



UČNI NAČRT PREDMETA / SUBJECT SPECIFICATION

Predmet:	Šport in Humanistika
Subject Title:	Sport and humanities

Študijski program Study programme	Študijska smer Field of study	Letnik Year	Semester Semester
Filozofija		3	Zimski, Poletni
Philosophy		3	Winter, Summer

Univerzitetna koda predmeta / University subject code:

Predavanj a Lectures	Seminar Seminar	Sem. vaje Tutorial	Lab. vaje Labor work	Teren. vaje Field work	Samost. delo Individ. work	Priprava na oblike prevejanja	ECTS
10			60		20		3

Nosilec predmeta / Lecturer:

Jeziki / Languages:	Predavanja / Lecture:	Slovenščina /Slovene
	Vaje / Tutorial:	Slovenščina/Slovene

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

Nič.

Prerequisites:

None.

Vsebina:

Content (Syllabus outline):

TEORETIČNE VSEBINE

Izbrana poglavja iz filozofija športa

Vstop v filozofijo športa
Šport skozi zgodovino
Igrarije, igre in tekmovanja skozi gibalne aktivnosti
Olimpizem in medkulturno povezovanje
Odrpte etične dileme sodobnega športa
Tekmovalnost in estetskost sodobnega športa
Šport za vse in šport kot spektakel

Teorija izbranega športa se podaja v sklopu praktičnih vsebin

Študent/ka izbere dva modula

Modul 1: 30

- ⇒ osnovna motorika,
- ⇒ športna igre (odbojka, košarka, nogomet, rokomet)
- ⇒ novodobne igre

Modul 2: 30

- ⇒ osnovna motorika,
- ⇒ športne igre z rekvizitom (badminton, skvoš, namizni tenis, tenis)

Modul 3: 30

- ⇒ dejavnosti za dojetanje lastnega telesa – metode sproščanja, joga, pilates,
- ⇒ ciljni fitness
- ⇒ aerobika

Modul 4: 30 ur

- ⇒ aktivnosti v naravi (nordijska hoja, jogging, tek, pohodništvo)

Modul 5: 30 ur

- ⇒ plavanje
- ⇒ smučanje / tek na smučeh
- ⇒ drsanje
- ⇒ gorsko kolesarjenje
- ⇒ jahanje

THEORETICAL CONTENT

Themes from Philosophy of Sport

Introduction to philosophy of sport
History of sports
Games, plays and competitions throu physical action
The spirit of Olympism and multicultural relations and connections
Ethical dilemmas in contemporary sport
Competitvity and aesthetical dimension of sport today
Sport for all and the role of spectacle in sport

The theoretical part of choosen sport will be presented with practical approach

Student chooses two moduls

Module 1: 30 hour

- ⇒ basic movement skills,
- ⇒ sport games (volleyball, basketball, football, handball,
- ⇒ modern sports

Module 2: 30 hour

- ⇒ basic movement skills,
- ⇒ sport games with requisite (badminton, squash, table tennis, tennis)

Module 3: 30 hour

- ⇒ comprehension of one's own body – relaxation methods (yoga, pilates)
- ⇒ targeted fitness
- ⇒ aerobics

Module 4: 30 hour

- ⇒ activities in nature (nordic walking, jogging, run, hiking)

Module 5: 30 hour

- ⇒ swimming
- ⇒ skiing /cross country
- ⇒ ice skating
- ⇒ mountain bike
- ⇒ riding

Temeljni literatura in viri / Textbooks:

- Macura, D., Hosta, M. (2003). Filozofija športa. Ljubljana: FŠ – Enajsta akademija.
- Čitanka/Reader – izbor aktualnih člankov iz filozofije, etike in estetike športa.
- Hosta, M. (2007). Etika športa. Ljubljana: FŠ.
- Kreft, L. (2011). Levi horog. Ljubljana: Založba Sophia.

- Metchnikoff, R. & Estes, S. (2002). *A history and philosophy of sport and physical education: From ancient civilization to the modern world* (3rd ed.). New York: McGraw-Hill.
- Suits, B. (2005). *The Grasshopper: Games, Life and Utopia*. Peterborough: Broadview Press.

