

## *Lifelong education*

# Specialized Program of Kinesiology Activities

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The Faculty of Teacher Education, University of Zagreb has in the 2014/15 academic year initiated a program within the framework lifelong education entitled “Specialized Program of Kinesiology Activities“. The program was initiated for the purpose of training future leaders of specialized kinesiology activities in preschool education with the aim to develop competences for organizing, creating and implementing kinesiology activities with preschool-age children.

The program is intended for graduate preschool teachers in preschool institutions and persons who have completed studies in the area of preschool education or a similar area of study e.g. pedagogy, psychology or education and rehabilitation sciences, and who carry out various sport programs in preschool institutions. The program is devised to last 50 hours of which 10 are theoretical in nature while 40 are practical lectures (practicum). The program was first carried out from February 2-13, 2015. The Programme leader is Prof. Ivan Prskalo, PhD and the course instructors in this first round were: Assistant Prof. Vatroslav Horvat, PhD, Assistant Prof. Marko Badrić, PhD, Marijana Hraski, PhD, Marija Lorger, PhD, Ivana Nikolić, PhD, Snježana Mraković, MSc, Igor Bokor, Srna Jenko Miholić, Assistant Prof. Željko Hraski, PhD – associate.

The program structure was the following: Basic concepts in kinesiology in working with preschool children, forms, methods and principles of work in kinesiology teaching methodology, kinesiology activities and basic diagnostics in the area of kinesiology.

Achievement in the program is overseen by a mentor according to the participant's choice. Participants also have to write a seminar paper from a selected area and demonstrate a lesson of kinesiology activities with a group of preschool children. Proof of successful completion of the program is a Certificate issued by the Education and Teacher Training Agency.

Upon completion of the program, participants are encouraged to give their opinion of the program by means of a short questionnaire, i.e. providing short impressions. The following is a partial impression of the program realization:

*“Presentation of various games through sports, and an insight into the practical part by observing activities in kindergartens, a large number of hands-on content for each sport and two visits to kindergartens; I would recommend the program to all and I am thrilled with the amount of practical work (practice) which have been shown, demonstrated and carried out by ourselves. We commend the cooperation with kindergartens; active participation in all practice activities and the activities of participants; all programs were organized well and the visit to the kindergarten was beneficial; A very good program which should be continued; I commend the initiative and program, everything was organized in a professional manner...”*

*Marija Lorger*

# Cjeloživotno obrazovanje

## Poseban program kinezioloških aktivnosti

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Učiteljski fakultet Sveučilišta u Zagrebu od akademske godine 2014./2015. provodi u okviru cjeloživotnog obrazovanja „Poseban program kinezioloških aktivnosti” s ciljem usavršavanja za obavljanje poslova voditelja/ice posebnih programa kinezioloških aktivnosti u predškolskom odgoju i obrazovanju u cilju razvijanja kompetencija za organiziranje, kreiranje i provedbu kinezioloških aktivnosti u radu s djecom predškolske dobi.

Program je namijenjen diplomiranim odgojiteljima u predškolskim ustanovama i osobama koje provode različite sportske programe u predškolskim ustanovama, a koje imaju završen studij iz područja predškolskog odgoja i obrazovanja ili srodni studij iz područja pedagogije, psihologije ili defektologije. Trajanje programa iznosi 50 sati, od čega 10 sati teorijskih i 40 sati praktičnih predavanja (vježbi). Program je prvi puta realiziran od 2. do 13. veljače 2015. godine. Nositelj programa je prof. dr. sc. Ivan Prskalo, a izvoditelji prvog realiziranog programa bili su: doc. dr. sc. Vatroslav Horvat, doc. dr. sc. Marko Badrić, dr. sc. Marijana Hraski, dr. sc. Marija Lorger, dr. sc. Ivana Nikolić, mr. sc. Snježana Mraković, Igor Bokor, Srna Jenko Miholić, doc. dr. sc. Željko Hraski – vanjski suradnik.

Struktura programa sadrži: temeljne pojmove u kineziologiji u radu s djecom predškolske dobi, oblike, metode i principe rada u kineziološkoj metodici, kineziološke aktivnosti i temelje dijagnostike u području kineziologije.

Kvalitetu uspješnosti realizacije programa nadzire mentor po izboru polaznika, a također je potrebno izraditi seminarski rad iz izabranog područja i praktično demonstrirati sat kinezioloških aktivnosti sa skupinom predškolske djece. Za uspješan završetak programa polaznici dobivaju potvrdu od Agencije za odgoj i obrazovanje.

Polaznici na kraju programa izražavaju svoje mišljenje o programu putem kratkog upitnika, odnosno kratkim iznošenjem osobnih impresija, a ovdje je naveden dio impresija o ovogodišnjoj realizaciji programa:

*„Prezentacija raznih igara kroz razne sportove, uvid u praktični dio promatranjem aktivnosti u dječjem vrtiću, velik broj konkretnih sadržaja za svaki sport i dva odlaska u vrtić; program bih svakome preporučila i oduševljena sam količinom praktičnog (dijela) (vježbi) koje su prikazane, demonstrirane i koje smo osobno izvodili. Također svaka pohvala za suradnju s posjećenim vrtićima; aktivno uključivanje u sve vježbe i aktivnosti nas polaznika; svi su programi super organizirani i posjet vrtiću je dobro došao; Jako dobar program i trebalo bi ga i dalje nastaviti; svaka pohvala za inicijativu i otvaranje programa, sve je odrađeno vrlo profesionalno...”*

Marija Lorger