



Vocationally oriented Intensive Program on
"Current topics in Elite Sports' Training and Management"
As extracted from the new VO Master in Sport Coaching
SPEED Consortium
9 – 28 May 2016 (Pristina University & Sport University Tirana)

COURSE SIZE
15 ECTS

SPECIFIC CONDITIONS

The teaching language is English. The attendance to the lessons is mandatory for all students in mobility.

COURSE PERIOD

The course is structured as an Intensive Program (IP) with a condensed teaching period for 3 weeks in May 2016. Course period is 8th – 30th May 2016, hosted by the Sport University Tirana.

COURSE BACKGROUND AND AIMS

Background

This Intensive Program has been designed as Pilot Course from the new VO Professional Master in Sport Coaching and Sport Management developed by the Tempus SPEED Consortium (JPCR 544362/2013) to be also implemented for the continuous education and training of PE and sport science graduates interested in sport coaching and sport management.

The IP in Exercise Training, Assessing, Prescription, Management and Sport Governance aims to provide state-of-the-art knowledge and training on three academic subjects, fundamental for elite sport coaches, that experienced relevant scientific and technology development in recent years: **"International Sports Governance"**, **"Exercise Testing and Training Recommendations"**, **"Advanced Training Methods"**, **"Training process in Sport Games"**, **"Sport Management"** and **"Sport Nutrition/ Anti Doping"**. Moreover, seminars will be offered on hot topics from additional fundamental subjects, like Sport Medicine, Advanced Physiology and Biomechanics, Exercise Molecular Biology and Genetics, Sport Managements, ICT Technology.

Objectives and Contents

The course aims to give knowledge and training on:

- a) **International Sports Governance (3 ECTS)** – The course should help students to obtain an insight regarding the International sport organizations and regulations, national sport systems, sport politics in Albania and in Europe, European networking in sport and legal aspects of sports in Albania and in Europe. Working methodologically and evaluate information in respect of organization and management together with knowledges of organizing one's own work (time and project management) should be in focus of the course as well.
- b) **Exercise Testing and Training Recommendations (3 ECTS)** – Students should acquire the conditions to link the different areas of performance testing (endurance, flexibility, coordination, strength, speed) on a scientific basis with each other. They should be empowered so to look at different groups of parameter and relevant testimony and integrative ways to interpret. The practice serves the practical work with different diagnostic procedures.

- c) **Advanced Training Methods (3 ECTS)** – The main objective of this course is to assist students in developing a training program management and enable them to respond effectively to the dynamics of training different categories of athletes. This course enables students to plan the whole career of elite athletes in a way that is sensitive to the interactions and interdependencies of all of the various human “systems” and their resultant impact on performance.
- d) **Training process in Sport Games (2 ECTS)** – The course aims to help students developing skills and competences for working with team athletes in sport games to plan, implement, teach or coach effective lessons or training units. The course covers key aspect of technical and tactical preparation and development of players (including development of playing skill, technique, tactics, and strategy) in different sport games.
- e) **Sport Management (3 ECTS)** – The main objective of this course is to acquire students with capability and skills planning in sport and tourism management, organizational effectiveness and development of strategies, sport as social tool and sport in communities, legal aspects of sports, to obtain and evaluate information, working methodologically conceptually and systematically in ares of sport and toursm management. To organize one’s own work, project management, team respectively cooperative spirit and to develop leadership ability.
- f) **Sport Nutrition/ Anti Doping (2 ECTS)** – The course helps students to identifie interventions that coaches can implement to advise and incorporate nutritional systems into their coaching schedules. Course will help students to: Understand the influence of dietary composition on performance. Assess the utility of carbohydrate loading before exercise. Highlight the potential benefit of optimising hydration status before exercise. Identify the benefits of consuming carbohydrate during exercise. Clearly articulate the impact of dehydration on exercise performance. Develop strategies to ensure athletes maximise their carbohydrate and fluid intake during exercise. Understand the importance of nutrition during recovery and how nutritional strategies can be optimised to provide the greatest performance benefit. Stu

Learning outcomes and competences

Students completing this program will be able to:

