

Subject	Fundamentals of physical activity: theory of movement		
Type	Type	Semester	ECTS
	MANDATORY (M)	I	5
Lecturer	Dr. Sc. Masar Gjaka		
Aims and Objectives	The course intends to provide students with the theoretical, technical and practical bases of physical activity, aimed at the knowledge of methods and didactics of different motor activities. Additionally, students will gain knowledge and understanding of the most important theories with regard to motor development and motor skills acquisition and their application.		
Learning Outcomes	<p>Upon the completion of the course, students will:</p> <ul style="list-style-type: none"> ✓ Have acquired the ability to select and use the concepts and principles of methodology and didactics of physical activities in the various contexts in which they take place. ✓ Know the definition of different motor abilities. ✓ Have information on motor learning and motor control. ✓ Understand the factors which influence the control of human movement. 		
Content	Week	Topics	
	1	Presentation of the subject	
	2	Introduction to the theory of human movement; Movement forms and classifications	
	3	Posture and motor patterns	
	4	Principles and models of normal growth and development of children;	
	5	Learning, development and motor control	
	6	Definition of physical activity	
	7	Mid-term exam – 1	
	8	Components of fitness: Health related fitness components	
	9	Skill-related fitness components 1	
	10	Skill-related fitness components II	
	11	Guidelines of physical activity	
	12	Introduction to principles of training	
	13	Talent identification and long-term athletic development	
	14	Presentation of practical work	
15	Mid-term exam – 2		
Teaching/Learning Methods	Activity	Weight (%)	
	Lectures	40%	
	Lab	40%	
	Research	10%	
	Independent learning	10%	
Assessment Methods	Methods of assessment:	%	
	Participation	10%	
	a) Mid-term exam -1	20%	
	b) Mid-term exam - 2	20%	
	Seminars	10%	
	Individual and group work	10%	
	Final exam	30%	
Resources	Resources	Number	
	Lectures	1	
	Presentations	1	

	Web of science	1	
	PubMed	1	
	Scopus	1	
ECTS Workload	Activity	Weekly hours	Workload
	Lectures	2	24
	Lab	1	12
	Independent learning	n/a	54
	Examination preparation	n/a	35
Literature	<ol style="list-style-type: none"> Haibach, P. S., Greg, R., & Collier H. D. (2011) Motor learning and development. Champaign, IL: Human Kinetics. Schmidt, R. A., Lee, T. D. (2011). Motor control and learning: A behavioral emphasis. Human kinetics. 		
	Beside the indicated books, scientific publications relevant to the field will be used to prepare the lectures, which will be made available for students through the moodle platform.		
Ethical standards	This course follows UBT College's Code of Ethics, requiring all students to behave accordingly. Any case of academic misconduct, including but not limited to cheating, plagiarism, or other forms of dishonesty, will lead to significant punishment such as failure of the specific assessment or the entire course, as well as further disciplinary measures in accordance with UBT College's academic integrity policies.		
Contact	masar.gjaka@ubt-uni.net		