Subject	Theory and methodology of training and exercise I		
Type	Type	Semester	ECTS
	MANDATORY (M)	II	5
Lecturer	Dr. Sc. Masar Gjaka		
Aims and Objectives	The objective of the course is to offer fundamental information and competences regarding training principles related to planning, programming as well as administering the training sessions for different purposes and for different sports (team sports and individual sports). Additionally, this course aims to provide students with the knowledge regarding types of training loads, their monitoring as well as the phenomenon of fatigue, overtraining and recovery possibilities.		
Learning Outcomes	After the copletion of the course, students will achieve the following competences and will know: ✓ The essentials of the training methodology. ✓ The general principles of training. ✓ The variables of training and how to manipulate with them. ✓ The differences between internal and external training load and how to monitor them. ✓ The concept of fatigue and overtraining phenomenon. ✓ The recovery intervetions and modalities in sport training.		

Content	**Week**	**Topics**
	1	Introduction to theory and methodology of training and exercise; Basis of Training
	2	Supercompensation and adaptation
	3	Sources of energy
	4	Principles of sports training
	5	Preparation of training: physical, technical, tactical and theoretical training
	6	Variables of training: volume, intensity; the relationship between volume and intensity; Variables of training: Density and complexity
	7	**Mid-term exam – 1**
	8	High intensity interval training (HIIT);
	9	Concurrent training; Fatigue and overtraining;
	10	Recovery and sport performance;
	11	Recovery interventions and modalities;
	12	Training and competition load;
	13	Total load and its components; Internal vs external loads;
	14	Training load monitoring and prescription.
	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	55
	Examination preparation	n/a	34
Literature	• Bompa, T., & Buzzichelli, C. (2015). Periodization Training for Sports, 3E. Human kinetics. • Bompa TO. 1999 Periodization Training for Sports. Champaign,IL: Human Kinetics. • Hausswirth, C., & Mujika, I. (2013). Recovery for performance in sport. Human Kinetics. • Hoffman, J. (2014). Physiological aspects of sport training and 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. 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.		
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