

UČNI NAČRT PREDMETA / COURSE SYLLABUS

Ime predmeta:	Trajnostna pridelava hrane
Course title:	Sustainable food production

Študijski program in stopnja Study programme and cycle	Študijska smer Study option	Letnik Year of study	Semester Semester
Študijski program za izpopolnjevanje Gospodinjstvo		1.	2.
Supplemental study program Home economics		1st	2nd

Vrsta predmeta (obvezni ali izbirni) /
Course type (compulsory or elective)

Izbirni

Elective

Univerzitetna koda predmeta / University course code:

Predavanja Lectures	Seminar Seminar	Vaje Tutorial	Klinične vaje Clinical training	Druge oblike študija Other forms of study	Samost. delo Individual work	ECTS
15		SV 15	LV 12	TV 18	120	6

Nosilec predmeta / Course coordinator:

Jana Ambrožič Dolinšek

Jeziki /Languages:

Predavanja / Lectures: slovenski / Slovene

Vaje / Tutorial: slovenski / Slovene

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

Poročilo in portfolij sta pogoj za pristop k izpitu. Vse vaje potekajo ob pomoči tehničnega sodelavca.

Prerequisites for enrolling in the course or for performing study obligations:

The report and portfolij are a prerequisite for taking the exam.

All exercises are carried out with the help of a technical assistant.

Vsebina (kratek pregled učnega načrta):

Predmet obravnava kmetijsko pomembne uporabne rastline in živali ter trajnostno pridelavo ter potrošnjo hrane. Vključuje pomen agrobiodiverzitete za človeka, trajnostno proizvodnjo hrane (integrirano in ekološko kmetijstvo), trajnostno potrošnjo živil, označevanje trajnostne hrane in vključuje praktično delo v sadno-zelenjavnem in zeliščnem vrtu v Botaničnem vrtu Univerze v Mariboru, Slovenija. Študentje se bodo

Content (syllabus outline):

The course deal with useful plants in agriculture and sustainable food production and consumption. It includes the importance of agrobiodiversity of plants and animals for humans, sustainable food production (integrated and organic farming), sustainable food consumption food labeling and includes a practical work in fruit, vegetable and herb garden in the Botanical garden, University of Maribor, Slovenia. During the course we introduce

- Spodbuditi pri študentih interes za varovanje narave.
- Praktično usposobiti študente za izkustveno in multi-senzorično učenje.

- Practically train students for experiential and multisensory learning.

Predvideni študijski rezultati:

Znanje in razumevanje:

- Prepozna značilnosti uporabnih kmetijskih organizmov in agrobiodiverzitete.
- Primerja, pojasni in ovrednoti postopke, povezane s pridelavo hrane.
- Pojasni in ovrednoti potrebe živih bitij, njihove življenjske procese in interakcije z okoljem.
- Pojasni in ovrednoti osnovne potrebe živih bitij.
- Pojasni in ovrednoti medsebojno povezanost živih bitij z njihovim okoljem.
- Pojasni medsebojno povezanosti žive in nežive narave.
- Primerja in ovrednoti povezanost naravovarstva in varstva okolja.

Intended learning outcomes:

Knowledge and understanding:

- Identify the characteristics of agricultural beneficial organisms and agrobiodiversity.
- Compare, explain and evaluate the processes of food production.
- Explain and evaluate the needs of living organisms, their life processes and interactions with the environment.
- Explain and evaluate the basic needs of living organisms.
- Explain and evaluate the interactions of living organisms with their environment.
- Explain the interdependence of animate and inanimate nature.
- Compare and evaluate the relationship between nature conservation and environmental protection.

Metode poučevanja in učenja:

- predavanja,
- seminarske naloge
- laboratorijske in terenske vaje,
- uporaba programse opreme in načinov digitalnega komuniciranja.

Learning and teaching methods:

- Lectures,
- Seminar work
- Laboratory and field exercises,
- use of software and digital communication methods.

Načini ocenjevanja:

Delež (v %) /

Share (in %)

Assessment methods:

Pisni izpit,	25	Written exam,
Seminarska naloga,	25	Seminar paper,
Poročilo,	25	Report,
Portfolio.	25	Portfolio.

