

STUDY PROGRAMME CURRICULUM SPORTS TRAINING

2023/2024

Name of study programme	Sports training
Programme characteristics	teacher education
Type	academic
Cycle	bachelor
University of Ljubljana members	• Faculty of Sport, Gortanova ulica 22, 1000 Ljubljana, Slovenija (100 %)

Year 1

	University Course Code	Course title	Lecturers	Contact hours					Individual student work	Total hours	ECTS	Semesters	Elective
				Lectures	Seminar	Tutorials	Clinical tutorials	Other forms of study					
1.	0045169	Basics of sports pedagogy	prof. dr. Jožef Štihec	60	15			30	105	210	7	All-year	no
2.	0042615	Basics of movement in sport	prof. dr. Maja Pajek	45	15	30			90	180	6	1st semester	no
3.	0042622	Informatics in sport	doc. dr. Bojan Leskošek	30		30			60	120	4	1st semester	no
4.	0042623	Sports medicine 1	izr. prof. dr. Vedran Hadžić, prof. dr. Edvin Dervišević	30	0	15	0	0	45	90	3	2nd semester	no
5.	0042624	Physiology of sport 1	Helena Lenasi	60		30			90	180	6	2nd semester	no
6.	0042626	History of Sport	izr. prof. dr. Tomaž Pavlin	30	15				45	90	3	2nd semester	no
7.	0104747	Functional anatomy	izr. prof. dr. Vedran Hadžić, prof. dr. Draga Štiblar Martinčič	60		30			90	180	6	1st semester	no

8.	0045065	Psychology	izr. prof. dr. Saša Cecić Erpič, prof. dr. Matej Tušak	60	15	15			90	180	6	All-year	no
9.	0042625	Biomechanics of sport 1	prof. dr. Matej Supej, prof. dr. Otmar Kugovnik	30		15			45	90	3	2nd semester	no
10.	0099381	Programme related electives1		45		135			180	360	12	All-year	no
11.	0099383	Šport A: usmeritveni šport		15	15	30			60	120	4	2nd semester	no
Total				465	75	330	0	30	900	1800	60		

Programme related electives1

				Contact hours									
	University Course Code	Course title	Lecturers	Lectures	Seminar	Tutorials	Clinical tutorials	Other forms of study	Individual student work	Total hours	ECTS	Semesters	Elective
1.	0089380	Dancing 1	izr. prof. dr. Petra Zaletel	15		45			60	120	4	2nd semester	yes
2.	0077441	Swimming 1 with basics of water rescue technique	izr. prof. dr. Jernej Kapus	15		45			60	120	4	1st semester	yes
3.	0098514	Athletics 1	prof. dr. Branko Škof, prof. dr. Milan Čoh	15		45			60	120	4	2nd semester	yes
4.	0098550	Artistic gymnastics with rhythmic 1	prof. dr. Maja Pajek, prof. dr. Ivan Čuk	15	0	45	0	0	60	120	4	1st semester	yes
Total				60	0	180	0	0	240	480	16		

Student selects 3 electives.

Year 1, Šport A

	Contact hours	
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	University Course Code	Course title	Lecturers	Lectures	Seminar	Tutorials	Clinical tutorials	Other forms of study	Individual student work	Total hours	ECTS	Semesters	Elective
1.	0075876	Aerobics	izr. prof. dr. Petra Zaletel	15	15	30			60	120	4	2nd semester	yes
2.	0076330	Alpine skiing and snowboarding	prof. dr. Blaž Lešnik, prof. dr. Milan Žvan	15	15	30			60	120	4	1st semester	yes
3.	0042851	Athletics	prof. dr. Branko Škof, prof. dr. Milan Čoh	15	15	30			60	120	4	2nd semester	yes
4.	0042865	Badminton	prof. dr. Miran Kondrič	15	15	30			60	120	4	2nd semester	yes
5.	0042866	Biathlon	prof. dr. Janez Pustovrh	15	15	30			60	120	4	1st semester	yes
6.	0045301	Combat sports	prof. dr. Damir Karpljuk	15	15	30			60	120	4	2nd semester	yes
7.	0045324	Fitness	prof. dr. Maja Dolenc	15	15	30			60	120	4	2nd semester	yes
8.	0042861	Ice hockey	izr. prof. dr. Tomaž Pavlin	15	15	30			60	120	4	1st semester	yes
9.	0042867	Kayak canoe	izr. prof. dr. Blaž Jereb	15	15	30			60	120	4	2nd semester	yes
10.	0075891	Nine pin bowling	prof. dr. Ivan Čuk	15	15	30			60	120	4	2nd semester	yes
11.	0045316	Cycling	doc. dr. Samo Rauter	15	15	30			60	120	4	2nd semester	yes
12.	0045300	Basketball	prof. dr. Frane Erčulj	15	15	30			60	120	4	2nd semester	yes
13.	0045318	Table tennis	prof. dr. Miran Kondrič	15	15	30			60	120	4	2nd semester	yes
14.	0042856	Football	prof. dr. Goran Vučković	15	15	30			60	120	4	2nd semester	yes

