

<b>Subject</b>	<b>Exercise Testing and Prescription</b>		
<b>Type</b>	Type	Semester	ECTS
	MANDATORY (M)	III	3
<b>Lecturer</b>	Dr. Sc. Agron Thaqi		
<b>Aims and Objectives</b>	This course aims to develop basic knowledge and competences on the theory of performance testing of athletes and sedentary people, which provides knowledge of the physical, physiological, and psychological state and thus helps in designing adequate training programs for sedentary people, athletes or certain sports.		
<b>Learning Outcomes</b>	<p>Upon completion of this module, students shall be able to:</p> <ul style="list-style-type: none"> <li>✓ Organize the testing process</li> <li>✓ Understand the relationship between exercise intensity, duration, and physiological adaptations.</li> <li>✓ Administer and interpret fitness assessments, including cardiovascular fitness, muscular strength and endurance, flexibility, and body composition.</li> <li>✓ Analyze and report results with basic methods</li> <li>✓ Develop individualized exercise programs based on fitness assessments and client goals</li> </ul>		
<b>Content</b>	<b>Week</b>	<b>Topics</b>	
	1	Syllabus presentation	
	2	General data about measuring and testing performance in sports.	
	3	Principles of selection of tests in sports.	
	4	Measurement and assessment of body composition and anthropometry.	
	5	Measuring and evaluating strength and its factors in sports.	
	6	Measuring and evaluating flexibility and mobility in sports.	
	7	Measuring and testing balance and stability in sports.	
	8	Mid-term exam – 1	
	9	Measuring and testing agility and coordination in sports	
	10	Measurement and testing of stability in sport	
	11	Measuring and testing speed and its factors in sports.	
	12	Statistics and analysis of results for the coach.	
	13	Preparation of reports for athletes after performance testing	
	14	Analysis of the challenges of performance testing in sports and repetition and learned information and	
15	Mid-term exam – 2		
<b>Teaching/Learning Methods</b>	Activity	Weight (%)	
	Theoretical lectures,	40%	
	Practical exercises	40%	
	Independent study,	10%	
	Individual and group work, etc.	10%	
<b>Assessment Methods</b>	<b>Methods of assessment:</b>	%	
	Participation	10%	
	a) Mid-term exam -1	20%	
	Fitness Assessment Report	15%	
	Exercise Prescription Project	15%	
	Individual or Group Presentation 15%	15%	
b) Mid-term exam -2	25%		
<b>Resources</b>	<b>Resources</b>	<b>Number</b>	
	Lectures	1	
	Presentations	1	
	Equipment test	1	

	Lab	1	
	Test protocol	1	
<b>ECTS Workload</b>	<b>Activity</b>	<b>Weekly hours</b>	<b>Workload</b>
	Lecture	1	12
	Exercise	1	12
	Mid exam preparation	n/a	16
	Independent preparation	n/a	35
<b>Literature</b>	<ul style="list-style-type: none"> <li>• American College of Sports Medicine. (2013). ACSM Guide- lines for Exercise Testing and Prescription (9th ed.). Philadel- phia, PA: Lippincott Williams &amp; Wilkins.</li> <li>• Heyward, V., &amp; Gibson, A. L. (2018). Advanced Fitness As- sessment and Exercise Prescription, 7E. Human kinetics.</li> <li>• Heyward, V. H., &amp; Gibson, A. L. (2010). Principles of assess- ment, prescription, and exercise program adherence. Ad- vanced Fitness Assessment and Exercise Prescription. 6th ed. Champaign, IL: Human Kinetics Publishers.</li> <li>• Thaqi A, Berisha M, Asllani I. The effect of plyometric training on performance levels of the shot put technique and its related motor abilities. Pedagogy of Physical Culture and Sports, 2021;25(3):144-151. <a href="https://doi.org/10.15561/26649837.2021.0301">https://doi.org/10.15561/26649837.2021.0301</a>.</li> <li>• Thaqi A, Berisha M, Hoxha, SH. The effect of plyometric training on the power- related factors of children aged 16 years-old. Progress in Nutrition 2020; Vol. 22, Supplement 2: e2020004 DOI:10.23751/pn.v22i2-S.10441.</li> </ul> <p>In addition to the indicated books, scientific publications relevant to this field will be used to prepare the lectures, which will be made available to students through the Moodle platform.</p>		
<b>Ethical standards</b>	<p>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.</p>		
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