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| 1. Course title: Basics of theory of training I | | | | | |
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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:  The present course discusses the performance-oriented sport preparation possibilities in youth and adults. Knowing and using proper definitions and terminology, students will be able to interpret and integrate the results in the field of exercise science. The intention in students to acquire new training methods and to creatively integrate the theory and practice will be developed. Students will learn the principles of sport preparation and physical adaptation. | | | | | |
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| 14. Course outline   1. History and development of exercise science. 2. Definition of exercise science and theory of sport. The role of exercise science in the system of basic sciences. 3. Definition and characteristics of exercise training. Parts of exercise training as a preparation system. 4. Performance and competition. Methodological principles of sport preparation. 5. General principles of sport preparation I. 6. General principles of sport preparation II. 7. Load and adaptation. Structure of load and adaptation. 8. Training variables (load and recovery). 9. Principles of fatigue: types and syndromes. 10. Microinjury and regeneration after unaccustomed exercise. 11. Performance and condition. Principles and markers of adaptation. 12. Background and symptoms of overtraining. The positive and negative methods in exercise training. 13. Competing, psychological and physiological relevance of competing. | | | | | |
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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 | | |