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| 1. Course title: Visiting trainings III | | | | | |
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| 2. Code: | | 3. Type (lecture, practice etc.): practice | | | |
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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):Kitti Vadasz (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: | | Kitti Vadasz | | 100% | |
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| 12. Language:English | | | | | |
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| 13. Course objectives and/or learning outcomes:  The course invites students to real athletics practices. During these practices students will observe psychomotoric development, pedagogical, and sociological processes in athletes and their coach. Students will be able to understand the functional roles of the different parts of the practice, and the importance of the exercise systems and methods used with respect to specific age-groups. | | | | | |
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| 14. Course outline  Discuss observation aspects and report requirements.  Observation and writing report about practices previously agreed by clubs and coaches in elite adult athletes. | | | | | |
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| 15. Mid-semester works  Observation of minimum of 10 practices in elite adult athletes. | | | | | |
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| 16. Course requirements and grading  Writing observation report with respect to required elements. | | | | | |
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| 17. List of readings   1. Bompa TO, Haff GG. Periodization. Theory and methodology of training. Human Kinetics, 2009. 2. Carr G: Fundamentals of track and field. Human Kinetics, 1991. | | | | | |
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| 18. Recommended texts, further readings | | | | | |
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| **Date** | 13 April, 2017 | **Prepared by** |  | | |
| Kitti Vadasz  responsible teacher | | |
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| **Endorsed by** | | |  | | |
| Dr. Mark Vaczi program supervisor | | |