

Medicinski fakultet u Rijeci

**IZVEDBENI NASTAVNI PLAN  
2024/2025**

Za kolegij

**Tjelesna i zdravstvena kultura (g. 2)**

|                    |                                                                                  |
|--------------------|----------------------------------------------------------------------------------|
| Studij:            | <b>Medicina (R)</b><br>Sveučilišni integrirani prijediplomski i diplomski studij |
| Katedra:           | <b>Katedra za društvene i humanističke znanosti u medicini</b>                   |
| Nositelj kolegija: | <b>Marić Željana, mag. kineziologije</b>                                         |
| Godina studija:    | <b>2</b>                                                                         |
| ECTS:              | <b>1.5</b>                                                                       |
| Stimulativni ECTS: | <b>0 (0.00%)</b>                                                                 |
| Strani jezik:      | <b>Ne</b>                                                                        |

## Podaci o kolegiju:

Kolegij **Tjelesna i zdravstvena kultura** je obavezni kolegij na prvoj i drugoj godini Integriranog preddiplomskog i diplomskog sveučilišnog studija Medicina i sastoji se od 60 sati vježbi, ( **1,5 ECTS**).

Nastava će se odvijati po grupama u za to rasporedom predviđenim terminima.

**A program**, obavezan za sve zdrave studente održavat će se:

- na Otvorenom igralištu Kampus na Trsatu;
- u prostorijama teretane Studentskog centra na Kampusu;
- na košarkaškom igralištu I nogometnom kavezu u sklopu Kampusu;
- na igralištu Medicinskog fakulteta organizirati će se sportski turniri, studentska liga te pripremni treninzi sportskih ekipa za „Humanijadu“. Sudjelovanje na ovim natjecanjima biti će priznato u nastavu TZK-a.

**B program** (za studente oštećenog zdravlja) određuje se u suradnji s nadležnim liječnikom za svakog studenta.

**C program-fakultativni program** (planinarenja, skijanje, ljetna logorovanja s adekvatnim sadržajima) neobavezan oblik koji će se organizirati kao mogućnost nadoknade nastave.

**Status vrhunskog športaša**- pohađanja nastave oslobođeni su svi studenti koji imaju status vrhunskih športaša, odnosno oni kojima je Hrvatski olimpijski odbor dodijelio status športaša Hrvatske I., II., ili III. kategorije. Za oslobađanje nastave potrebno je priložiti rješenje Hrvatskog olimpijskog odbora o kategorizaciji.

Ciljevi , zadaci i planirani ishod kolegija

Redovitom primjenom kinezioloških aktivnosti kvalitetno održavati i nadgraditi zdravstveni status studenta. Programski usavršiti i povećati fond motoričkih informacija s jedinstvenim ciljem očuvanja i unapređenja zdravlja (motoričkih i funkcionalnih sposobnosti). Razviti kod studenta trajne navike i potrebu bavljenja kineziološkim aktivnostima u svakodnevnom životu i radu, čime bi se utjecalo na lakše savladavanje intelektualnog napora studenta.

Okvirni sadržaj kolegija

Opće pripremne i specifične vježbe kroz različite organizacijske oblike rada (sa i bez pomagala, sa i bez glazbe).

Sadržaji atletike: trčanje (trčanje na kratke, srednje i duge dionice), skokovi.

Sadržaji plivanja: obuka neplivača, tehnike plivanja-prsno, kraul, leđno, tečaj spašavanja neplivača.

## Popis obvezne ispitne literature:

## Popis dopunske literature:

## **Nastavni plan:**

### **Vježbe popis (s naslovima i pojašnjenjem):**

#### **V1**

Teretana - kružni trening.

Atletika - trčanje sa savladavanjem različitih prepreka.

#### **V2**

Pješčenje - hodanje u prirodi (trekking).

#### **V3**

Teretana - rad po stanicama.

Atletika - diskontinuirano trčanje dugih dionica.

Košarka igra.

#### **V2**

Pješčenje - hodanje u prirodi (trekking).

#### **V4**

Teretana - repetitivna snaga (individualni rad).

Badminton.

Košarka igra.

#### **V2**

Pješčenje - hodanje u prirodi (trekking).

#### **V5**

Teretana - eksplozivna snaga (individualni rad).

Vježbe jačanja i istezanja u paru.

Košarka igr.

#### **V2**

Pješčenje - hodanje u prirodi (trekking).

#### **V6**

Teretana - apsolutna snaga (individualni rad).

Kineziterapijske vježbe - za leđa i prsa.

Košarka igra.

#### **V2**

Pješčenje - hodanje u prirodi (trekking).

#### **V7**

Teretana - vježbe za razvoj repetitivne snage ruku i ramenog pojasa ( samostalno programiranje treninga).

Kineziterapijske vježbe - za gornje i donje ekstremitete.

#### **V2**

Pješčenje - hodanje u prirodi (trekking).

## **V8**

Teretana - rad u parovima ( super serije).

Badminton.

Košarka igra.

## **V2**

Pješačenje - hodanje u prirodi (trekking).

## **V9**

Teretana - aerobni trening (samostalno programiranje treninga).

Atletika - 10+5+5+5+5.

Nogomet igra.

## **V2**

Pješačenje - hodanje u prirodi (trekking).

### **Obveze studenata:**

Studenti su obvezni redovito pohađati i aktivno sudjelovati u svim oblicima nastave.

