

Subject	Sport, Games and Play in Individual, Community, and Social Health		
Type	Type	Semester	ECTS
	MANDATORY (M)	1	5
Lecturer	Dr. Blerta Abazi		
Aims and Objectives	The aim of the course is to enable students to develop skills regarding the importance of sports, games, and play for individuals, the community, and social health. To acquaint students with the significance of sports, games, and play for individuals, the community, and social health. To enable students to demonstrate sports activities that benefit the health of individuals and the community. To enable students to transfer the acquired knowledge and skills to others, specifically to learn new knowledge about the impact of sports and games on individuals and social health in general		
Learning Outcomes	<p>Upon completion of this course (subject), the student will:</p> <ul style="list-style-type: none"> Gain knowledge of the rules and regulations governing sports-related activities, games, and sports, and understand the impact these activities can have on individual and social health. Identify key exercises and games for learning the necessary skills to be proficient in various individual and dual sports and activities Identify the different stages of sports participation and their role in society. Explain the impact of physical education and participation in sports and recreational activities on the personal and community health and well-being. Understand the overall impact of sports activities on various community and social issues. 		
Content	Week	Topics	
	Syllabus presentation		
	1	The general concept of sports	
	2	The components, functions, and values of sports	
	3	The role of sports in promoting social health	
	4	Sports and play in overall health	
	5	Physical inactivity and health problems	
	6	The aspect of socialization in sports during different life situations and periods	
	Mid-term exam – 1		
	7	The concept of play and its importance	
	8	Games in physical and health culture	
	9	Social, psychological, and pedagogical theories of play	
	10	The role of sports and play in the community and society	
	11	Research projects on the relevant field, group analysis, and discussions	
12	Interactive lectures: discussion and summary of practical-theoretical lectures		
Mid-term exam – 2			
Teaching/Learning Methods	Activity		Weight (%)
	Lectures		20
	Lab		30
	Research		30
	Independent learning		20
Assessment Methods	Methods of assessment:		
	Participation		%
	a) Mid-term exam -1		10
	b) Mid-term exam - 2		30
	Lab		30
ECTS Workload	Activity	Weekly hours	Workload
	Lectures	2	24
	Lab	n/a	12
	Independent learning	n/a	59
	Examination preparation	n/a	30

Literature	<ol style="list-style-type: none"> 1. Bartoš, A. (2015). Zdravlje i tjelesna aktivnost civilizacijska potreba modernog 2. Bouchard, C., Blair, S.N., Haskell, W.L. (2012). Physical activity and health. 3. American College of Sports Medicine (2000). Exercise and Type 2 diabetes. 4. Folsom AR, Kushi LH & Hong CP (2000). Physical activity and incident diabetes mellitus in postmenopausal women. American Journal of Public. 5. Findak, V. (2003.) Metodika tjelesne i zdravstvene kulture, priručnik za nastavnike. 6. Abazi, B. (2020). The impact of marital status in physical activity of women in Kosovo.. Sport dhe Health , 7(13-14), 19-26.79. 7. Abazi, B., Gashi, B., Pireva, F., & Maqedonci, V. (2019). Dependency on cell phone (Internet) and Its impact to the learning process and to the physical activity among sports students in Aab College. <i>Sportski Logos</i>, 20
Ethical standards	<p>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.</p>
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