Subject	Theory and methodology of training and exercise		
Type	Type	Semester	ECTS
	MANDATORY (M)	III	4
Lecturer	Dr. Sc. Masar Gjaka		
Aims and Objectives	This course aims to provide to the students the basic knowledge of physical training, both in the short and long term. The course will be focused on both the physical and athletic performance, and on various training schemes. Additionally, the course intends to furnish students with knowledge and competences useful to work with different age groups and groups with different objectives for skill development.		
Learning Outcomes	After the completion of the course, students will achieve the following competences and will know: ✓ Understanding the basics of training periodization for different purposes. ✓ To design training sessions in short and long-term perspective (macro and microcycle) for individual and team sports. ✓ Understanding the meaning and the importance of tapering in sports performance. ✓ Apply Principles of Periodization ✓ Develop strength and conditioning training programs that address individual needs and goals.		

Content	**Week**	**Topics**
	1	Introduction
	2	The definition of periodization; Micro, meso and macro cycle
	3	Periodization of strength training
	4	Periodization of endurance
	5	Periodization of speed
	6	Periodization of agility
	7	**Mid-term exam – 1**
	8	Coordination, flexibility and warm-up
	9	Performance peaking
	10	Tapering in sports and its relation to performance; Workout planning
	11	The importance of sport analysis
	12	Diagnostics in sport
	13	Models of top-level athletes' characteristics
	14	Selection process in sport: system of orientation to sport and sports discipline choice.
	15	**Mid-term exam – 2**

Teaching/Learning Methods	Activity	Weight (%)
	Lectures	40%
	Lab	40%
	Research	10%
	Independent learning	10%
Assessment Methods	**Methods of assessment:**	%
	Participation	10%
	a) Mid-term exam -1	20%
	b) Mid-term exam - 2	20%
	Seminars	10%
	Individual and group work	10%

	Final exam		30%
Resources	**Resources**		**Number**
	Lectures		1
	Presantations		1
	Web of science		1
	PubMed		1
	Scopus		1
ECTS Workload	**Activity**	**Weekly hours**	**Workload**
	Lectures	2	24
	Lab	1	12
	Independent learning	n/a	44
	Examination preparation	n/a	20
Literature	✓ Bompa, T., & Buzzichelli, C. (2015). Periodization Training for Sports, 3E. Human kinetics. ✓ Bompa TO. 1999 Periodization Training for Sports. Champaign,IL: Human Kinetics. ✓ Hoffman, J. (2014). Physiological aspects of sport training and performance. Human Kinetics. ✓ Hoffman, J. (2011). NSCA's Guide to Program Design. Human Kinetics. ✓ Turner, A. (2018). Routledge Handbook of Strength and Conditioning: Sport-specific Programming for High Performance. Routledge. ✓ Gamble, P. (2011). Training for sports speed and agility: an evidence-based approach. Routledge. ✓ Mujika, I. (2009). Tapering and peaking for optimal performance. Human Kinetics. Beside the indicated books, scientific publications relevant to the field will be used to prepare the lectures, which will be made available for students through the moodle platform.		
Ethical standards	This course follows UBT College's Code of Ethics, requiring all students to behave accordingly. Any case of academic misconduct, including but not limited to cheating, plagiarism, or other forms of dishonesty, will lead to significant punishment such as failure of the specific assessment or the entire course, as well as further disciplinary measures in accordance with UBT College's academic integrity policies.		
Contact	masar.gjaka@ubt-uni.net		