

Subject	Performance assessment and monitoring		
Type	Type	Semester	ECTS
	MANDATORY (M)	V	5
Lecturer	Dr.Sc. Milaim Berisha		
Aims and Objectives	The course aims to enable students to be independent in the test selections in performance testing, apply the testing protocol, analyses result and prepare performance report and translate the conclusion into training variables using it for reasons such determining the fitness level, training program preparation, etc.		
Learning Outcomes	<p>Upon completion of this module, students shall be able to:</p> <ul style="list-style-type: none"> ✓ Having knowledge about the testing process ✓ Having knowledge about the selection of appropriate tests for athletes based on the specified criteria. ✓ Perform basic tests for body composition and anthropometry. ✓ Perform basic tests of psychomotor skills ✓ Prescribe the testing protocol and outcomes ✓ Translating the performance results into a training variable 		
Content	Week	Topics	
	Syllabus presentation		
	1	Performance evaluation and principles of the test selection in sports	
	2	Application of the body composition measurements in sports	
	3	Application of the anthropometric measurements in sports	
	4	Application of the flexibility and mobility measurements in sports	
	5	Application of the agility, and coordination measurements in sports	
	6	Application of the strength measurements in sport	
	Mid-term exam – 1		
	7	Application of the speed measurements in sport	
	8	Application of the balance and stability measurements in sports	
	9	Application of the statistical analysis of the coaches in exercise prescribing and testing in sport	
	10	Analyzing the test results	
11	Report preparation		
12	Performance test creation criteria		
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		10%
	b) Mid-term exam - 2		10%
	Lab		30%
Performance measurement report		40%	
Resources	Resources		Number
	Lectures		1
	Presentations		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	64
	Examination preparation	n/a	25
Literature	<ul style="list-style-type: none"> American College of Sports Medicine. (2013). ACSM Guidelines for Exercise Testing and Prescription (9th ed.). Philadelphia, PA: Lippincott Williams & Wilkins. Heyward, V., & Gibson, A. L. (2018). Advanced Fitness Assessment and Exercise Prescription, 7E. Human kinetics. Heyward, V. H., & Gibson, A. L. (2010). Principles of assessment, prescription, and exercise program adherence. <i>Advanced Fitness Assessment and Exercise Prescription. 6th ed. Champaign, IL: Human Kinetics Publishers.</i> Berisha, M. (2021). Determination of flexibility and mobility levels for female physical education students and motor asymmetry analysis. <i>Physical education of students, 25(5), 272-279.</i> Thaqi, A., Berisha, M., & Shaqiri, K. (2023). The motor competency level of elderly people measured by Functional Movement Screen protocol. <i>Pedagogy of Physical Culture and Sports, 27(4), 267-273.</i> Berisha, M. I. L. A. I. M. (2021). Normative values for physical and psychomotor characteristics in children aged 4-7 in Turkey (Sakarya). <i>Человек. Спорт. Медицина, 21(1), 94-101.</i> Berisha, M., Ceyhan, G., Büyükerğün, A., & Gjaka, M. (2023). A New Approach to Active Flexibility Measurement in Students of Sports Sciences Faculties. <i>Kinesiologia Slovenica, 29(2), 195-207.</i> Berisha, M. (2020). <i>Physical fitness norms in students aged 8-17 in Kosovo: Determination of norm values in the evaluation of physical and biometric developments of 8-17-year-old students in Kosovo.</i> Lambert Academic Publishing. 		
Ethical standards	<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>		
Contact	milaim.berisha@ubt-uni.net		