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| 1. Course title: Basics of theory of training II | | | | | |
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| 2. Code: | | 3. Type (lecture, practice etc.): lecture | | | |
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| 4. Contact hours: 2 hoursper week | | 5. Number of credits (ECTS): 2 | | | |
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| 6. Preliminary conditions (max. 3): | | | | | |
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| 7. Announced:fall semester, spring semester, both | | | | | |
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| 8. Limit for participants: none | | | | | |
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| 10. Responsible teacher (faculty, institute and department):Dr**.** Zsolt Radak (Faculty of Sciences, Institute of Sport Sciences and Physical Education, Department of Theory and Practice of Sports) | | | | | |
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| 11. Teacher(s) and percentage: | | Dr. Mark Vaczi | | 100% | |
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| 12. Language:English | | | | | |
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| 13. Course objectives and/or learning outcomes:  Using the definitions, principles, and terminology discussed in the first part of the course, students will acquire the types of motor skills and the methodology of motor skill development. Students will be able to apply this knowledge in conditioning and workout planning for youth and adult athletes. The physiological background of motor skill development will also be discussed. | | | | | |
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| 14. Course outline   1. Definition, types, and main characteristics of motor skills. 2. Definition, types, and main characteristics of strength. Biological factors influencing strength. 3. Methodology of strength development. The physiological effects of strength training. 4. Definition, types, and main characteristics of speed. Biological factors influencing speed. 5. Conditions of speed development. Methodology of speed training. 6. Definition, types, and main characteristics of endurance. Biological factors influencing endurance. 7. Methodology of endurance training. Physiological effects of endurance training. 8. Definition, types, and main characteristics of coordination. Regulation of movement. 9. Methodology and conditions of coordination development. 10. Kinematical and kinetic parameters of movement. Technics and tactics. Principles of teaching sport technique. 11. Definition, types, and main characteristics of flexibility. Neuromuscular and anatomical background of joint range of motion, methodology of flexibility development. 12. Biological background of performance development. Sensitive periods of motor skill development. 13. Workout planning, periodization. | | | | | |
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| 15. Mid-semester works | | | | | |
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| 16. Course requirements and grading  Written exam is based on lectures, accessible electronic sources and lecture materials.  Grades:  50% Satisfactory  65% Average  80% Good  90% Excellent | | | | | |
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| 17. List of readings   1. Bompa TO, Haff GG: Periodization. Theory and methodology of training. Human Kinetics, 2009. | | | | | |
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| 18. Recommended texts, further readings | | | | | |
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| **Date** | 13 April, 2017 | **Prepared by** |  | | |
| Dr. Zsolt Radak  responsible teacher | | |
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| **Endorsed by** | | |  | | |
| Dr. Mark Vaczi program supervisor | | |