### **Ispit (način polaganja ispita, opis pisanog/usmenog/praktičnog dijela ispita, način bodovanja, kriterij ocjenjivanja):**

### **Ostale napomene (vezane uz kolegij) važne za studente:**

Vježbe iz kolegija Tjelesna i zdravstvena kultura se izvode na vanjskim terenima Campetta, u teretani Blue Gyma.

Pješačke ture i planinarenja u okolici Rijeke (koritom riječine, Platak, Učka, Velebit.)

Sportski turniri na igralištu medicinskog fakulteta i u dvorani "3 Maj".

## SATNICA IZVOĐENJA NASTAVE 2024/2025

Tjelesna i zdravstvena kultura (g. 2)

| Vježbe                                                                                                                                                                                                                                                                                                                                                                                                     |
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| (mjesto i vrijeme / grupa)                                                                                                                                                                                                                                                                                                                                                                                 |
| <b>30.09.2024</b>                                                                                                                                                                                                                                                                                                                                                                                          |
| V1: <ul style="list-style-type: none"><li>• Blue Gym (08:00 - 09:00) [2797]<ul style="list-style-type: none"><li>◦ TZK2-G3</li><li>◦ TZK2-G4</li></ul></li><li>• Blue Gym (09:00 - 10:00) [2797]<ul style="list-style-type: none"><li>◦ TZK2-G1</li><li>◦ TZK2-G2</li></ul></li><li>• Blue Gym (10:00 - 11:00) [2797]<ul style="list-style-type: none"><li>◦ TZK2-G5</li><li>◦ TZK2-G6</li></ul></li></ul> |
| Marić Željana, mag. kineziologije [2797]                                                                                                                                                                                                                                                                                                                                                                   |
| <b>05.10.2024</b>                                                                                                                                                                                                                                                                                                                                                                                          |
| V2: <ul style="list-style-type: none"><li>• TZK (08:00 - 10:00) [2797]<ul style="list-style-type: none"><li>◦ TZK2-G1</li><li>◦ TZK2-G2</li></ul></li><li>• TZK (10:00 - 12:00) [2797]<ul style="list-style-type: none"><li>◦ TZK2-G3</li><li>◦ TZK2-G4</li></ul></li><li>• TZK (12:00 - 14:00) [2797]<ul style="list-style-type: none"><li>◦ TZK2-G5</li><li>◦ TZK2-G6</li></ul></li></ul>                |
| Marić Željana, mag. kineziologije [2797]                                                                                                                                                                                                                                                                                                                                                                   |
| <b>07.10.2024</b>                                                                                                                                                                                                                                                                                                                                                                                          |
| V1: <ul style="list-style-type: none"><li>• Blue Gym (08:00 - 09:00) [2797]<ul style="list-style-type: none"><li>◦ TZK2-G3</li><li>◦ TZK2-G4</li></ul></li><li>• Blue Gym (09:00 - 10:00) [2797]<ul style="list-style-type: none"><li>◦ TZK2-G1</li><li>◦ TZK2-G2</li></ul></li></ul>                                                                                                                      |
| Marić Željana, mag. kineziologije [2797]                                                                                                                                                                                                                                                                                                                                                                   |
| <b>08.10.2024</b>                                                                                                                                                                                                                                                                                                                                                                                          |
| V1: <ul style="list-style-type: none"><li>• Blue Gym (08:00 - 09:00) [2797]<ul style="list-style-type: none"><li>◦ TZK2-G5</li><li>◦ TZK2-G6</li></ul></li></ul>                                                                                                                                                                                                                                           |
| Marić Željana, mag. kineziologije [2797]                                                                                                                                                                                                                                                                                                                                                                   |
| <b>14.10.2024</b>                                                                                                                                                                                                                                                                                                                                                                                          |