Strokovna literatura iz področja zajetih športnih panog.

Professional literature of the proposed sport disciplines

Cilji:

Humanistika

Študenti bodo zmožni:

- Ozaveščanja različnih družbenih praks in njihovo premišljanje v kontekstu športa.
- Spoznati fenomen igre na sploh in športa posebej.
- Spoznati etiko in estetiko športa.
- Razumeti filozofijo športa danes

Osvajanje in izpopolnjevanje različnih športnih znanj

izpopolnjevati tehniko in taktiko moštvenih športnih iger ter iger z rekvizitom do stopnje, ki omogoča

- učinkovito igro
- skladno izvajati različne sestavljene gibalne naloge v skupini in izražati občutke ter razpoloženja ob glasbeni spremljavi

Razvoj gibalnih in funkcionalnih sposobnosti

- razvijati osnovne gibalne sposobnosti (moč, hitrost, koordinacijo gibanja, gibljivost, natančnost) z različnimi nalogami in organizacijskimi oblikami
- razvijati funkcionalne sposobnosti (aerobno in anaerobno vzdržljivost s pomočjo merilcev srčnega utripa in individualnimi programi
- razvijati aerobno vzdržljivost z različnimi športi (pohodništvo, kolesarjenje, jogging...)
- skrbeti za pravilno telesno držo in oblikovati postavo z izbranimi nalogami
- ugotavljati in spremljati lastne gibalne ter funkcionalne sposobnosti in telesne značilnosti v daljšem časovnem obdobju ter jih primerjati z lastnimi in vrstnikovimi vrednostmi

Objectives:

Humanities

Students should critical evaluate different social praxes and their roles in the context of sports and games through history.

- Students should understand how philosophy of sport could help in an explanation of a game, play and spectacle in the context of sport.
- Students should understand ethics and aesthetics of sport.
- Students should be able to contemplate about the philosophy of sport and its implications in every day's life

Mastering and additional learning about different sport knowings

- complementing the technique and tactics in team sports and in games with requisites to the level that enables an efficient game,
- harmoniously perform a different movement exercises in a group and express the feelings and moods accompanied by the music

Development of movement and functional capabilities

- developing basic movement capabilities (power, speed, coordination of movement, movability, precision) with different tasks and organization forms,
- developing functional capabilities (aerobic and anaerobic endurance with the use of polar heart monitoring devices and individual programs
- developing the aerobic endurance with different sports (hiking, walking, biking, jogging...)

Prijetno doživljanje športa, oblikovanje in razvoj stališč, navad in načinov ravnanja

- razvijati vztrajnost z različnimi dalj časa trajajočimi aerobnimi dejavnostmi
- spodbujati medsebojno sodelovanje, zdravo tekmovalnost in sprejemanje drugačnosti
- z vadbo v naravi razviti kulturnen odnos do narave in spoznati ekološke probleme
- razumeti dileme sodobnega športa in spoštovati pravila fair playa
- s primernimi vsebinami doživljati sprostitveni vpliv športne vadbe in razumeti pomen telesne obremenitve v funkciji sprostitve

- care for the correct body position and body formation with the selected exercises,
- determine and follow one's own movement and functional capabilities and body characteristics in a longer period and compare them with its own and the peer's values.

Pleasant experiences of sport, forming and developing the viewpoints, habits and ways of treatment

- developing persistency with different time limited aerobic activities,
- encouraging mutual cooperation, reasonable competition and accepting differences
- developing cultural relationship to the nature and recognizing the ecological problems by exercising in the nature
- understand the dilemmas of modern sport and respect the rules of fair play
- experiencing relaxing influence of exercise and understand the importance of physical burdening in a function of relaxation by choosing appropriate themes

Predvideni študijski rezultati:

Znanje in razumevanje

Zmožnost:

filozofsko kritično proučiti pomembna vprašanja v športu.

