didaktičnih in organizacijskih dejavnikov varne vadbe kot praktično pridobivanje spretnosti pri vodenju vadbe različnih ciljnih skupin.

Temeljna vsebinska področja:

- Osnovni didaktični pojmi in njihove klasifikacije ter značilnosti: cilji, vsebine, metode poučevanja, dejavnosti kineziologa, dejavnosti vadečega, oblike vadbe, didaktična načela, vadbena okolje, vadbeni pripomočki.
- Didaktični in organizacijski vidiki načrtovanja in izvedbe vadbe.
- Individualizacija in diferenciacija vadbe.
- Subjektivni in objektivni vidiki varnosti. Poklicna odgovornost kineziologa.

The subject includes theoretical presentations of didactic and organizational factors of safe exercising and practical acquisition of skills for conducting training of different target groups.

The basic areas:

- Basic didactic concepts and their classification and characteristics: objectives, content, teaching methods, activities of trainer, activities of athletes, forms of training, didactic principles, exercise environment, exercise devices.
- Didactic and organizational aspects of planning and implementation of training.
- Individualization and differentiation of training.
- Subjective and objective aspects of safety. Professional responsibility.

#### Temeljni literatura in viri / Readings:

1. Kovač, M. in Jurak, G. (2012). Izpeljava športne vzgoje – didaktični pojavi, športni programi in učno okolje. Druga, dopolnjena in razširjena izdaja. Ljubljana: Fakulteta za šport.
2. Kovač, M. (2012): Didaktika. Gradivo za predavanja. Ljubljana: Fakulteta za šport.
3. Kovač, M. (2014). Vodenje športne vadbe. Gradivo za predavanja. Ljubljana: fakulteta za šport.

#### Cilji in kompetence:

Pri predmetu Vodenje športne vadbe študenti dobijo temeljna teoretična in praktična didaktična znanja in organizacijske spretnosti za samostojno vodenje vadbe različnih ciljnih skupin. Spoznajo različne dejavnike varne in odgovorne vadbe (ustreznost načrtovanja, dejavniki tveganja pri organizaciji vadbe, ustrezna komunikacija, poklicna odgovornost).

Kompetence:

- načrtovanje in varna izvedba vadbe glede na njen cilj;
- učinkovita uporaba različnih komunikacijskih spretnosti, organizacijskih prijemov, IKT in individualnih pristopov glede na potrebe posameznikov ali skupin

#### Objectives and competences:

In the subject Management of sports training students receive basic theoretical and practical didactic and organizational skills for independent implementation of training of different target groups. They learn about the safe and responsible exercise (adequacy of planning, risk factors, proper communication, professional responsibility).

Competences:

- planning and organizing safe training based on their target;
- efficient use of different communication skills, organisational aspects of training, ICT and individualisation and differentiation

- kritično ovrednotenje problemov vadbe (npr. dobra/slaba organizacija, strah, dotik, zasebnost, varnost, profesionalnost ...).

based on needs of individual athlete or different groups;

- critical evaluation of the training problems (e. g. good/bad organization, fear, contact, privacy, cooperation, safety, professionalism ...).

#### **Predvideni študijski rezultati:**

Znanje in razumevanje:

- Znanje o izboru ustreznih didaktičnih korakov, učnih metod, oblik, pripomočkov, IKT, obremenitve in pedagoških strategij glede na ciljnost in učinkovitost vadbe.
- Razumevanje potreb vadečih in ključnih kompetenc kineziologa za učinkovito pripravo in vodenje vadbenega procesa.
- Razumevanje dejavnikov varnega vadbenega okolja in odgovornosti lastnika objekta/izvajalca vadbe/vadečega za izpeljavo varne vadbe.

#### **Intended learning outcomes:**

Knowledge and understanding:

- Knowledge about selection of relevant didactic steps, teaching methods, forms, tools, ICT, training intensities and pedagogical strategies based on the target and effectiveness of training.
- Understanding the needs of athletes and the importance of the key competences for effective planning and leading of training process.
- Understanding the factors of a safe training environment and owner's of facilities, coach's/ trainer's and athlete's responsibility for safe exercising.

#### **Metode poučevanja in učenja:**

Predavanja, vaje, igra vlog, samorefleksija, osebna mapa študenta.

#### **Learning and teaching methods:**

Lectures, exercises, role-playing, self-reflection, student's portfolio.

#### **Načini ocenjevanja:**

Način (pisni izpit, osebna mapa)

Delež (v %) /

Weight (in %)

#### **Assessment:**

Pisni izpit/  
written exam  
(80%), osebna  
mapa /  
portfolio  
(20%)

Written exam, portfolio.