15.	0045317	Volleyball	doc. dr. Marko Zadražnik	15	15	30			60	120	4	2nd semester	yes
16.	0045308	Swimming	doc. dr. Boro Štrumbelj, izr. prof. dr. Jernej Kapus	15	15	30			60	120	4	2nd semester	yes
17.	0045302	Dancing	izr. prof. dr. Petra Zaletel	15	15	30			60	120	4	2nd semester	yes
18.	0045323	Rhythmic gymnastics	prof. dr. Ivan Čuk	15	15	30			60	120	4	2nd semester	yes
19.	0045311	Handball	prof. dr. Marko Šibila	15	15	30			60	120	4	2nd semester	yes
20.	0042855	Ski jumping and nordic combined	prof. dr. Bojan Jošt	15	15	30			60	120	4	1st semester	yes
21.	0042862	Cross-country skiing	prof. dr. Janez Pustovrh	15	15	30			60	120	4	1st semester	yes
22.	0042874	Squash	prof. dr. Goran Vučković	15	15	30			60	120	4	1st semester	yes
23.	0075890	Shooting	prof. dr. Ivan Čuk	15	15	30			60	120	4	All-year	no
24.	0045306	Artistic gymnastics	prof. dr. Maja Pajek, prof. dr. Ivan Čuk	15	15	30			60	120	4	2nd semester	yes
25.	0042871	Sports climbing	izr. prof. dr. Blaž Jereb	15	15	30			60	120	4	2nd semester	yes
26.	0042864	Tennis	prof. dr. Aleš Filipčič	15	15	30			60	120	4	2nd semester	yes
27.	0042859	Triathlon	doc. dr. Samo Rauter, prof. dr. Branko Škof	15	15	30			60	120	4	1st semester	yes
28.	0042872	Water poolo	izr. prof. dr. Jernej Kapus	15	15	30			60	120	4	1st semester	yes
29.	0042873	Rowing	prof. dr. Ivan Čuk	15	15	30			60	120	4	1st semester	yes
Total				435	435	870	0	0	1740	3480	116		

Year 2

	University Course Code	Course title	Lecturers	Contact hours					Individual student work	Total hours	ECTS	Semesters	Elective
				Lectures	Seminar	Tutorials	Clinical tutorials	Other forms of study					
1.	0042723	Physiology of sport 2	izr. prof. dr. Helena Lenasi	45	0	0	0	0	45	90	3	1st semester	no
2.	0042724	Sports medicine 2	izr. prof. dr. Vedran Hadžić, prof. dr. Edvin Dervišević	45	0	45	0	0	90	180	6	1st semester	no
3.	0042725	Neuromechanical basics of movement 1	izr. prof. dr. Katja Tomažin, prof. dr. Vojko Strojnik	30	0	15	0	0	45	90	3	1st semester	no
4.	0042637	Statistics in sports	doc. dr. Bojan Leskošek	30		30			60	120	4	2nd semester	no
5.	0042641	Basic principles of sports training 1	doc. dr. Boro Štrumbelj, prof. dr. Anton Ušaj	30	0	15	0	0	45	90	3	2nd semester	no
6.	0042727	Biomechanics of sport 2	prof. dr. Matej Supej, prof. dr. Otmar Kugovnik	30	0	15	0	0	45	90	3	1st semester	no
7.	0042728	Conditioning 1	doc. dr. Aleš Dolenc, izr. prof. dr. Igor Štirn, izr. prof. dr. Katja Tomažin, prof. dr. Anton Ušaj, prof. dr. Vojko Strojnik	90	30	90	0	0	210	420	14	2nd semester	no
8.	0099390	Programme related electives2		30		90			120	240	8	1st semester	no
9.	0099398	Šport A		75		45			120	240	8	All-year	no

