SYLLABUS

1. Course title:

SPORT TRAINING I

2. Code:

3. Cycle of study:

1

4. ECTS credits:

5

5. Type of course:

(●) Mandatory ( ) Elective

6. Prerequisites:

Completed I (first) semester, with min.25% points of student's pre-requisites

7. Class restrictions:

Students of the first study cycle of Faculty of physical education and sport Department of Physical and Health Educati

8. Duration / semester:

15 8

9. Weekly contact hours:

9.1. Lectures: 2

9.2. Seminars: 0

9.3. Laboratory/Practice classes: 2

10. Faculty:

Faculty of physical education and sport

11. Department/study program:

Faculty of physical education and sport - first cycle

12. Lecturer:

13. Lecturer's e-mail:

14. Web site:

15. Course aims:

The aim of the course is to: Introduce students with the importance and applicability of sports Training in Sport and Physical Education, Education and Training of a Student for Realization and Implementation Sports training in sports and physical education, Training of students to make the program and the learned content of sports training implemented and used in the sports or teaching process, Awareness of sports training in the function of positive social activity and promotion of the Olympic values.

16. Learning outcomes:

Upon completion of the study program, students will be able to: Understand the goals and tasks of sports training in terms of improving
Performance and Health Promotion, understand the training stimuli, and physiological aspects of adaptation in function of sport and the teaching process and the development of health promotion and sports results, control and diagnose conditions and processes in the sports-training, we are using and conduct sports training facilities in the field of sport and physical education.

17. Course content:

The concept and definition of sports training - sports classification
Analysis of anthropological dimensions of athletes - equation specifications in the sport
Training as a transformational process - the state entity in the process of transformation
Cybernetics and sports training - management of sports training
The principles and rules of sports training - organizational forms of work
The methods and methodical forms of sports training
Bioenergetic system - aerobic anaerobic processes Factors of training loads
Sports form
The construction of sports training
Exogenous factors of sports training - human resources
Material conditions of the competition
Selection in sport (young athletes)
Fatigue and recovery
Methodical basis of learning tactical technical knowledge - base motor learning

18. Learning methods:

Theoretical classes:
Methods of oral presentations, lectures and interact with students using multimedia teaching aids, discussions, group work, individual work, consultations, workshops, quizzes, papers and seminars.
Practical classes:
Demonstration, participation of students, practical work in groups, individual work, the implementation of additional tasks.

19. Assessment methods:

The obligation of the student is that throughout the semester comes regularly to the lectures and exercises. Teacher during the semester will follow presence. In the sixth week will have the first check (theoretical). This pre-exam includes material that was previously processed. The test consists of a number of issues and their number and scoring depends on the severity of the task that is scheduled for mid-term. A student at the prelim and homework assignments can achieve a maximum of 16 points. In the twelfth week is provided a second mid-term treated material comprising the first and second mid-term exams. This pre-exam is scored on the same principle as the first. As part of the pre-exam students are required to complete a seminar that on completion with the responsible teacher for review and evaluation of a number of point is 7 . The final exam consists of a written part and the right for the final exam have all students regardless of the number of points on pri-exam. Max number of points that a student can win in the pre-exam is 64. No matter how much a student wins points in the pre-exam they wil be combined with other points but does not represent a barrier to student approached the final exam. If a student receives a sufficient number of points in the sum of points won on the final exam do not meet the rank passing grade the student must re-take the examination in order to win higher score and passed the exam.

Grading ratings are as follows:
0-53 (grade 5),
54-63 (grade 6)
64-73 (grade 7)
74- 83 (grade 8)
84- 93 (grade 9)
93-100 (grade 10)

20. Assessment components:

The score based on the total number of points is determined according to the following scale:
Presence in lectures max 5
Presence on exercises max 5
Student activity (theory 3, practically 5) 8
Pre-exam I max 16
Pre-exam II max 16
Seminar work max 14
Final exam max 36

21. Required reading list:

1. Malacko, J., Rađo, I. (2004). Technology of sport and sport training. Faculty of sport and physical education. Sarajevo.
2. Malacko, J. (2000). Osnove sportskog treninga. Beograd. Sportska akademija Beograd.

22. Web sources:

(max. 687 characters)

23. Applicable starting from the academic year:

2015/2016

24. Adopted in the Faculty/Academy session:

(max. 10 char.)