

Faculty for Sport and Physical Education / PHYSICAL EDUCATION / Theory of Sports Training

Course:	Theory of Sports Training			
Course ID	Course status	Semester	ECTS credits	Lessons (Lessons+Exercises+Laboratory)
4621	Mandatory	2	5	4+2+1
Programs	PHYSICAL EDUCATION			
Prerequisites	There are no prerequisites required for signing up for this course			
Aims	The aim of the THEORY OF SPORTS TRAINING, as a course can be seen in stimulating students' spiritual efforts to consider the very foundations necessary for understanding sports training, physical education of children and the young, athletes, sports coaches and, of course, future teachers of the specific profession they have chosen, i.e. their efforts for its further development and revision. The aim of the course is also to enable student to plan and programme the work independently.			
Learning outcomes	Having passed this course, the student will be able to: 1. Define the basic terms and notions used in sports training 2. Practically apply training methods in sports training 3. Analyse the plan and programme of sports training through its time periods – cycles 4. Recognise the functions of physiological systems in young athletes 5. Explain the multidisciplinary approach in the diagnostic of the conditions of athletes' fitness 6. Understand the importance of diagnostic procedures in marking the success of the sports training process			
Lecturer / Teaching assistant	Prof.dr Duško Bjelica, dr Aldijana Muratović			
Methodology	Lectures, task solving, seminar papers, consultations, tests, exams			
Plan and program of work				
Preparing week	Preparation and registration of the semester			
I week lectures	The aims and importance of the course. The notion of sport, technique and training			
I week exercises	The aims and importance of the course. The notion of sport, technique and training			
II week lectures	The basic terms and notions used in sports training;			
II week exercises	The basic terms and notions used in sports training;			
III week lectures	Planning and programming of sports training: general principles of sports training			
III week exercises	Planning and programming of sports training: general principles of sports training			
IV week lectures	Systematisation of sports			
IV week exercises	Systematisation of sports			
V week lectures	Warming up and cooling of the body			
V week exercises	Warming up and cooling of the body			
VI week lectures	Pedagogical foundations of sports training; General and Didactic principles; Applied didactic principles; The presentation of the training class			
VI week exercises	Pedagogical foundations of sports training; General and Didactic principles; Applied didactic principles; The presentation of the training class			
VII week lectures	Mid-term exam			
VII week exercises				
VIII week lectures	Altitude training in hypoxic environment			
VIII week exercises	Altitude training in hypoxic environment			
IX week lectures	Specific issues in the training of young athletes			
IX week exercises	Specific issues in the training of young athletes			
X week lectures	Cycles: microcycle, mesocycle and macrocycle			
X week exercises	Cycles: microcycle, mesocycle and macrocycle			
XI week lectures	Cycles: microcycle, mesocycle and macrocycle Yearly training plan: Periodisation of the most important motor abilities.			
XI week exercises	Cycles: microcycle, mesocycle and macrocycle Yearly training plan: Periodisation of the most important motor abilities.			

XII week lectures	Second exam					
XII week exercises						
XIII week lectures	Diagnostic of athletes' fitness					
XIII week exercises	Diagnostic of athletes' fitness					
XIV week lectures	Final exam					
XIV week exercises						
XV week lectures						
XV week exercises						
Student workload	Weekly: 5credits x 40/30 = 6 hours 40 min. Structure: 3 hours of lectures 1 hour of practical lectures 2 hours of exercises 40 min. of independent work, including consultations During the semester: Lectures and final exam: 4 x 16= 64 hours. Necessary preparations before the start of the semester (administration, registration, certification) 2 x (4) = 8 hours Total hours for the course: 3 x 30 = 90 hours Additional work for the preparation of the makeup final exam, including taking the makeup final exam from 0 to 30 hours Structure of the workload: 64 hours (teaching) + 8 hours (preparation) + 18 hours (additional work)					
Per week			Per semester			
5 credits x 40/30=6 hours and 40 minuts 4 sat(a) theoretical classes 1 sat(a) practical classes 2 excercises -1 hour(s) i 40 minuts of independent work, including consultations			Classes and final exam: 6 hour(s) i 40 minuts x 16 =106 hour(s) i 40 minuts Necessary preparation before the beginning of the semester (administration, registration, certification): 6 hour(s) i 40 minuts x 2 =13 hour(s) i 20 minuts Total workload for the subject: 5 x 30=150 hour(s) Additional work for exam preparation in the preparing exam period, including taking the remedial exam from 0 to 30 hours (remaining time from the first two items to the total load for the item) 30 hour(s) i 0 minuts Workload structure: 106 hour(s) i 40 minuts (courses), 13 hour(s) i 20 minuts (preparation), 30 hour(s) i 0 minuts (additional work)			
Student obligations			Students are obliged to attend the lectures, do assigned topics, take 2 exams, do practical exam, norms, do seminar papers.			
Consultations			Consultations: Wednesdays from 13:00 to 13:30			
Literature			: Osnovni udžbenik: Bjelica, D., Fratrić, F. (2011). Sportski trening, teorija, metodika i dijagnostika. Fakultet za sport i fizičko vaspitanje. Nikšić; Bjelica, D. (2006). Sportski trening. Crnogorska sportska akademija, Podgorica.			
Examination methods			: Two exams 22 points each (44 in total). Seminar paper up to 6 points. Practical assessment of knowledge and abilities is conditional. Final exam: 50 points The passing grade is achieved if the student cumulatively earns 51 points and regularly attends			
Special remarks			nema			
Comment			nema			
Grade:	F	E	D	C	B	A
Number of points	less than 50 points	greater than or equal to 50 points and less than 60 points	greater than or equal to 60 points and less than 70 points	greater than or equal to 70 points and less than 80 points	greater than or equal to 80 points and less than 90 points	greater than or equal to 90 points