10.	0099441	Programme related electives3		30		90			120	240	8	2nd semester	no
		Total		435	30	435	0	0	900	1800	60		

Programme related electives2

	University Course Code	Course title	Lecturers	Contact hours					Individual student work	Total hours	ECTS	Semesters	Elective
				Lectures	Seminar	Tutorials	Clinical tutorials	Other forms of study					
1.	0075839	Mountaineering	izr. prof. dr. Tadej Debevec	20	10	30			60	120	4	1st semester	yes
2.	0080856	Alpine skiing and snowboarding 1	prof. dr. Blaž Lešnik, prof. dr. Milan Žvan	15		30			60	105	4	1st semester	yes
3.	0080852	Nordic skiing 1	prof. dr. Janez Pustovrh	15		30			60	105	4	1st semester	yes
		Total		50	10	90	0	0	180	330	12		

Student selects 2 electives.

Programme related electives3

	University Course Code	Course title	Lecturers	Contact hours					Individual student work	Total hours	ECTS	Semesters	Elective
				Lectures	Seminar	Tutorials	Clinical tutorials	Other forms of study					
1.	0075844	Football 1	prof. dr. Goran Vučković	15	0	45	0	0	60	120	4	2nd semester	no
2.	0042630	Basketball 1	prof. dr. Frane Erčulj	15	0	45	0	0	60	120	4	2nd semester	no
3.	0042635	Volleyball 1	doc. dr. Marko Zdražnik	15	0	45	0	0	60	120	4	1st semester	no
4.	0042628	Handball 1	prof. dr. Marko Šibila	15	0	45	0	0	60	120	4	1st semester	no
		Total		60	0	180	0	0	240	480	16		

Student selects 2 electives.

Year 2, Šport A

	University Course Code	Course title	Lecturers	Contact hours					Individual student work	Total hours	ECTS	Semesters	Elective
				Lectures	Seminar	Tutorials	Clinical tutorials	Other forms of study					
1.	0075877	Aerobics	izr. prof. dr. Petra Zaletel	75		45			120	240	8	All-year	yes
2.	0042878	Alpine skiing and snowboarding	prof. dr. Blaž Lešnik, prof. dr. Milan Žvan	75		45			120	240	8	1st semester	yes
3.	0076313	Athletics	prof. dr. Branko Škof, prof. dr. Milan Čoh	75		45			120	240	8	All-year	yes
4.	0076333	Badminton	prof. dr. Miran Kondrič	75		45			120	240	8	All-year	yes
5.	0076336	Biathlon	prof. dr. Janez Pustovrh	75		45			120	240	8	1st semester	yes
6.	0076353	Combat sports	prof. dr. Damir Karpljuk	75		45			120	240	8	All-year	yes
7.	0045330	Fitness	prof. dr. Maja Dolenc	75		45			120	240	8	All-year	yes
8.	0076411	Ice hockey	izr. prof. dr. Tomaž Pavlin	75		45			120	240	8	1st semester	yes
9.	0076449	Kayak canoe	izr. prof. dr. Blaž Jereb	75		45			120	240	8	All-year	yes
10.	0075889	Bowling	prof. dr. Ivan Čuk	75		45			120	240	8	All-year	no
11.	0076465	Basketball	prof. dr. Frane Erčulj	75		45			120	240	8	All-year	yes
12.	0076490	Table tennis	prof. dr. Miran Kondrič	75		45			120	240	8	1st semester	yes
13.	0076500	Football	prof. dr. Marko Šibila	75		45			120	240	8	2nd semester	yes
14.	0045338	Swimming	doc. dr. Boro Štrumbelj, izr.	75		45			120	240	8	2nd semester	yes