#### **Reference nosilca / Lecturer's references:**

prof. dr. MARJETA KOVAČ

Na Fakulteti za šport je diplomirala leta 1980, magistrirala leta 1989, doktorirala pa leta 1999. Je predstojnica Oddelka Športna vzgoja. Njena bibliografija obsega 1087 bibliografskih enot. Njeno znanstveno-raziskovalno delo je usmerjeno na področje okoljskih dejavnikov, ki vplivajo na telesni in gibalni razvoj in gibalno kompetentnost otrok in mladostnikov, didaktičnih pojavov, delovnih pogojev, zdravstvenih težav in kompetenc učiteljev športne vzgoje. Dvakrat je bila predsednica znanstvenega sveta mednarodnega kongresa Šport mladih (2008, 2010). Je članica uredniških odborov in recenzentka v različnih znanstvenih revijah.

Predava na dodiplomskem in doktorskem študiju na Fakulteti za šport in Kinesiološkem fakultetu v Zagrebu.

Je prva avtorica vseh veljavnih slovenskih učnih načrtov za športno vzgojo. Napisala je tri univerzitetne učbenike z recenzijo in številne druge priročnike. Več kot petnajst let je delala kot trenerka vrhunskih tekmovalk v športni gimnastiki, ter trenerka akrobatike tekmovalk v alpskem smučanju, kotalkanju in drsanju. Kot mednarodna sodnica za športno gimnastiko je sodelovala na treh olimpijskih igrah in 13 svetovnih prvenstvih.

Prof. Marjeta Kovač graduated in 1980. In 1989 she finished her master's degree and in 1999 she finished her PhD. She is a head of the Department for Physical Education. Her bibliography contains 1087 bibliographic units. Her scientific research focuses on the field of environmental factors that affect physical, motor development and physical skills of children, didactic phenomena, evaluation, the role of physical education in the curriculum, working conditions, health problems and competences of PE teachers. She was the president of the Scientific Council of the International Congress of Sport and Youth (2008, 2010). She is a member of editorial boards and reviewer in various scientific journals.

She is the first author of the current Slovenian curriculum for Physical Education. She helped in the renovation and the preparation of the school system curricula in Kosovo. She wrote three university textbooks with revision and a number of other manuals. She led the Commission for examination and grading knowledge at the end of primary school education. She instituted programs of school sports competitions, swimming literacy and additional sports programs for children. She is collaborating with the National Educational Institute, Institute for Sport Planica, Federation of Associations of Physical Education teachers and with the National examination Centre. She is the representative for Slovenia in International Federation of Physical Education (FIEP).

#### **prof. dr. GREGOR JURAK**

Na Fakulteti za šport je diplomiral 1996, magistriral leta 1999, doktoriral pa leta 2002. Magistriral je tudi na Ekonomski fakulteti leta 2006. Njegova bibliografija obsega več kot 500 bibliografskih enot.

Njegovo znanstveno-raziskovalno delo je usmerjeno na področje okoljskih dejavnikov, ki vplivajo na telesni in gibalni razvoja otrok ter gibalno kompetentnost otrok, didaktičnih pojavov, delovnih pogojev, zdravstvenih težav, kompetenc učiteljev športne vzgoje in preučevanje nekaterih vidikov managementa v športu. Je prvi avtor nacionalnega programa športa in soavtor več športnih projektov v slovenskem športu. Dvakrat je bil predsednik organizacijskega odbora mednarodnega kongresa Šport mladih (2008, 2010). Je član uredniških odborov in recenzent v različnih znanstvenih revijah. Bil je predsednik Razširjene predmetne komisije za športno vzgojo na Zavodu

za šolstvo RS, član Komisije za preverjanje in ocenjevanje znanja ob koncu devetletnega šolanja na Republiškem izpitnem centru, vodja plavalnega opismenjevanja na Zavodu za šport Slovenije, soavtor športnih programov za otroke (npr. Krpan), član različnih posvetovalnih organov Zavoda za šport RS Planica in član Strokovnega sveta za šport. Je predstavnik Slovenije v FIEP (svetovna zveza športnih pedagogov), prvi avtor novega nacionalnega programa športa in soavtor sedmih univerzitetnih učbenikov z recenzijo in nekaj drugih priročnikov.

Prof. Gregor Jurak graduated at the Faculty of Sports, University of Ljubljana in 1996, finished his master in 1999 and his PhD in 2002. He also finished his master degree in 2006 at the Faculty of Economics, University of Ljubljana. His bibliography includes more than 500 bibliographic units. His scientific research focuses on the field of environmental factors that are affecting physical, motor development and physical skills of children, didactic phenomena, working conditions, health problems, competences of PE teachers and study of some aspects of management in sport. He is the author of the National sports program and co-author of several sports projects in the Slovenian sport. He was chairman of the organizing committee of the International Congress of Sport and Youth (2008, 2010). He is an editorial board member and reviewer for many scientific journals. He was the president of the Enlarged subject committees for physical education at the Institute for Education in Republic of Slovenia, member of the Commission for examination and grading knowledge at the end of primary school education, head of swimming literacy at the Institute for Sport Planica and co-author of sports programs for children (e.g. Krpan). He was also a member of various advisory bodies at the Institute for Sport Planica and the member of the Expert Council for Sport. He is the representative for Slovenia in International Federation of Physical Education (FIEP), first author of a new National program of sports and co-author of seven university textbooks and some other manuals.

