

(ENAEDZN0701/ ENAEDZNA0701) Basics of Theory of Training I.

Language of instruction:	English
Form of teaching:	Lecture
Class hours per week:	2
Credits (ECTS):	2/1
Course description:	<p>The present course discusses the performance-oriented sports preparation possibilities in young and adult athletes. Knowing and using proper definitions and terminology, students will be able to interpret and integrate the scientific achievements in the field of exercise science. Topics such as general principals of exercise training, exercise load, training variables, acute and chronic adaptation mechanisms to exercise, long-term athletic preparation, and overtraining will be covered. The intention in students to acquire new training methods and to creatively integrate the theory and practice into sports preparation will be developed. The course provides understanding all important terminology and definitions necessary for establishing the Theory of training II course.</p>
Assessment methods:	<p>An end-of-semester written exam will be taken. An end-of-semester essay must be prepared. An oral presentation on a part of the subject must be prepared during the semester period.</p>
Teaching period:	Spring semester