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| V1: <ul style="list-style-type: none"> <li>• Blue Gym (08:00 - 09:00) [2797] <ul style="list-style-type: none"> <li>◦ TZK2-G3</li> <li>◦ TZK2-G4</li> </ul> </li> <li>• Blue Gym (09:00 - 10:00) [2797] <ul style="list-style-type: none"> <li>◦ TZK2-G1</li> <li>◦ TZK2-G2</li> </ul> </li> <li>• Blue Gym (10:00 - 11:00) [2797] <ul style="list-style-type: none"> <li>◦ TZK2-G5</li> <li>◦ TZK2-G6</li> </ul> </li> </ul> |
| Marić Željana, mag. kineziologije [2797]                                                                                                                                                                                                                                                                                                                                                                                      |
| <b>21.10.2024</b>                                                                                                                                                                                                                                                                                                                                                                                                             |
| V1: <ul style="list-style-type: none"> <li>• Blue Gym (08:00 - 09:00) [2797] <ul style="list-style-type: none"> <li>◦ TZK2-G3</li> <li>◦ TZK2-G4</li> </ul> </li> <li>• Blue Gym (09:00 - 10:00) [2797] <ul style="list-style-type: none"> <li>◦ TZK2-G1</li> <li>◦ TZK2-G2</li> </ul> </li> <li>• Blue Gym (10:00 - 11:00) [2797] <ul style="list-style-type: none"> <li>◦ TZK2-G5</li> <li>◦ TZK2-G6</li> </ul> </li> </ul> |
| Marić Željana, mag. kineziologije [2797]                                                                                                                                                                                                                                                                                                                                                                                      |
| <b>28.10.2024</b>                                                                                                                                                                                                                                                                                                                                                                                                             |
| V3: <ul style="list-style-type: none"> <li>• Blue Gym (08:00 - 09:00) [2797] <ul style="list-style-type: none"> <li>◦ TZK2-G3</li> <li>◦ TZK2-G4</li> </ul> </li> <li>• Blue Gym (09:00 - 10:00) [2797] <ul style="list-style-type: none"> <li>◦ TZK2-G1</li> <li>◦ TZK2-G2</li> </ul> </li> <li>• Blue Gym (10:00 - 11:00) [2797] <ul style="list-style-type: none"> <li>◦ TZK2-G5</li> <li>◦ TZK2-G6</li> </ul> </li> </ul> |
| Marić Željana, mag. kineziologije [2797]                                                                                                                                                                                                                                                                                                                                                                                      |
| <b>02.11.2024</b>                                                                                                                                                                                                                                                                                                                                                                                                             |
| V2: <ul style="list-style-type: none"> <li>• TZK (08:00 - 10:00) [2797] <ul style="list-style-type: none"> <li>◦ TZK2-G1</li> <li>◦ TZK2-G2</li> </ul> </li> <li>• TZK (10:00 - 12:00) [2797] <ul style="list-style-type: none"> <li>◦ TZK2-G3</li> <li>◦ TZK2-G4</li> </ul> </li> <li>• TZK (12:00 - 14:00) [2797] <ul style="list-style-type: none"> <li>◦ TZK2-G5</li> <li>◦ TZK2-G6</li> </ul> </li> </ul>                |
| Marić Željana, mag. kineziologije [2797]                                                                                                                                                                                                                                                                                                                                                                                      |
| <b>04.11.2024</b>                                                                                                                                                                                                                                                                                                                                                                                                             |

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| V3: <ul style="list-style-type: none"> <li>• Blue Gym (08:00 - 09:00) [2797] <ul style="list-style-type: none"> <li>◦ TZK2-G3</li> <li>◦ TZK2-G4</li> </ul> </li> <li>• Blue Gym (09:00 - 10:00) [2797] <ul style="list-style-type: none"> <li>◦ TZK2-G1</li> <li>◦ TZK2-G2</li> </ul> </li> <li>• Blue Gym (10:00 - 11:00) [2797] <ul style="list-style-type: none"> <li>◦ TZK2-G5</li> <li>◦ TZK2-G6</li> </ul> </li> </ul> |
| Marić Željana, mag. kineziologije [2797]                                                                                                                                                                                                                                                                                                                                                                                      |
| <b>11.11.2024</b>                                                                                                                                                                                                                                                                                                                                                                                                             |
| V3: <ul style="list-style-type: none"> <li>• Blue Gym (08:00 - 09:00) [2797] <ul style="list-style-type: none"> <li>◦ TZK2-G3</li> <li>◦ TZK2-G4</li> </ul> </li> <li>• Blue Gym (09:00 - 10:00) [2797] <ul style="list-style-type: none"> <li>◦ TZK2-G1</li> <li>◦ TZK2-G2</li> </ul> </li> <li>• Blue Gym (10:00 - 11:00) [2797] <ul style="list-style-type: none"> <li>◦ TZK2-G5</li> <li>◦ TZK2-G6</li> </ul> </li> </ul> |
| Marić Željana, mag. kineziologije [2797]                                                                                                                                                                                                                                                                                                                                                                                      |
| <b>18.11.2024</b>                                                                                                                                                                                                                                                                                                                                                                                                             |
| V3: <ul style="list-style-type: none"> <li>• Blue Gym (08:00 - 09:00) [2797] <ul style="list-style-type: none"> <li>◦ TZK2-G3</li> <li>◦ TZK2-G4</li> </ul> </li> <li>• Blue Gym (09:00 - 10:00) [2797] <ul style="list-style-type: none"> <li>◦ TZK2-G1</li> <li>◦ TZK2-G2</li> </ul> </li> <li>• Blue Gym (10:00 - 11:00) [2797] <ul style="list-style-type: none"> <li>◦ TZK2-G5</li> <li>◦ TZK2-G6</li> </ul> </li> </ul> |
| Marić Željana, mag. kineziologije [2797]                                                                                                                                                                                                                                                                                                                                                                                      |
| <b>25.11.2024</b>                                                                                                                                                                                                                                                                                                                                                                                                             |
| V4: <ul style="list-style-type: none"> <li>• Blue Gym (08:00 - 09:00) [2797] <ul style="list-style-type: none"> <li>◦ TZK2-G3</li> <li>◦ TZK2-G4</li> </ul> </li> <li>• Blue Gym (09:00 - 10:00) [2797] <ul style="list-style-type: none"> <li>◦ TZK2-G1</li> <li>◦ TZK2-G2</li> </ul> </li> <li>• Blue Gym (10:00 - 11:00) [2797] <ul style="list-style-type: none"> <li>◦ TZK2-G5</li> <li>◦ TZK2-G6</li> </ul> </li> </ul> |
| Marić Željana, mag. kineziologije [2797]                                                                                                                                                                                                                                                                                                                                                                                      |
| <b>02.12.2024</b>                                                                                                                                                                                                                                                                                                                                                                                                             |

