

Title:	THEORY OF TRAINING
Lecture hours:	15h theoretical
Study period:	summer/winter
Number of credits:	4 ECTS
Assessment methods:	The course is terminated after passing a written examination
Language of instruction:	English
Prerequisites:	Knowledge about methodological contents and aspects of sport and training.
Course content:	<p>Theory of training:</p> <ul style="list-style-type: none"> • Structure of sport training. • Training at various levels, • Specifics of lessons for children and adults, • Determinants of performance, • Methodology of teaching agility, strength, • Methodology of teaching elementary exercises • Physical Education Theory and Didactics, • Physiology of Sports Movements, • Test Theory and Statistics, • Professional Competence Development Practice, • Sport Biology, • Sport Psychology Research Methods, • Physical Education Systems and Technologies, • Profession Competence Pedagogical Research Practice.
Learning outcomes:	<p>After the course the student should possess knowledge about:</p> <ol style="list-style-type: none"> 1. Hierarchical structure of factors of success in sport 2. Diagnosing of the athlete's preparedness 3. Recovery and regeneration of athletes 4. Training load programming in sport 5. Models of training process 6. Analysis in sport
Name of lecturer:	dr. hab. Mariusz Zasada
Contact (email address):	e-mail: dorotawf@ukw.edu.pl ,
Literature:	<ol style="list-style-type: none"> 1. Van Leeuwen, L., Quick, S. & Daniel, K. (2002). The sport spectator satisfaction model: A conceptual framework for understanding the satisfaction of spectators. <i>Sport management review</i>, 5(2), 99-128 2. Staszkiwicz R, Ozimek M. Związek wyników sportowych i parametrów biomechanicznych charakteryzujących sprinterów wysokiej klasy. [Relation between sports results and biomechanical parameters]. In: Sozański H, Perkowski K, Śledziwski D, editor. <i>Trening sportowy na przełomie wieków [Sports training at the turn of centuries]</i>. Warszawa: AWF; 2002: 138-142 3. Szot Z, Koperski A, Dargiewicz R, Blanik L. Parameters of horse vault technique at the champion's level In: <i>World Congress of Performance Analysis of Sport VIII</i>. Magdeburg: the Otto von Guericke University; 2008: 223 4. Levit A, Dargiewicz R, Dancewicz T, Kruczkowski D, Mikołajek P. Judges' assessment and the kinematic assessment of selected athletes qualified for the vault finals in the European Championship in artistic gymnastics. <i>Trening</i> 2000;2-3:271-273 5. Zaporozhanov VA, Platonov VN. Prognozowanie i modelowanie w sportie. <i>Teoria sporta [Forecasting and modelling in sport. Theory of sport]</i>. Kiev: Visha Shkola; 1985: 350-371 6. Kochanowicz A, Kochanowicz K, Sawczyn S. Special fitness and the effectiveness of technical preparation in gymnastic vault event in athletes at the directed stage. <i>Baltic Journal of Health and Physical Activity</i> 2009;1:65-72