

Subject	Exercise testing and prescription in health and rehabilitation			
Type	Type	Semester	ECTS	
	MANDATORY (M)	2	4	
Lecturer	Dr. Milaim Berisha			
Aims and Objectives	This subject aims to develop knowledge and competences that provide independent work 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 in health rehabilitation and sports.			
Learning Outcomes	<p>Upon completion of this module, students shall be able to:</p> <ul style="list-style-type: none"> • Organize the testing process • Make 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 • Analyze and report results with basic methods • Based on performance testing, they make adequate choices of loads and exercises for athletes. 			
Content	Week	Topics		
	Syllabus presentation			
	1	General information about the performance testing in sports		
	2	Principles of the test selection in health and rehabilitation		
	3	Body composition and anthropometric measurements in health and rehabilitation		
	4	Flexibility and mobility in health and rehabilitation		
	5	Agility, coordination and speed in health and rehabilitation		
	6	Strength and speed in health and rehabilitation		
	Mid-term exam – 1			
	7	Balance and stability in health and rehabilitation		
	8	ALPHA Protocol		
	9	FMS Protocol		
	10	Analyzing the test results		
11	Report preparation			
12	Challenges of measurements and evaluation in health and rehabilitation			
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%		
Exercise testing and prescription report	40%			
ECTS Workload	Activity	Weekly hours	Workload	
	Lectures	2	24	
	Lab	n/a	12	
	Independent learning	n/a	44	
	Examination preparation	n/a	20	
Literature	1. American College of Sports Medicine. (2013). ACSM Guidelines for Exercise Testing and Prescription (9th ed.). Philadelphia, PA: Lippincott Williams & Wilkins.			

	<ol style="list-style-type: none"> 2. Heyward, V., & Gibson, A. L. (2018). <i>Advanced Fitness Assessment and Exercise Prescription</i>, 7E. Human kinetics. 3. Heyward, V. H., & Gibson, A. L. (2010). Principles of assessment, prescription, and exercise program adherence. <i>Advanced Fitness Assessment and Exercise Prescription</i>. 6th ed. Champaign, IL: Human Kinetics Publishers. 4. Berisha, M. (2021). Determination of flexibility and mobility levels for female physical education students and motor asymmetry analysis. <i>Physical education of students</i>, 25(5), 272-279. 5. 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</i>, 27(4), 267-273. 6. 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</i>, 21(1), 94-101. 7. Berisha, M., Ceyhan, G., Büyükergün, A., & Gjaka, M. (2023). A New Approach to Active Flexibility Measurement in Students of Sports Sciences Faculties. <i>Kinesiologia Slovenica</i>, 29(2), 195-207.
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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