Subject	Sport Science and Exercise Training		
Type	Type	Semester	ECTS
	MANDATORY (M)	I	5
Lecturer	Dr. Masar Gjaka		
Aims and Objectives	In this course, the aim is to provide students with the theoretical, technical and practical foundations of sport science and exercise training, in order to know and apply the methods and didactics of studying sports science and exercise training, thus helping students to develop a good understanding of anatomy, physiology, nutrition, metabolism, biomechanics, motor abilities, and motor learning and development. The student will further gain fundamental knowledge on monitoring and evaluating performance with modern technology.		
Learning Outcomes	Upon completion of this course, students will: • Gain and apply knowledge in human physiology, biomechanics, and sports psychology to analyze, evaluate, and improve practical performance through exercise. • Know general principles of training • Know the role of sport science in various aspects of performance improvement • Understand the acute and chronic adaptations to different types of training • Understand motor skills to better understand motor performance. • Understand the main benefits associated with physical exercise and training • Practically argue the analysis of results, monitoring and evaluation of exercise performance with modern technology.		
Content	**Week**	**Topics**	
	1	Sylabi presentation	
	2	Introduction to Sport science and exercise training	
	3	General principles of exercise training	
	4	Endurance training	
	5	Resistance training	
	6	Speed training	
	7	**Mid-term exam – 1**	
	8	Lon-term athletic development	
	9	Adaptation to exercise training	
	10	Monitoring Exercise Intensity	
	11	Nutrition and exercise	
	12	Technology in exercise training	
	13	Performance testing	
	14	Exercise program design for specific purpose	
	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		30%
	b) Mid-term exam - 2		30%
	Research essay		30%
Resources	**Resources**		**Number**
	Lectures		1
	Presantations		1
	Web of science		1
	PubMed		1
	Scopus		1

<table>
<tr><td rowspan="5">ECTS Workload</td><td>Activity</td><td>Weekly hours</td><td>Workload</td></tr>
<tr><td>Lectures</td><td>2</td><td>24</td></tr>
<tr><td>Lab</td><td>1</td><td>12</td></tr>
<tr><td>Independent learning</td><td>n/a</td><td>59</td></tr>
<tr><td>Examination preparation</td><td>n/a</td><td>30</td></tr>
<tr><td>Literature</td><td colspan="3">French, D. Ronda, L.T. (2022). NSCA's Essentials of Sport Science. Human Kinetic.
Sewell, D., Watkins, P. Griffin, M.(2012). Sport and Exercise Science. An Introduction. Routledge.
Potteiger, J. (2018). ACSM's Introduction to Exercise Science. American College of Sports Medicine-ACSM. Wolters Kluwer.
William E. Garrett, Jr., William E. Garrett Donald T. Kirkendall · (2000). Exercise and Sport Science. Lippincott Williams & Wilkins.
Thatcher, J. Thatcher, R. Melissa, D. (2009). Sport and Exercise Science. SAGE Publications.
Dona J. Housh, Glen O. Johnson, Terry J. Hous (2017). Introduction to Exercise Science. Taylor & Francis.
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.</td></tr>
<tr><td>Ethical standards</td><td colspan="3">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.</td></tr>
<tr><td>Contact</td><td colspan="3">masar.gjaka@ubt-uni.net</td></tr>
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