#### **Najpomembnejša dela obeh nosilcev:**

##### **The most important works:**

Znanstveni članki / Scientific articles:

JURAK, Gregor, KOVAČ, Marjeta, STREL, Janko. Impact of the additional physical education lessons programme on the physical and motor development of 7- to 10-year-old children. *Kinesiology (Zagreb)*. [English ed.], dec. 2006, vol. 38, no. 2, str. 105-115, tabele, graf. prikazi. [COBISS.SI-ID 2913457]

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, ilustr., tabele. [COBISS.SI-ID 3084721]

KOVAČ, Marjeta, SLOAN, Stephan, STARC, Gregor. Competencies in physical education teaching: Slovenian teachers' view and future perspectives. *Eur. phy. educ. rev.*, oct. 2008, vol. 14, no. 3, str. 299-323, tabeli, graf. prikaz. [COBISS.SI-ID 3516337]

JURAK, Gregor, STREL, Janko, LESKOŠEK, Bojan, KOVAČ, Marjeta. Influence of the enhanced physical education curriculum on children's physical fitness = Utjecaj programa kineziološke intervencije na fizičku kondiciju djece. *Croatian journal of education*. [Tiskana izd.], 2011, vol. 13, no. 4, str. 41-59, 60-70, ilustr., tabele. [COBISS.SI-ID 4196017]

JURAK, Gregor, COOPER, Ashley, LESKOŠEK, Bojan, KOVAČ, Marjeta. Long-term effects of 4-year longitudinal school-based physical activity intervention on the physical fitness of children and youth during 7-year follow-up assessment. *Central european journal of public health*, ISSN 1210-7778, 2013, vol. 21, iss. 4, str. 190-195, ilustr. [COBISS.SI-ID 4465073]

Znanstvene monografije / Scientific monographies:

JURAK, Gregor, STREL, Janko, KOVAČ, Marjeta, STARC, Gregor, LESKOŠEK, Bojan, BUČAR PAJEK, Maja, FILIPČIČ, Tjaša, KOLAR, Edvard, BEDNARIK, Jakob. Analiza šolskih športnih dvoran z uporabniškega vidika. Ljubljana: Fakulteta za šport, 2014. 229 str., ilustr. ISBN 978-961-6843-37-9. <http://www.fsp.uni-lj.si/COBISS/Monografije/Telovadnice.pdf>. [COBISS.SI-ID 273059328]

KOVAČ, Marjeta, JURAK, Gregor, STARC, Gregor, STREL, Janko. The importance of research-based evidence for political decisions on physical education. V: HARDMAN, Ken (ur.), GREEN, Ken (ur.). Contemporary issues in physical education : international perspectives. Maidenhead [UK]: Meyer & Meyer Sport, 2011, str. 47-68, graf. prikazi. [COBISS.SI-ID 4020145] 2010, let. 58, št. 3/4, str. 16-22, barvna fotogr. [COBISS.SI-ID 3951537]

KOVAČ, Marjeta, JURAK, Gregor, STREL, Janko, STARC, Gregor. Šport in življenjski slogi slovenskih otrok in mladine. Ljubljana: Fakulteta za šport, Inštitut za kineziologijo: Zveza društev športnih pedagogov Slovenije, 2007. [COBISS.SI-ID 3212721]

Visokošolski učbeniki / University text-books:

JURAK, Gregor, KOLAR, Edvard, KOVAČ, Marjeta, BEDNARIK, Jakob. Management športnih objektov : od zamisli do uporabe. Ljubljana: Fakulteta za šport, 2012. 295 str., barvne ilustr. ISBN 978-961-6843-36-2. [COBISS.SI-ID 264893952]

KOVAČ, Marjeta, JURAK, Gregor. Izpeljava športne vzgoje : didaktični pojavi, športni programi in učno okolje. 2. dopolnjena in razširjena izd. Ljubljana: Fakulteta za šport, 2012. 283 str., ilustr. ISBN 978-961-6843-30-0. [COBISS.SI-ID 263274240]

KOVAČ, Marjeta, JURAK, Gregor, STARC, Gregor, LESKOŠEK, Bojan, STREL, Janko. Športnovzgojni karton : diagnostika in ovrednotenje telesnega in gibalnega razvoja otrok in mladine v Sloveniji. Ljubljana: Fakulteta za šport, 2011. 83 str., barvne ilustr. ISBN 978-961-6843-21-8. [COBISS.SI-ID 259671552]