

(ENAEDZN0702) Basics of Theory of Training II.

Language of instruction:	English
Form of teaching:	Lecture
Class hours per week:	2
Credits (ECTS):	2
Course description:	Using the definitions, principles, and terminology discussed in the Basics of Theory of Training I., students will acquire the types of motor skills and the methodology of motor skill development (strength, endurance, speed, coordination, and flexibility). 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.
Assessment methods:	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.
Teaching period:	Fall semester