

Subject	Long Term Athletes Development		
Type	Type	Semester	ECTS
	MANDATORY (M)	5	6
Lecturer	Dr.sc. Sami Sermahaj		
Goals and objectives	<p>The aims of this course covers the theoretical and practical aspects of long-term athletic development, including different phases of growth, biological and chronological age, training periodization, and talent promotion.</p> <p>Through a structured approach, students will learn how to develop personalized training plans for young athletes, taking into consideration the physical, psychological, and social aspects that affect their performance.</p>		
Learning Outcomes	<p>Upon completion of this module, students shall be able to:</p> <ul style="list-style-type: none"> ✓ Understand the key concepts of Long-Term Athlete Development. ✓ Develop skills to plan long-term athlete training using various LTAD models. ✓ Apply different methods for motor skill development and physical preparation. ✓ Identify the factors that affect the success of Long-Term Athlete Development, such as age, periodization, and trainability. ✓ Develop strategies for athlete promotion and injury prevention. 		
Content	Week	Topics	
	Syllabus presentation		
	1	Introduction to Long-Term Athlete Development	
	2	The importance of basic motor skills development	
	3	Models and phases of Long-Term Athlete Development	
	4	Ezternal Factors effecting the Long-Term Athlete Development Athletes	
	5	Strategies for Consistent Developing in Sports	
	6	Sports injuries and recovery	
	Mid-term exam – 1		
	7	Sports Nutrition and Performance	
	8	Sports Mental Preparation	
	9	Strategies for Sports Career Management	
	10	Financial Aspects of Sports Career	
	11	Sports Training Technology	
12	Summary of Key Strategies for Long-Term Athlete Development		
Mid-term exam – 2			
Teaching/Learning Methods	Activity	Weight (%)	
	Lectures	40%	
	Lab	20%	
	Research	10%	
	Independent learning	30%	
Methods of Evaluation	Methods of assessment:		%
	Participation	10%	
	a) Mid-term exam -1	20%	
	b) Mid-term exam - 2	20%	
	Home work	50%	
Sources	Resources		Number
	Lectures	1	
	Presantations	1	
	Web of science	1	
	PubMed	1	
Scopus	1		

	Activity	Weekly hours	Workload
ECTS Workload	Lectures	2	24
	Lab	1	12
	Independent learning	n/a	64
	Examination preparatin	n/a	25
Literature	<ul style="list-style-type: none"> • Lloyd, R., & Oliver, J.. The Youth Physical Development Model, 2012 • Pichardo, A., et al., Integrating Models of Long-Term Athletic Development, 2018 • Granacher, U., et al., Effects of Resistance Training in Youth Athletes, 2016 • Balyi, I., Way, R., & Higgs, C., Long-term athlete development. Human Kinetics, 2013 • Ellyn Johnson., A Guide to the Long Term Athletic Development Model, 2024 		
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>		
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