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| <p>V4:</p> <ul style="list-style-type: none"> <li>• Blue Gym (08:00 - 09:00) <sup>[2797]</sup> <ul style="list-style-type: none"> <li>◦ TZK2-G3</li> <li>◦ TZK2-G4</li> </ul> </li> <li>• Blue Gym (09:00 - 10:00) <sup>[2797]</sup> <ul style="list-style-type: none"> <li>◦ TZK2-G1</li> <li>◦ TZK2-G2</li> </ul> </li> <li>• Blue Gym (10:00 - 11:00) <sup>[2797]</sup> <ul style="list-style-type: none"> <li>◦ TZK2-G5</li> <li>◦ TZK2-G6</li> </ul> </li> </ul> |
| Marić Željana, mag. kineziologije <sup>[2797]</sup>                                                                                                                                                                                                                                                                                                                                                                                                                   |
| <b>07.12.2024</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                     |
| <p>V2:</p> <ul style="list-style-type: none"> <li>• TZK (08:00 - 10:00) <sup>[2797]</sup> <ul style="list-style-type: none"> <li>◦ TZK2-G1</li> <li>◦ TZK2-G2</li> </ul> </li> <li>• TZK (10:00 - 12:00) <sup>[2797]</sup> <ul style="list-style-type: none"> <li>◦ TZK2-G3</li> <li>◦ TZK2-G4</li> </ul> </li> <li>• TZK (12:00 - 14:00) <sup>[2797]</sup> <ul style="list-style-type: none"> <li>◦ TZK2-G5</li> <li>◦ TZK2-G6</li> </ul> </li> </ul>                |
| Marić Željana, mag. kineziologije <sup>[2797]</sup>                                                                                                                                                                                                                                                                                                                                                                                                                   |
| <b>09.12.2024</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                     |
| <p>V4:</p> <ul style="list-style-type: none"> <li>• Blue Gym (08:00 - 09:00) <sup>[2797]</sup> <ul style="list-style-type: none"> <li>◦ TZK2-G3</li> <li>◦ TZK2-G4</li> </ul> </li> <li>• Blue Gym (09:00 - 10:00) <sup>[2797]</sup> <ul style="list-style-type: none"> <li>◦ TZK2-G1</li> <li>◦ TZK2-G2</li> </ul> </li> <li>• Blue Gym (10:00 - 11:00) <sup>[2797]</sup> <ul style="list-style-type: none"> <li>◦ TZK2-G5</li> <li>◦ TZK2-G6</li> </ul> </li> </ul> |
| Marić Željana, mag. kineziologije <sup>[2797]</sup>                                                                                                                                                                                                                                                                                                                                                                                                                   |
| <b>16.12.2024</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                     |
| <p>V4:</p> <ul style="list-style-type: none"> <li>• Blue Gym (08:00 - 09:00) <sup>[2797]</sup> <ul style="list-style-type: none"> <li>◦ TZK2-G3</li> <li>◦ TZK2-G4</li> </ul> </li> <li>• Blue Gym (09:00 - 10:00) <sup>[2797]</sup> <ul style="list-style-type: none"> <li>◦ TZK2-G1</li> <li>◦ TZK2-G2</li> </ul> </li> </ul>                                                                                                                                       |
| Marić Željana, mag. kineziologije <sup>[2797]</sup>                                                                                                                                                                                                                                                                                                                                                                                                                   |
| <b>17.12.2024</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                     |
| <p>V4:</p> <ul style="list-style-type: none"> <li>• Blue Gym (15:00 - 16:00) <sup>[2797]</sup> <ul style="list-style-type: none"> <li>◦ TZK2-G5</li> <li>◦ TZK2-G6</li> </ul> </li> </ul>                                                                                                                                                                                                                                                                             |
| Marić Željana, mag. kineziologije <sup>[2797]</sup>                                                                                                                                                                                                                                                                                                                                                                                                                   |
| <b>11.01.2025</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                     |