- racionalne argumentacije posameznih pozicij za in proti v ustni in pisni obliki.
- ponuditi nove poglede na različne tekmovalne ali izobraževalne prakse v športu.
- racionalnega zagovora fizične (športne) aktivnosti v odnosu do drugih akademskih praks kot integralnega dela izobraževanja in vzgoje.
- utemeljevanja etičnih odločitev in izbir v odnosu do vsakdanjih športnih praks

Intended learning outcomes:

Knowledge and understanding

Ability to:

- critically and philosophically examine significant issues in sport.
- cogently argue (verbal and written) for or against a variety of issues
- offer new viewpoints on competitive and/or educational practices in sport in order to ultimately improve practices in sport.
- rationalize and defend physical education as having equal value with other academic disciplines and as being integral to the general educational process.
- make sound ethical and aesthetical decisions relative in sport education and practice

- razumeti vpliv športa in redne vadbe na zdravje in dobro počutje
- razumeti odzivanje organizma na napor in prilagoditev na različne oblike vadbe
- razumeti preventivno vlogo športa v ozaveščanju proti različnim oblikam osebnostnih in družbenih odklonov
- spoznati pomen športa v turizmu, gospodarstvu

Prenesljive/ključne spretnosti in drugi atributi

Zmožnosti:

- kritičnega proučevanja pomembnih vprašanj in problemov.
- racionalne argumentacije posameznih pozicij za in proti v ustni in pisni obliki.
- utemeljevanja etičnih in estetskih odločitev in izbir

Dejanske kompetence kot so:

- ⇒ Z gibanjem povezane motorične izkušnje ter poglobitev znanj in doživetij
- ⇒ Izboljšanje telesnih in motoričnih sposobnosti in tudi najnujnejših znanj kar se kaže v medsebojni odvisnosti in spremenljivosti v športu
- ⇒ Dojemajo pomen vsakodnevnega gibanja kot dejavnika odklanjanja tveganja sodobnega življenja
- ⇒ Razumejo pomen načrtovanja vadbe in znajo načrtovati sebi lastno vadbo
- ⇒ Znajo samostojno vzdrževati raven gibalnih in funkcionalnih sposobnosti ter obvladajo spremljavo lastnih gibalnih in funkcionalnih sposobnosti in izbirati oblike in sredstva s katerimi jih bodo še izboljšali
- ⇒ Si medsebojno prizadevajo za doseganje skupnega cilja, naučijo se sodelovati v skupini – timsko delo, timsko razmišljanje.

- understanding the influence of sport and regular exercising on health and wellbeing
- understanding the reactions of the organism to the body efforts and the adjustment to the different forms of exercises
- understanding the preventive role of the sport by raising awareness against personal and social deviant practices
- recognize the importance of sport in tourism, economy

Transferable/Key Skills and other attributes

Abilities:

- critically examine significant issues in different fields of social practices.
- cogently argue (verbally or in a written form) for or against a variety of issues
- make sound ethical and aesthetical decisions relative to different social processes and practices

Factual competences as:

- ⇒ Experience connected to moving abilities as well as upgrading knowledge and experience about the latter
- ⇒ Improvement of moving abilities as well as basic knowledge due to coherence and constant changes in field of sports
- ⇒ Understanding the meaning of everyday exercise as factor of declining modern life risks
- ⇒ Understanding the meaning of exercise planning and ability to plan one's own exercise
- ⇒ Ability to maintain the level of one's own moving and functional capabilities, ability to master the monitoring process of the latter as well as the ability to choose suitable forms and means to improve the level of one's own moving and functional capabilities
- ⇒ Joint desire and effort to achieve mutual goal, understanding and learning to become a team player: team work, team thinking etc.