			prof. dr. Jernej Kapus										
15.	0076520	Dancing	izr. prof. dr. Petra Zaletel	75		45			120	240	8	All-year	yes
16.	0076527	Handball	prof. dr. Marko Šibila	75		45			120	240	8	All-year	yes
17.	0076529	Ski jumping and nordic combined	prof. dr. Bojan Jošt	75		45			120	240	8	All-year	yes
18.	0076586	Cross-country skiing	prof. dr. Janez Pustovrh	75		45			120	240	8	1st semester	yes
19.	0076591	Squash	prof. dr. Goran Vučković	75		45			120	240	8	1st semester	yes
20.	0075888	Shooting	prof. dr. Ivan Čuk	75		45			120	240	8	All-year	no
21.	0083484	Artistic gymnastics	prof. dr. Maja Pajek, prof. dr. Ivan Čuk	75		45			120	240	8	All-year	yes
22.	0076601	Sports climbing	izr. prof. dr. Blaž Jereb	75		45			120	240	8	All-year	yes
23.	0076627	Tennis	prof. dr. Aleš Filipčič	75		45			120	240	8	2nd semester	yes
24.	0042898	Triathlon	doc. dr. Samo Rauter, prof. dr. Branko Škof	75	0	45			120	240	8	1st semester	yes
25.	0045347	Water polo	izr. prof. dr. Igor Štirn	75		45			120	240	8	All-year	yes
26.	0042900	Rowing	prof. dr. Ivan Čuk	75		45	0	0	120	240	8	1st semester	yes
27.	0088153	Rhythmic gymnastics	prof. dr. Ivan Čuk	75		45			120	240	8	2nd semester	yes
28.	0098892	Volleyball	doc. dr. Marko Zadražnik	75		45			120	240	8	2nd semester	yes
29.	0099061	Cycling	doc. dr. Samo Rauter	75		45			120	240	8	2nd semester	yes
		Total		2175	0	1305	0	0	3480	6960	232		

Year 3

	University Course Code	Course title	Lecturers	Contact hours					Individual student work	Total hours	ECTS	Semesters	Elective
				Lectures	Seminar	Tutorials	Clinical tutorials	Other forms of study					
1.	0042733	Practical work in sports organization	prof. dr. Marko Šibila					90	90	180	6	1st semester	no
2.	0045183	Psychology of Sport	prof. dr. Matej Tušak	30	15	15			60	120	4	1st semester	no
3.	0042739	Basic principles of training process	doc. dr. Boro Štrumbelj, prof. dr. Anton Ušaj	15	15	15			45	90	3	1st semester	no
4.	0042742	Sports nutrition	izr. prof. dr. Vedran Hadžić, prof. dr. Edvin Dervišević	30		15			45	90	3	1st semester	no
5.	0042743	Sociology of sport	prof. dr. Mojca Doupona	30	15	15			60	120	4	2nd semester	no
6.	0042659	Basics of management in sport	doc. dr. Jožef križaj, doc. dr. Marta Bon, izr. prof. dr. Tomaž Pavlin, prof. dr. Jakob Bednarik	56	4	15			75	150	5	2nd semester	no
7.	0045092	English	prof. dr. Alenka Vrbinc	45					45	90	3	1st semester	no
8.	0042658	Philosophy of sport	prof. dr. Bojan Jošt	30	15				45	90	3	1st semester	no
9.	0042738	Conditioning 2	prof. dr. Branko Škof, prof. dr. Milan Čoh	45	30	30			105	210	7	1st semester	no
10.	0099409	Programme related electives4		30		15			45	90	3	2nd semester	no

11.	0099415	Discipline related electives		75	45	60			180	360	12	All-year	no
12.	0099419	Šport A: usmeritveni šport		60	15	15			105	195	7	All-year	no
Total				446	154	195	0	90	900	1785	60		

Programme related electives⁴

				Contact hours									
	University Course Code	Course title	Lecturers	Lectures	Seminar	Tutorials	Clinical tutorials	Other forms of study	Individual student work	Total hours	ECTS	Semesters	Elective
1.	0042849	Psychological preparation	prof. dr. Matej Tušak	30		15	0	0	45	90	3	2nd semester	yes
2.	0042850	Biomechanics of sport 3	prof. dr. Matej Supej, prof. dr. Otmar Kugovnik	30		15			45	90	3	2nd semester	yes
Total				60	0	30	0	0	90	180	6		

Student selects 1 elective.