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| V5: <ul style="list-style-type: none"> <li>Blue Gym (08:00 - 09:00) [2797] <ul style="list-style-type: none"> <li>TZK2-G3</li> <li>TZK2-G4</li> </ul> </li> <li>Blue Gym (09:00 - 10:00) [2797] <ul style="list-style-type: none"> <li>TZK2-G1</li> <li>TZK2-G2</li> </ul> </li> <li>Blue Gym (10:00 - 11:00) [2797] <ul style="list-style-type: none"> <li>TZK2-G5</li> <li>TZK2-G6</li> </ul> </li> </ul> |
| Marić Željana, mag. kineziologije [2797]                                                                                                                                                                                                                                                                                                                                                                    |
| <b>13.01.2025</b>                                                                                                                                                                                                                                                                                                                                                                                           |
| V5: <ul style="list-style-type: none"> <li>Blue Gym (10:00 - 11:00) [2797] <ul style="list-style-type: none"> <li>TZK2-G4</li> <li>TZK2-G6</li> </ul> </li> <li>Blue Gym (11:00 - 12:00) [2797] <ul style="list-style-type: none"> <li>TZK2-G1</li> <li>TZK2-G2</li> </ul> </li> <li>Blue Gym (12:00 - 13:00) [2797] <ul style="list-style-type: none"> <li>TZK2-G5</li> <li>TZK2-G3</li> </ul> </li> </ul> |
| Marić Željana, mag. kineziologije [2797]                                                                                                                                                                                                                                                                                                                                                                    |
| <b>18.01.2025</b>                                                                                                                                                                                                                                                                                                                                                                                           |
| V2: <ul style="list-style-type: none"> <li>TZK (08:00 - 10:00) [2797] <ul style="list-style-type: none"> <li>TZK2-G1</li> <li>TZK2-G2</li> </ul> </li> <li>TZK (10:00 - 12:00) [2797] <ul style="list-style-type: none"> <li>TZK2-G3</li> <li>TZK2-G4</li> </ul> </li> <li>TZK (12:00 - 14:00) [2797] <ul style="list-style-type: none"> <li>TZK2-G5</li> <li>TZK2-G6</li> </ul> </li> </ul>                |
| Marić Željana, mag. kineziologije [2797]                                                                                                                                                                                                                                                                                                                                                                    |
| <b>20.01.2025</b>                                                                                                                                                                                                                                                                                                                                                                                           |
| V5: <ul style="list-style-type: none"> <li>Blue Gym (08:00 - 09:00) [2797] <ul style="list-style-type: none"> <li>TZK2-G3</li> <li>TZK2-G4</li> </ul> </li> <li>Blue Gym (09:00 - 10:00) [2797] <ul style="list-style-type: none"> <li>TZK2-G5</li> <li>TZK2-G6</li> </ul> </li> </ul>                                                                                                                      |
| Marić Željana, mag. kineziologije [2797]                                                                                                                                                                                                                                                                                                                                                                    |
| <b>21.01.2025</b>                                                                                                                                                                                                                                                                                                                                                                                           |
| V5: <ul style="list-style-type: none"> <li>Blue Gym (12:00 - 13:00) [2797] <ul style="list-style-type: none"> <li>TZK2-G1</li> <li>TZK2-G2</li> </ul> </li> </ul>                                                                                                                                                                                                                                           |
| Marić Željana, mag. kineziologije [2797]                                                                                                                                                                                                                                                                                                                                                                    |
| <b>04.03.2025</b>                                                                                                                                                                                                                                                                                                                                                                                           |

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| V5: <ul style="list-style-type: none"> <li>• Blue Gym (08:00 - 09:00) [2797] <ul style="list-style-type: none"> <li>◦ TZK2-G2</li> <li>◦ TZK2-G4</li> </ul> </li> </ul>                                                                                                                            |
| Marić Željana, mag. kineziologije [2797]                                                                                                                                                                                                                                                           |
| <b>05.03.2025</b>                                                                                                                                                                                                                                                                                  |
| V5: <ul style="list-style-type: none"> <li>• Blue Gym (12:00 - 13:00) [2797] <ul style="list-style-type: none"> <li>◦ TZK2-G5</li> <li>◦ TZK2-G6</li> </ul> </li> </ul>                                                                                                                            |
| Marić Željana, mag. kineziologije [2797]                                                                                                                                                                                                                                                           |
| <b>07.03.2025</b>                                                                                                                                                                                                                                                                                  |
| V5: <ul style="list-style-type: none"> <li>• Blue Gym (11:00 - 12:00) [2797] <ul style="list-style-type: none"> <li>◦ TZK2-G1</li> <li>◦ TZK2-G3</li> </ul> </li> </ul>                                                                                                                            |
| Marić Željana, mag. kineziologije [2797]                                                                                                                                                                                                                                                           |
| <b>10.03.2025</b>                                                                                                                                                                                                                                                                                  |
| V6: <ul style="list-style-type: none"> <li>• Blue Gym (08:00 - 09:00) [2797] <ul style="list-style-type: none"> <li>◦ TZK2-G1</li> <li>◦ TZK2-G3</li> </ul> </li> <li>• Blue Gym (09:00 - 10:00) [2797] <ul style="list-style-type: none"> <li>◦ TZK2-G4</li> <li>◦ TZK2-G6</li> </ul> </li> </ul> |
| Marić Željana, mag. kineziologije [2797]                                                                                                                                                                                                                                                           |
| <b>11.03.2025</b>                                                                                                                                                                                                                                                                                  |
| V6: <ul style="list-style-type: none"> <li>• Blue Gym (08:00 - 09:00) [2797] <ul style="list-style-type: none"> <li>◦ TZK2-G2</li> <li>◦ TZK2-G5</li> </ul> </li> </ul>                                                                                                                            |
| Marić Željana, mag. kineziologije [2797]                                                                                                                                                                                                                                                           |
| <b>17.03.2025</b>                                                                                                                                                                                                                                                                                  |
| V6: <ul style="list-style-type: none"> <li>• Blue Gym (08:00 - 09:00) [2797] <ul style="list-style-type: none"> <li>◦ TZK2-G1</li> <li>◦ TZK2-G3</li> </ul> </li> <li>• Blue Gym (09:00 - 10:00) [2797] <ul style="list-style-type: none"> <li>◦ TZK2-G4</li> <li>◦ TZK2-G6</li> </ul> </li> </ul> |
| Marić Željana, mag. kineziologije [2797]                                                                                                                                                                                                                                                           |
| <b>18.03.2025</b>                                                                                                                                                                                                                                                                                  |
| V6: <ul style="list-style-type: none"> <li>• Blue Gym (08:00 - 09:00) [2797] <ul style="list-style-type: none"> <li>◦ TZK2-G2</li> <li>◦ TZK2-G5</li> </ul> </li> </ul>                                                                                                                            |

Marić Željana, mag. kineziologije [2797]