Reference nosilca / Course coordinator's references:

Pogledi na slovenščino kot neprvi jezik v zgodnjem izobraževanju (1. izd.). (2021). Univerza v Mariboru, Univerzitetna založba. <https://press.um.si/index.php/ump/catalog/book/583>

Vovk, A., & Ambrožič-Dolinšek, J. (2022). Razumevanje trajnostnosti med mladimi v luči vpliva soft CLIL učnih enot pri dijakih drugih letnikov gimnazijskih programov = Understanding sustainability among young people in the light of the influence of soft CLIL learning units in second year students of high school programs. V *Obrazi več-/raznojezičnosti: [znanstvena monografija]* (str. 179–200). Pedagoški inštitut. <https://www.pei.si/ISBN/978-961-270-345-5.pdf>

UČNI NAČRT PREDMETA / COURSE SYLLABUS	
Ime predmeta:	GASTRONOMIJA IN KULINARIKA
Course title:	GASTRONOMY AND CUISINE

Študijski program in stopnja Study programme and cycle	Študijska smer Study option	Letnik Year of study	Semester Semester
Študijski program za izpopolnjevanje Gospodinjstvo		1.	2.
Supplemental study program Home economics		1st	2nd

Vrsta predmeta (obvezni ali izbirni) /
Course type (compulsory or elective)

Izbirni
elective

Univerzitetna koda predmeta / University course code:

Predavanja Lectures	Seminar Seminar	Vaje Tutorial			Klinične vaje Clinical training	Druge oblike študija Other forms of study	Samost. delo Individual work	ECTS
30							120	6
		SV	LV	TV				
			30					

Nosilec predmeta / Course coordinator:

Blanka Vombergar

Jeziki /Languages:

Predavanja / Lectures: slovenski/ Slovene

Vaje / Tutorial: slovenski/ Slovene

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

Jih ni.

Prerequisites for enrolling in the course or for performing study obligations:

None.

Vsebina (kratek pregled učnega načrta):

Kultura prehranjevanja, vloga prehrane, navade in razvade ljudi, prehranska vzgoja.
Sistematika jedi.
Jedilniki za zdravo in dietno prehrano.
Senzorične lastnosti hrane.
Osnove gastronomije in kakovostna gastronomska ponudba. Gastronomska in kulinarična načela.
Prehrana doma in po svetu. Značilnosti slovenske kuhinje, kulinarične spretnosti, slovenske tradicionalne jedi. Svetovna kulinarična dediščina in značilnosti mednarodnih kuhinj ter običaji.

Content (syllabus outline):

Eating culture, the role of eating habits, and nutritional education.
Food systematics.
Menus for healthy and special diets.
Sensory properties of food.
Basics of gastronomy and quality gastronomic offer.
Gastronomic and culinary principles.
Nutrition at home and around the world.
Characteristics of Slovenian cuisine, culinary skills, Slovenian traditional dishes. World culinary heritage and characteristics of international cuisines and customs.

Seznanimi študente s slovensko kulinariko in tradicionalnimi jedmi.

Seznanimi študente z značilnostmi mednarodnih kuhinj in prehranskih običajev v svetu.

Seznanimi študente s prazničnimi jedmi in prehranskimi navadami ob praznikih.

To acquaint students about Slovenian cuisine and traditional dishes.

To acquaint students about the characteristics of international cuisines and dietary habits in the world.

To acquaint students about festive dishes and nutritional holiday habits.

Predvideni študijski rezultati:

Znanje in razumevanje:

Pojasni strokovno izrazoslovje s področja prehrane, gastronomije in kulinarike.

Prepozna načela zdrave prehrane v praksi.

Pojasni in ovrednoti gastronomska in kulinarika načela v gastronomski praksi in ponudbi.

Prepozna in ovrednoti novosti in kulinarika vire.

Pojasni senzorične analize jedi in pijač.

Prepozna in ovrednoti postopke v kulinariki.

Primerja in ovrednoti opremo velikih kuhinj in tehnoloških postopkov.

Intended learning outcomes:

Knowledge and understanding:

Explain the technical terminology in the field of nutrition, culinary art.

Recognise the principles of a healthy diet in practice.

Recognize gastronomic and culinary principles in the gastronomic offer.

Recognise how to track innovations and evaluate culinary resources.

Recognise the sensory analysis of foods and drinks.

Explain and evaluate the cooking procedures.

Compare the equipment of large kitchens and technological procedures

Metode poučevanja in učenja:

- predavanja,
- vaje,
- vaje v kuhinji,
- projektno delo,
- praktične delavnice
- terensko delo,
- strokovne ekskurzije,
- obiski proizvajalcev hrane in opreme,
- uporaba IKT – računalnik, DVD,
- dodatna pisna gradiva, vprašalniki, gradiva za računanje.

Learning and teaching methods:

- lectures,
- exercises,
- practice work in the kitchen
- project work,
- practical workshops,
- field work,
- professional excursions,
- visits to food and equipment,
- Use of ICT – computer, DVD,
- Additional written materials, questionnaires, computing materials.