Discipline related electives

				Contact hours									
	University Course Code	Course title	Lecturers	Lectures	Seminar	Tutorials	Clinical tutorials	Other forms of study	Individual student work	Total hours	ECTS	Semesters	Elective
1.	0077338	Alpine skiing - skiing is a game	prof. dr. Blaž Lešnik, prof. dr. Milan Žvan	15		45			60	120	4	1st semester	yes
2.	0077340	Performance analysis of sport	prof. dr. Goran Vučković	15		45			60	120	4	1st semester	yes
3.	0045113	Scuba diving	izr. prof. dr. Jernej Kapus, izr. prof. dr. Tanja Kajtna	15	0	45	0	0	60	120	4	1st semester	yes

4.	0045149	Weightlifting	izr. prof. dr. Igor Štirn	15	0	45	0	0	60	120	4	1st semester, 2nd semester	yes
5.	0045122	Elementary physical education	prof. dr. Mateja Videmšek	45	45	30		15	135	270	9	2nd semester	yes
6.	0045138	Movements and games with ball	prof. dr. Goran Vučković	15		45			60	120	4	1st semester	yes
7.	0045151	Golf	prof. dr. Milan Čoh, prof. dr. Milan Žvan	15		45			60	120	4	1st semester	yes
8.	0045117	Windsurfing	doc. dr. Matej Majerič	15		45	0	0	60	120	4	2nd semester	yes
9.	0045120	Judo	prof. dr. Damir Karpljuk	15		45			60	120	4	1st semester	yes
10.	0045148	Nordic walking and running 1	prof. dr. Janez Pustovrh	15		45			60	120	4	2nd semester	yes
11.	0077342	Beachvolley	doc. dr. Tine Sattler	15		45			60	120	4	2nd semester	no
12.	0045112	Public relations in sport	prof. dr. Mojca Doupona	15		30			45	90	3	2nd semester	yes
13.	0077341	Orienteering	Dušan Petrovič, izr. prof. dr. Blaž Jereb, prof. dr. Branko Škof	15		45			60	120	4	2nd semester	yes
14.	0045196	Basics of diving on breath	doc. dr. Marko Zadražnik, izr. prof. dr. Jernej Kapus	15		30			45	90	3	2nd semester	yes
15.	0082401	Jumping on trampolines	prof. dr. Ivan Čuk	15		45	0	0	60	120	4	2nd semester	yes
16.	0045150	Squash	prof. dr. Goran Vučković	15		45			60	120	4	1st semester	yes

17.	0045114	Social skills for teachers and coaches	izr. prof. dr. Saša Cević Erpič	15	0	45			60	120	4	2nd semester	yes
18.	0097208	Telesna dejavnost v podjetjih in javni upravi	prof. dr. Damir Karpljuk	45	45	30		15	135	270	9	All-year	no
19.	0045116	Touring bike	doc. dr. Samo Rauter, izr. prof. dr. Tadej Debevec	15		45	0	0	60	120	4	2nd semester	yes
20.	0090448	Sports climbing 1	izr. prof. dr. Blaž Jereb	15		45			60	120	4	1st semester	yes
21.	0045147	Biomechanics 2: Analysis of movement and loadings of human body	prof. dr. Matej Supej	15	0	45	0	0	60	120	4	1st semester	yes
22.	0097225	Pilates on the mattress	prof. dr. Maja Pajek	15		45			60	120	4	2nd semester	yes
23.	0042675	Teaching swimming toddlers and pre-school children according to Fred's method	doc. dr. Dorica Šajber	15	0	30	0		45	90	3	2nd semester	yes
24.	0104831	Yoga in sport	izr. prof. dr. Petra Zaletel	15		45			60	120	4	2nd semester	yes
25.	0108774	Doping in sport	izr. prof. dr. Tanja Kajtna, izr. prof. dr. Vedran Hadžić	15	0	45			60	120	4	2nd semester	yes
26.	0119620	Beach Sports: Football and Handball	doc. dr. Marta Bon	15		45			60	120	4	2nd semester	yes
27.	0127655	Altitude training in sport	izr. prof. dr. Tadej Debevec,	15		30			45	90	3	2nd semester	yes

			prof. dr. Anton Ušaj										
28.	0536105	Chess	doc. dr. Matej Guid, prof. dr. Matej Tušak	15	15	30			60	120	4	1st semester	yes
		Total		480	105	1155	0	30	1770	3540	118		