**24.03.2025**

V6:

- Blue Gym (08:00 - 09:00) [2797]
  - TZK2-G1
  - TZK2-G3
- Blue Gym (09:00 - 10:00) [2797]
  - TZK2-G4
  - TZK2-G6

Marić Željana, mag. kineziologije [2797]

**25.03.2025**

V6:

- Blue Gym (08:00 - 09:00) [2797]
  - TZK2-G2
  - TZK2-G5

Marić Željana, mag. kineziologije [2797]

**29.03.2025**

V2:

- TZK (08:00 - 10:00) [2797]
  - TZK2-G1
  - TZK2-G2
- TZK (10:00 - 12:00) [2797]
  - TZK2-G3
  - TZK2-G4

V2:

- TZK (12:00 - 14:00) [2797]
  - TZK2-G5
  - TZK2-G6

Marić Željana, mag. kineziologije [2797]

**31.03.2025**

V6:

- Blue Gym (08:00 - 09:00) [2797]
  - TZK2-G1
  - TZK2-G3
- Blue Gym (09:00 - 10:00) [2797]
  - TZK2-G4
  - TZK2-G6

Marić Željana, mag. kineziologije [2797]

**01.04.2025**

V6:

- Blue Gym (08:00 - 09:00) [2797]
  - TZK2-G2
  - TZK2-G5

Marić Željana, mag. kineziologije [2797]

**07.04.2025**

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| V7: <ul style="list-style-type: none"> <li>• Blue Gym (08:00 - 09:00) [2797] <ul style="list-style-type: none"> <li>◦ TZK2-G1</li> <li>◦ TZK2-G3</li> </ul> </li> <li>• Blue Gym (09:00 - 10:00) [2797] <ul style="list-style-type: none"> <li>◦ TZK2-G4</li> <li>◦ TZK2-G6</li> </ul> </li> </ul> |
| Marić Željana, mag. kineziologije [2797]                                                                                                                                                                                                                                                           |
| <b>08.04.2025</b>                                                                                                                                                                                                                                                                                  |
| V7: <ul style="list-style-type: none"> <li>• Blue Gym (08:00 - 09:00) [2797] <ul style="list-style-type: none"> <li>◦ TZK2-G2</li> <li>◦ TZK2-G5</li> </ul> </li> </ul>                                                                                                                            |
| Marić Željana, mag. kineziologije [2797]                                                                                                                                                                                                                                                           |
| <b>14.04.2025</b>                                                                                                                                                                                                                                                                                  |
| V7: <ul style="list-style-type: none"> <li>• Blue Gym (08:00 - 09:00) [2797] <ul style="list-style-type: none"> <li>◦ TZK2-G1</li> <li>◦ TZK2-G3</li> </ul> </li> <li>• Blue Gym (09:00 - 10:00) [2797] <ul style="list-style-type: none"> <li>◦ TZK2-G4</li> <li>◦ TZK2-G6</li> </ul> </li> </ul> |
| Marić Željana, mag. kineziologije [2797]                                                                                                                                                                                                                                                           |
| <b>15.04.2025</b>                                                                                                                                                                                                                                                                                  |
| V7: <ul style="list-style-type: none"> <li>• Blue Gym (08:00 - 09:00) [2797] <ul style="list-style-type: none"> <li>◦ TZK2-G2</li> <li>◦ TZK2-G5</li> </ul> </li> </ul>                                                                                                                            |
| Marić Željana, mag. kineziologije [2797]                                                                                                                                                                                                                                                           |
| <b>23.04.2025</b>                                                                                                                                                                                                                                                                                  |
| V7: <ul style="list-style-type: none"> <li>• Blue Gym (12:30 - 13:30) [2797] <ul style="list-style-type: none"> <li>◦ TZK2-G4</li> <li>◦ TZK2-G6</li> </ul> </li> </ul>                                                                                                                            |
| Marić Željana, mag. kineziologije [2797]                                                                                                                                                                                                                                                           |
| <b>25.04.2025</b>                                                                                                                                                                                                                                                                                  |
| V7: <ul style="list-style-type: none"> <li>• Blue Gym (11:00 - 12:00) [2797] <ul style="list-style-type: none"> <li>◦ TZK2-G1</li> <li>◦ TZK2-G3</li> </ul> </li> <li>• Blue Gym (12:00 - 13:00) [2797] <ul style="list-style-type: none"> <li>◦ TZK2-G1</li> <li>◦ TZK2-G5</li> </ul> </li> </ul> |
| Marić Željana, mag. kineziologije [2797]                                                                                                                                                                                                                                                           |
| <b>28.04.2025</b>                                                                                                                                                                                                                                                                                  |

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| V7: <ul style="list-style-type: none"> <li>• Blue Gym (08:00 - 09:00) [2797] <ul style="list-style-type: none"> <li>◦ TZK2-G1</li> <li>◦ TZK2-G2</li> </ul> </li> <li>• Blue Gym (09:00 - 10:00) [2797] <ul style="list-style-type: none"> <li>◦ TZK2-G5</li> <li>◦ TZK2-G6</li> </ul> </li> </ul>                                                                                                                                                                                                       |
| Marić Željana, mag. kineziologije [2797]                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |
| <b>30.04.2025</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |
| V7: <ul style="list-style-type: none"> <li>• Blue Gym (13:30 - 14:30) [2797] <ul style="list-style-type: none"> <li>◦ TZK2-G3</li> <li>◦ TZK2-G4</li> </ul> </li> </ul>                                                                                                                                                                                                                                                                                                                                  |
| Marić Željana, mag. kineziologije [2797]                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |
| <b>03.05.2025</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |
| V2: <ul style="list-style-type: none"> <li>• TZK (08:00 - 10:00) [2797] <ul style="list-style-type: none"> <li>◦ TZK2-G1</li> <li>◦ TZK2-G2</li> </ul> </li> </ul> V2: <ul style="list-style-type: none"> <li>• TZK (10:00 - 12:00) [2797] <ul style="list-style-type: none"> <li>◦ TZK2-G3</li> <li>◦ TZK2-G4</li> </ul> </li> </ul> V2: <ul style="list-style-type: none"> <li>• TZK (12:00 - 14:00) [2797] <ul style="list-style-type: none"> <li>◦ TZK2-G5</li> <li>◦ TZK2-G6</li> </ul> </li> </ul> |
| Marić Željana, mag. kineziologije [2797]                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |
| <b>05.05.2025</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |
| V8: <ul style="list-style-type: none"> <li>• Blue Gym (08:00 - 09:00) [2797] <ul style="list-style-type: none"> <li>◦ TZK2-G5</li> <li>◦ TZK2-G6</li> </ul> </li> <li>• Blue Gym (09:00 - 10:00) [2797] <ul style="list-style-type: none"> <li>◦ TZK2-G1</li> <li>◦ TZK2-G2</li> </ul> </li> </ul>                                                                                                                                                                                                       |
| Marić Željana, mag. kineziologije [2797]                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |
| <b>06.05.2025</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |
| V8: <ul style="list-style-type: none"> <li>• Blue Gym (08:00 - 09:00) [2797] <ul style="list-style-type: none"> <li>◦ TZK2-G3</li> <li>◦ TZK2-G4</li> </ul> </li> </ul>                                                                                                                                                                                                                                                                                                                                  |
| Marić Željana, mag. kineziologije [2797]                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |
| <b>12.05.2025</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |

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| V8: <ul style="list-style-type: none"> <li>• Blue Gym (08:00 - 09:00) [2797] <ul style="list-style-type: none"> <li>◦ TZK2-G1</li> <li>◦ TZK2-G2</li> </ul> </li> <li>• Blue Gym (09:00 - 10:00) [2797] <ul style="list-style-type: none"> <li>◦ TZK2-G3</li> <li>◦ TZK2-G4</li> </ul> </li> </ul>                                                                                                                                                          |
| Marić Željana, mag. kineziologije [2797]                                                                                                                                                                                                                                                                                                                                                                                                                    |
| <b>13.05.2025</b>                                                                                                                                                                                                                                                                                                                                                                                                                                           |
| V8: <ul style="list-style-type: none"> <li>• Blue Gym (08:00 - 09:00) [2797] <ul style="list-style-type: none"> <li>◦ TZK2-G5</li> <li>◦ TZK2-G6</li> </ul> </li> </ul>                                                                                                                                                                                                                                                                                     |
| Marić Željana, mag. kineziologije [2797]                                                                                                                                                                                                                                                                                                                                                                                                                    |
| <b>19.05.2025</b>                                                                                                                                                                                                                                                                                                                                                                                                                                           |
| V8: <ul style="list-style-type: none"> <li>• Blue Gym (08:00 - 09:00) [2797] <ul style="list-style-type: none"> <li>◦ TZK2-G3</li> <li>◦ TZK2-G6</li> </ul> </li> <li>• Blue Gym (09:00 - 10:00) [2797] <ul style="list-style-type: none"> <li>◦ TZK2-G1</li> <li>◦ TZK2-G2</li> </ul> </li> </ul>                                                                                                                                                          |
| Marić Željana, mag. kineziologije [2797]                                                                                                                                                                                                                                                                                                                                                                                                                    |
| <b>21.05.2025</b>                                                                                                                                                                                                                                                                                                                                                                                                                                           |
| V8: <ul style="list-style-type: none"> <li>• Blue Gym (12:30 - 13:30) [2797] <ul style="list-style-type: none"> <li>◦ TZK2-G4</li> <li>◦ TZK2-G5</li> </ul> </li> </ul>                                                                                                                                                                                                                                                                                     |
| Marić Željana, mag. kineziologije [2797]                                                                                                                                                                                                                                                                                                                                                                                                                    |
| <b>24.05.2025</b>                                                                                                                                                                                                                                                                                                                                                                                                                                           |
| V2: <ul style="list-style-type: none"> <li>• TZK (08:00 - 10:00) [2797] <ul style="list-style-type: none"> <li>◦ TZK2-G1</li> <li>◦ TZK2-G2</li> </ul> </li> <li>• TZK (12:00 - 14:00) [2797] <ul style="list-style-type: none"> <li>◦ TZK2-G5</li> <li>◦ TZK2-G6</li> </ul> </li> </ul> V2: <ul style="list-style-type: none"> <li>• TZK (10:00 - 12:00) [2797] <ul style="list-style-type: none"> <li>◦ TZK2-G3</li> <li>◦ TZK2-G4</li> </ul> </li> </ul> |
| Marić Željana, mag. kineziologije [2797]                                                                                                                                                                                                                                                                                                                                                                                                                    |
| <b>26.05.2025</b>                                                                                                                                                                                                                                                                                                                                                                                                                                           |