<p>Pridobivajo kompetence o sebi:</p> <ul style="list-style-type: none"> ⇒ Z vrednotenjem svojih dosežkov in napredka ⇒ Stabilizirajo in krepijo lastno samopodobo z izboljševanjem svojih dosežkov ⇒ Znajo prenašati osvojeno znanje ⇒ Izboljšajo komunikacijske kompetence ⇒ Prakticirajo toleranco in primerjajo svoje dosežke z drugimi 	<p>Gaining competences about one self:</p> <ul style="list-style-type: none"> ⇒ By evaluation of one's achievements and progress ⇒ Stabilizing and strengthening one's self-image by further improving one's achievements ⇒ By developing the ability to disseminate the knowledge gained ⇒ By improving the communication competences ⇒ By practicing tolerance and by comparing one's own achievements with others
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Metode poučevanja in učenja:		Learning and teaching methods:	
<p><u>V programu bodo uporabljene naslednje metode in oblike poučevanja:</u></p> <ul style="list-style-type: none"> • razlaga in razgovor (predavanja) • demonstracija • praktično delovanje <p>Oblike:</p> <ul style="list-style-type: none"> • frontalna učna oblika • skupinska učna oblika 		<p><u>Following methods and forms of teaching will be used in the program:</u></p> <ul style="list-style-type: none"> • explanation and discussion (lecture) • demonstration • practice <p>Forms:</p> <ul style="list-style-type: none"> • frontal learning • group learning 	
Načini ocenjevanja:		Delež (v %) / Weight (in %)	Assessment:
Način (pisni izpit, praktični izpit, vsakokratna aktivnost na vajah).			Type (written exam, practical exam, students activity in the course)
Pisni izpit		25 %	Written exam
Praktični izpit		25 %	Practical exam
Vsakokratna aktivnost na vajah		50 %	Student's activity in the course
Posebnosti			
Predmet je namenjen vsem študentom in študentkam UM. Sestavljajo ga teoretične vsebine, ki potekajo v obliki predavanj, in praktičnih vsebine, ki potekajo v obliki vaj.			

ARAÚJO, Ana Cristina, D'APRILE, Iwan-Michelangelo, BORSTNER, Bojan, GARTNER, Smiljana. The historical and philosophical dimensions of the concept of tolerance. V: HÁLFDANARSON, Gudmundur (ur.). *Discrimination and tolerance in historical perspective*, (Transversal theme, Discrimination and tolerance). Pisa: Edizioni Plus, cop. 2008, str. [1]-18. [COBISS.SI-ID [16851464](#)]

BORSTNER, Bojan, GARTNER, Smiljana. Is it better to have lived and lost than never have lived at all, or can the symmetry assumption help us?. V: BRAMBILLA, Elena (ur.). *Routines of existence : time, life and after life in society and religion*, (Religion and philosophy, 4). Pisa: Edizioni Plus - Pisa University Press, cop. 2009, str. [1]-7. [COBISS.SI-ID [17985800](#)]

GARTNER, Smiljana, BORSTNER, Bojan. When Slovenian women are persons, Slovenian men are not?. V: SALVATERRA, Carla (ur.), WAALDIJK, Berteke (ur.). *Paths to gender : European historical perspectives on women and men*, (Transversal theme, Gender). Pisa: Edizioni Plus - Pisa University Press, cop. 2009, str. [79]-92. [COBISS.SI-ID [17933320](#)]

BORSTNER, Bojan. Philosophy as --- or what should philosophers do today?. V: BAUMGARTNER, Elisabeth (ur.), BAUMGARTNER, Wilhelm (ur.), BORSTNER, Bojan (ur.), POTRČ, Matjaž (ur.), SHAWE-TAYLOR, John (ur.), VALENTINE, Elisabeth (ur.). *Handbook : phenomenology and cognitive science*. Dettelbach: Röhl, 1996, str. 309-312. [COBISS.SI-ID [5461512](#)]

BORSTNER, Bojan. Filozofija športa : nekaj metodoloških razmislekov. V: BERČIČ, Herman (ur.). *Zbornik 4. slovenskega kongresa športne rekreacije : Terme Čatež 14. - 15. november 2003*, (Zbornik Slovenskega kongresa športne rekreacije, 4). [Ljubljana: Olimpijski komite Slovenije], 2003, str. 104-107. [COBISS.SI-ID [13666312](#)]