- Demonstrate an understanding and the competence to discuss how psychological variables influence participation and performance in sport and physical activity;
- Have knowledge and skills to optimize sport performance and enjoyment of physical activity by analyzing and applying theoretical knowledge;
- To discuss how sport participation influences psychological characteristics of the individual athlete or pupil, respectively;
- Identify and be able to apply assessments of the components of anaerobic & aerobic energy;
- Determine the sports and events best suited to each energy system.
- Know and be able to apply pro and cons for choice of exercise test, reproducibility and validity of different sub maximal and maximal exercise protocols;
- Describe, understand and apply different measuring methods for the assessment of maximal concentric, eccentric and isometric muscle strength, power, and explosive muscle strength;
- Understanding and applying the ways of evaluation of the athlete’s energy capabilities;
- Be able to apply different protocols of biomechanical analyse and evaluations of movement;
- Describe the characteristics of an elite performer within their chosen sport in order to identify benchmarks and performance objective;
- Conduct a performance review of a chosen athlete in order to identify key developmental interventions for high performance;
- Design a training program which is individualised to meet the performance goals of the individual and reflects best practice in training principles;
- Design an appropriate planning system using Microsoft Excel and use this system to prepare an annual training program which includes:
 - Individual goals
 - Training Session Plans
 - Microcycle and Macrocycle Plans
- Identifies key competitions (peaking) and reflects an appropriate training phase design;

- Identify interventions that coaches can implement to advise and incorporate nutritional systems into their coaching schedules
- Show awareness of political and legal aspects in sport management;
- Develop an understanding for the peculiarities of different sports systems and sport organizations;
- Interpret and anticipate political and legal developments in sport management;
- Apply the principles of sports systems, sport organization and legal aspects in a sport management context;
- Apply ethical principles to sport management;
- Design, implement and evaluate sport management strategies and tactics as well as quality measures in a business environment;
- Show awareness of political and legal aspects in sport management;
- Interpret, anticipate, and apply legal developments in sport management.

TEACHING AND LEARNING METHODS

The students will have opportunity to experience a wide range of learning and teaching strategies. It has a practice based focus underpinned by academic knowledge and understanding. It will employ a variety of approaches including visiting lectures from local professionals to keep it rooted in practice. Teaching and learning methods are used to engage students in the learning process and to support student achievement of the programme aims including:

Group Lectures

Subject introduced and delivered by the teacher in a specific time which transmits information

Case Studies

A group of people, or an individual, engaged in study or work, based on a „real life“ situation in a practical field.

Group Discussions

A focus group (normally between 8-10 people) work together to discuss opinions and gauge their responses to specific stimuli.

Practical sessions

Student activity learning a skill or group work. This can also include laboratory sessions, coaching sessions and conditioning sessions in the fitness suite.

Workshops

A group of people engaged in intensive study or work in a creative or practical field.

Seminar groups

A group of about 8-12 people following up something that has already been introduced on the course – involves reading of an essay or paper by one member followed by discussion.

Guest Speakers/ Presentations

Using specialists from the field to present to students. Typically refers to when a learner, guest speaker, explains or shows some content to a learning audience; similar to a lecture

Independent learning

Activities where an individual learner conducts research, or carries out a learning activity, on their own.

Work based tasks

Learning events which take place within a working environment enabling learners to develop „real“ skills and practices.

Observation methods

Learners observe selected practices related to their area of study and reflect and review them in relation to other models and processes as a means of learning.

EXAM

The assessment strategy uses a holistic approach incorporating formative and summative assessment. Students will be required to reflect on their own practice within assignments and therefore they will be personal to their own circumstances. ***In one month after the course over students must complete successfully an essay as a final evaluation.***

STUDENTS' WORKLOAD (HOURS)

- 40 Preparation to the course (basic and introductory reading)
- 60 Lectures,
- 30 practical teaching in working environment,
- 55 preparation and study.
- 120 Individual study,
- 70 exam

Total: 375

Program Structure - "Current topics in Elite Sports' Training and Management"

Subject	ECTS	Topic	Hours
International Sports Governance	2	1. International sports governance 2. Olympic Movement 3. Organization in Sport and Tourism	20/30
Exercise Testing and Training Recommendations	3	1. Principles of fitness assessment. 2. Assessment and exercise prescription for each of five physical fitness components: - Endurance, strength and power, speed and agility, flexibility and balance; - Athropometricsand body composition; - AssesementinTeam Sports/Game Analysis.	30/45
Advanced Training Methods	3	1. Goal Seting /Planing and Periodization of Performance Oriented Training. 2. Control and Evaluation of Training Effects. 3. Role of Resistance Training in the Endurance Devolpment. 4. Training program for Strength, Power, Endurance, speed,agility, flexibility and Balance. 5. Talend Identification and Long-Term Athletic development.	30/45
Training process in Sport Games	2	1. Technical Skill Training and Tactical training in Sports 2. Practical Part of Skill and Tactical training	20/30
Sport Management	3	1. Planning in Sport Management 2. Apply ethical principles to sport management. 3. Design, implement and evaluate sport management strategies and tactics as well a quality measures in a business environment. 4. Design, implement and evaluate sport management strategies and tactics as well a quality measures in a business environment	30/45
Sport Nutrition/ Anti Doping	2		20/30
Total ECTS and Hours	15		375