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| <p>V8:</p> <ul style="list-style-type: none"> <li>• Blue Gym (08:00 - 09:00) <sup>[2797]</sup> <ul style="list-style-type: none"> <li>◦ TZK2-G1</li> <li>◦ TZK2-G2</li> </ul> </li> <li>• Blue Gym (09:00 - 10:00) <sup>[2797]</sup> <ul style="list-style-type: none"> <li>◦ TZK2-G3</li> <li>◦ TZK2-G5</li> </ul> </li> </ul>                                                                                                                        |
| Marić Željana, mag. kineziologije <sup>[2797]</sup>                                                                                                                                                                                                                                                                                                                                                                                                    |
| <b>29.05.2025</b>                                                                                                                                                                                                                                                                                                                                                                                                                                      |
| <p>V8:</p> <ul style="list-style-type: none"> <li>• Blue Gym (08:00 - 09:00) <sup>[2797]</sup> <ul style="list-style-type: none"> <li>◦ TZK2-G4</li> <li>◦ TZK2-G6</li> </ul> </li> </ul>                                                                                                                                                                                                                                                              |
| Marić Željana, mag. kineziologije <sup>[2797]</sup>                                                                                                                                                                                                                                                                                                                                                                                                    |
| <b>02.06.2025</b>                                                                                                                                                                                                                                                                                                                                                                                                                                      |
| <p>V9:</p> <ul style="list-style-type: none"> <li>• Blue Gym (08:00 - 09:00) <sup>[2797]</sup> <ul style="list-style-type: none"> <li>◦ TZK2-G3</li> <li>◦ TZK2-G6</li> </ul> </li> <li>• Blue Gym (09:00 - 10:00) <sup>[2797]</sup> <ul style="list-style-type: none"> <li>◦ TZK2-G1</li> <li>◦ TZK2-G2</li> </ul> </li> </ul>                                                                                                                        |
| Marić Željana, mag. kineziologije <sup>[2797]</sup>                                                                                                                                                                                                                                                                                                                                                                                                    |
| <b>03.06.2025</b>                                                                                                                                                                                                                                                                                                                                                                                                                                      |
| <p>V9:</p> <ul style="list-style-type: none"> <li>• Blue Gym (09:00 - 10:00) <sup>[2797]</sup> <ul style="list-style-type: none"> <li>◦ TZK2-G4</li> <li>◦ TZK2-G5</li> </ul> </li> </ul>                                                                                                                                                                                                                                                              |
| Marić Željana, mag. kineziologije <sup>[2797]</sup>                                                                                                                                                                                                                                                                                                                                                                                                    |
| <b>07.06.2025</b>                                                                                                                                                                                                                                                                                                                                                                                                                                      |
| <p>V2:</p> <ul style="list-style-type: none"> <li>• TZK (08:00 - 09:00) <sup>[2797]</sup> <ul style="list-style-type: none"> <li>◦ TZK2-G1</li> <li>◦ TZK2-G2</li> </ul> </li> <li>• TZK (09:00 - 10:00) <sup>[2797]</sup> <ul style="list-style-type: none"> <li>◦ TZK2-G3</li> <li>◦ TZK2-G4</li> </ul> </li> <li>• TZK (10:00 - 11:00) <sup>[2797]</sup> <ul style="list-style-type: none"> <li>◦ TZK2-G5</li> <li>◦ TZK2-G6</li> </ul> </li> </ul> |
| Marić Željana, mag. kineziologije <sup>[2797]</sup>                                                                                                                                                                                                                                                                                                                                                                                                    |
| <b>10.06.2025</b>                                                                                                                                                                                                                                                                                                                                                                                                                                      |
| <p>V9:</p> <ul style="list-style-type: none"> <li>• Blue Gym (08:00 - 09:00) <sup>[2797]</sup> <ul style="list-style-type: none"> <li>◦ TZK2-G3</li> <li>◦ TZK2-G4</li> </ul> </li> <li>• Blue Gym (09:00 - 10:00) <sup>[2797]</sup> <ul style="list-style-type: none"> <li>◦ TZK2-G5</li> <li>◦ TZK2-G6</li> </ul> </li> </ul>                                                                                                                        |

Marić Željana, mag. kineziologije <sup>[2797]</sup>

**13.06.2025**

- V9:
- Blue Gym (09:30 - 10:30) <sup>[2797]</sup>
    - TZK2-G1
    - TZK2-G2

Marić Željana, mag. kineziologije <sup>[2797]</sup>

**Popis predavanja, seminara i vježbi:**

| VJEŽBE (TEMA) | Broj sati | Mjesto održavanja |
|---------------|-----------|-------------------|
| V1            | 6         | Blue Gym          |
| V2            | 2         | TZK               |
| V3            | 6         | Blue Gym          |
| V2            | 2         | TZK               |
| V4            | 6         | Blue Gym          |
| V2            | 2         | TZK               |
| V5            | 6         | Blue Gym          |
| V2            | 2         | TZK               |
| V6            | 6         | Blue Gym          |
| V2            | 2         |                   |
| V7            | 6         | Blue Gym          |
| V2            | 2         | TZK               |
| V8            | 6         | Blue Gym          |
| V2            | 2         |                   |
| V9            | 3         | Blue Gym          |
| V2            | 1         |                   |

**ISPITNI TERMINI (završni ispit):**

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