

1.	Subject	<b>SPORT AND HEALTH</b>			
2.	Code	MLD – 224			
3.	Study program:	Three-year professional studies of medical laboratory diagnostics			
4.	Conducted by	UKIM – Medical Faculty Faculty of Physical Education, Sport and Health			
5.	Degree of education (first or second cycle)	First cycle			
6.	Academic year/semester	II/IV	7.	Credits	
8.	Professor				
9.	Prerequisite				
10.	Goals	The aim of the subject is gaining new and mastering old motor knowledge and skills, improving the motor, morphologic and functional abilities in order to improve health, satisfy the need of movement; making the student able to use his free time rationally and productively and improve the quality of life in youth, maturity and when older. Improve social communication. Making the student able to do sports and exercise independently; getting acquainted with physical culture and proper nutrition. Gaining knowledge about the structure, rules and principle of the training process and the specifics of a chosen kinesiologic activity.			
11.	Content summary:	<b>A. Program</b> – basic regular program – basketball, volleyball, handball, mini football, aerobics, pilates, stretching, cycling, rollerblading <b>B. Program</b> – elective lessons (self-financing) – swimming, fitness, tennis, ice skating, mountain climbing, skiing, camping, self-defense, karate, judo			
12.	Teaching methods: theoretical and practical lessons				
13.	Total classes:	30			
14.	Organization				
15.	Types of teaching activities	15.1	Lessons: theoretical classes		
		15.2	Practical lessons, seminars, team work	30	
16.	Other types of activities	16.1	Projects		
		16.2	Self-supporting practice		
		16.3	Learning at home		
17.	Knowledge assessment	Points			
	17.1	Tests			
	17.2	Final exam			
	17.3	Paper/project (oral presentation of a project)			
	17.4	Active participation	Theoretical lessons	points	Min. – Max
		Practical lessons	points		
18.	Grading	Up to 59	5 (five) F		

	criterion (points/grades)	60-68	6 (six) E
		69-76	7 (seven) D
		77-84	8 (eight) C
		85-92	9 (nine) B
		93-100	10 (ten) A
19.	Requirements for obtaining a signature and attending the final examination	To obtain a signature the student must attend the lessons. Checking the skills, levels of motor, functional and anthropometric characteristics and theoretical knowledge is done during the semester through mid-term exams, and at the end of the semester/year, there is a final exam in the exam session. The exam has a practical and theoretical part, depending of the chosen activities.	
20.	Language	Macedonian	
21.	Method of evaluating the quality of the lessons	Students' anonymous evaluation of the subjects, the professors and collaborators who hold the lessons.	
22.	Literature:		
	22.1	Mandatory literature	
		1.	Authorized lectures