Načini ocenjevanja:

- Pisni izpit.
- Laboratorijsko delo,
- Praktična naloga.

Delež (v %) /
Share (in %)

Assessment methods:

- Written exam.
- Laboratory work,
- Practical assignment.

UČNI NAČRT PREDMETA / COURSE SYLLABUS

Ime predmeta:	GIBANJE
Course title:	PHYSICAL ACTIVITY

Študijski program in stopnja Study programme and cycle	Študijska smer Study option	Letnik Year of study	Semester Semester
Študijski program za izpopolnjevanje Gospodinjstvo		1.	2.
Supplemental study program Home economics		1st	2nd

Vrsta predmeta (obvezni ali izbirni) /
Course type (compulsory or elective)

izbirni
elective

Univerzitetna koda predmeta / University course code:

Predavanja Lectures	Seminar Seminar	Vaje Tutorial	Klinične vaje Clinical training	Druge oblike študija Other forms of study	Samost. delo Individual work	ECTS
30		SV LV TV			120	6
		30				

Nosilec predmeta / Course coordinator:

Črtomir Matejek

Jeziki /Languages:

Predavanja / Lectures: slovenski / Slovene

Vaje / Tutorial: slovenski / Slovene

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

Pogoji za vključitev v delo:

- Jih ni.

Pogoji za opravljanje študijskih obveznosti:

- pogoj za pristop k pisnemu izpitu je 80 % prisotnost na vajah.

Prerequisites for enrolling in the course or for performing study obligations:

Conditions for inclusion:

- None.

Terms Prerequisites:

- 80% participation at tutorials for approaching to the written exam.

Vsebina (kratek pregled učnega načrta):

- Pomen gibalne dejavnosti za razvoj različnih bio-psiho-socialnih razsežnosti človeka
- Gibanje za zdravje, dobro počutje, aktiven življenjski slog in kakovost življenja
- Gibalni razvoj otrok
- Gibalno vedenje otrok
- Vloga športnih aktivnosti v celostnem razvoju otroka

Content (syllabus outline):

- Role of Physical Activity for Development of Various Human Bio-Psycho-Social Dimensions
- Sport for Health, Well-Being, Active Lifestyle, Quality of Life
- Motor Development of Children
- Motor Behaviour of Children
- Role of Sport in Integrated Development
- Physical fitness and Motor Skills
- Experience Aspects of Physical Education

dejavnosti za vključevanje v medpredmetno poučevanje na primarni stopnji izobraževanja.

Predvideni študijski rezultati:

Znanje in razumevanje:

Po zaključku tega predmeta bo študent sposoben:

- izkazati teoretično in praktično znanje o različnih športnih zvrsteh na osnovni ravni
- razlikuje gibalne spretnosti in gibalne sposobnosti
- razume proces gibalnega učenja
- razumeti pomen športne aktivnosti za zdravje in kakovost življenja
- zna vsebine športa smiselno prilagoditi potrebam medpredmetnega poučevanja

Intended learning outcomes:

Knowledge and understanding:

On completion of this course the student will be able to:

- demonstrate theoretical and practical knowledge in various sports disciplines on basic level
- differs physical competences from physical fitness
- understand the process of motor learning
- demonstrate understanding of sport activity for health and quality of life
- adapt and include sports contents in cross-curricular teaching

Metode poučevanja in učenja:

- predavanja,
- praktične vaje,
- frontalna metoda,
- simulacija,
- refleksija,
- razprava,
- uporaba programske opreme in načinov digitalnega komuniciranja.

Learning and teaching methods:

- lectures,
- practical work,
- frontal methods of learning,
- simulations,
- reflection,
- discussion,
- use of software and digital communication methods.

Načini ocenjevanja:

Način (pisni izpit, ustno izpraševanje, naloge, projekt)

- portfolio,
- pisni izpit.

Delež (v %) /
Share (in %)

20 %
80 %

Assessment methods:

Method (written or oral exam, coursework, project):

- portfolio,
- written exam

Reference nosilca / Course coordinator's references:

Planinšec, J., Matejek, Č., Pišot, S., Pišot, R., & Šimunič, B. (2022). Consequences of COVID-19 lockdown restrictions on children physical activity: a Slovenian Study. *Frontiers in public health*, 10(843448), 1–10. <https://www.frontiersin.org/articles/10.3389/fpubh.2022.843448/full>

Planinšec, J., & Matejek, Č. (2022). Morphological characteristics and body composition are important factor for physical fitness of preadolescent children. V *Studies of environmental issues through the prism of integration into the wider environment* (str. 81–99). Verlag Dr. Kovač.