Year 3, Šport A

	University Course Code	Course title	Lecturers	Contact hours					Individual student work	Total hours	ECTS	Semesters	Elective
				Lectures	Seminar	Tutorials	Clinical tutorials	Other forms of study					
1.	0075875	Aerobics	izr. prof. dr. Petra Zaletel	60	15	30			105	210	7	All-year	yes
2.	0076328	Alpine skiing and snowboarding	prof. dr. Blaž Lešnik, prof. dr. Milan Žvan	60	15	30			105	210	7	All-year	yes
3.	0076314	Athletics	prof. dr. Branko Škof, prof. dr. Milan Čoh	60	15	30			105	210	7	All-year	yes
4.	0076334	Badminton	prof. dr. Miran Kondrič	60	15	30			105	210	7	All-year	yes
5.	0076339	Biathlon	prof. dr. Janez Pustovrh	60	15	30			105	210	7	1st semester	yes
6.	0076356	Combat sports	prof. dr. Damir Karpljuk	60	15	30			105	210	7	All-year	yes
7.	0076446	Fitness	prof. dr. Maja Dolenc	60	15	30			105	210	7	All-year	yes
8.	0076412	Ice hockey	izr. prof. dr. Tomaž Pavlin	60	15	30			105	210	7	All-year	yes
9.	0076452	Kayak canoe	izr. prof. dr. Blaž Jereb	60	15	30			105	210	7	All-year	yes
10.	0075887	Bowling	prof. dr. Ivan Čuk	60	15	30			105	210	7	All-year	no

11.	0076476	Basketball	prof. dr. Frane Erčulj	60	15	30			105	210	7	All-year	yes
12.	0076494	Table tennis	prof. dr. Miran Kondrič	60	15	30			105	210	7	All-year	yes
13.	0076501	Football	prof. dr. Goran Vučković	60	15	30			105	210	7	2nd semester	yes
14.	0045364	Swimming	doc. dr. Boro Štrumbelj, izr. prof. dr. Jernej Kapus	60	15	30			105	210	7	All-year	yes
15.	0076522	Dancing	izr. prof. dr. Petra Zaletel	60	15	30			105	210	7	All-year	yes
16.	0088154	Rhythmic gymnastics	prof. dr. Ivan Čuk	60	15	30			105	210	7	2nd semester	yes
17.	0076528	Handball	prof. dr. Marko Šibila	60	15	30			105	210	7	All-year	yes
18.	0076530	Ski jumping and nordic combined	prof. dr. Bojan Jošt	60	15	30			105	210	7	All-year	yes
19.	0076588	Cross-country skiing	prof. dr. Janez Pustovrh	60	15	30			105	210	7	1st semester	yes
20.	0076592	Squash	prof. dr. Goran Vučković	60	15	30			105	210	7	1st semester	yes
21.	0075886	Shooting	prof. dr. Ivan Čuk	60	15	30			105	210	7	All-year	no
22.	0083515	Artistic gymnastics	prof. dr. Maja Pajek, prof. dr. Ivan Čuk	60	15	30			105	210	7	All-year	yes
23.	0076604	Sports climbing	izr. prof. dr. Blaž Jereb	60	15	30			105	210	7	All-year	yes
24.	0076626	Tennis	prof. dr. Aleš Filipčič	60	15	30			105	210	7	2nd semester	yes
25.	0083514	Water polo	izr. prof. dr. Igor Štirn	60	15	30			105	210	7	All-year	yes
26.	0045366	Rowing	prof. dr. Ivan Čuk	60	15	30	0	0	105	210	7	All-year	yes

27.	0098893	Volleyball	doc. dr. Marko Zadražnik	60	15	30			105	210	7	2nd semester	yes
28.	0099060	Triathlon	doc. dr. Samo Rauter, prof. dr. Branko Škof	60	15	30			105	210	7	1st semester	yes
29.	0099062	Cycling	doc. dr. Samo Rauter	60	15	30			105	210	7	2nd semester	yes
Total				1740	435	870	0	0	3045	6090	203		