



## Syllabus

**Term:** 2025/26/1

**Subject name:**

Programs of Youth Sports

**Subject code:** ENAEDZN3201

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**Unit (Unit code)**

(TESTNEV)

**Lecturer responsible for the course:** GYÖNGYÖSI Zoltán

**Requirement:** Term mark

**Classes per week :**

**Classes per term:**

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### **Purpose of education:**

Long Term Athlete Development is a practical course for foreign students in sport coaching programme. The main object is to describe the theory and practice of youth development and long term development sport programmes

### **Contents:**

Measurements in sports

The most important measurements in practice

Definitions and basic theories of giftedness

Sports talent, methodology of selecting

Talent management in sports games I.

Talent management in sports games II.

Talent management in sports games III.

Talent management in individual sports

Carrier plans of an athlete

Youth development programmes in Hungary



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### Contents:

Productivity indicators in youth programmes

Specialities of competition systems

### System of examining and valuation:

1. Oral presentation 33%

- about a youth competitor in one's own or freely chosen sport

Powerpoint presentation 10-15 min

Structure: Sport and Association/Club introduction, athlete brief presentation, trainings, location, date, relationship with the coach, participation in youth program etc., own opinion.

Or

- about programs that help youth athletes in your country

PowerPoint presentation 10-15 min

Structure: a detailed presentation of the program, which sports, to whom, how long, what it gives, how much etc. Own opinion.

Or

- Short summary of an article related to young education and young competition in one's own or freely chosen sport

PowerPpoint presentation 10-15 min

Author, title, contact details of the article, highlights etc. Own opinion.



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### System of examining and valuation:

2. Demonstration in practical application of the most important measurements (at least 5 different tests)  
33%

3. Written exam: 34%

### Bibliography:

Balyi I. Way R. Higgs C. (2013) Long Term Athlete Development, Human Kinetics

Nelson LM, Logan R. USA Basketball Youth Development Guidebook. USA Basketball, 2014.

### Bibliography: