

**SPEED Tempus Project - Vocationally oriented Intensive Program on "Current topics in Elite Sports' Training and Management,  
9 - 27 May 2016 - hosted by the Sport University Tirana**

**1<sup>ST</sup> WEEK - Intensive Program on "Current topics in Elite Sports' Training and Management", 9 – 28 May 2016 (Sport University Tirana & Pristina University)**

SUNDAY, 8	T I M E	M O N D A Y , 9	T U E S D A Y , 10	W E D N E S D A Y , 11	T H U R S D A Y , 12	F R I D A Y , 13
Students' arrival	9.00 - 9.30	<b>Welcome and introductory speeches - Greetings from the SPEED Consortium</b>	Nickos Geladas (NKUA) Advanced training methods with focus on endurance development	Artan Shytaj (SUT) International sports governance	Sanja Mazic (UB)	Daniela Caporossi (IUSM) Genes and performance
	9.30 - 10.00	Agron Kasa (SUT) Advances in functional training				
	10.00 - 11.00	Harald Tschan (UNIVIE) Long Term Athletic Development	Harald Tschan (UNIVIE) Talent Identification	Marko Stojanovic (UNS) Training of Elite Athletes	Giuseppe Vannozzi (IUSM) Inertial sensors for sport performance assessment	
	11.00 - 12.00					
	12.00 - 13.00	<b>Break</b>	<b>Break</b>	<b>Break</b>	<b>Break</b>	<b>Break</b>
	13.00 - 14.00	Seminars from NOC	Harald Tschan (UNIVIE) Relative Age Effect Periodization	Stavri Bello (NOC) Olympic Movement	Marko Stojanovic (UNS) Training of Elite Athletes	Lumtor Shkreli (SUT) Organization in Sport and Tourism
	14.00 - 15.00	Nickos Geladas (NKUA) Advanced training methods with focus on endurance development				
	15.00 - 16.00					
16.00 - 17.00						

**2<sup>nd</sup> WEEK - Intensive Program on "Current topics in Elite Sports' Training and Management", 9 – 28 May 2016 (Sport University Tirana & Pristina University)**

T I M E	M O N D A Y , 16	T U E S D A Y , 17	W E D N E S D A Y , 18	T H U R S D A Y , 19	F R I D A Y , 20
9.00 - 10.00	Pascal Bauer (UNIVIE) Principle of Fitness assesment	Christoph Triska (UNIVIE) Roe of resistance training for Endurance Development	Dragan Radovanovic (UNI) Doping in Elite Sport: The Prevalence of Use and Current Anti-Doping Policy	Sasa Bubanj (UNI) Biomechanical Efficiency of Elite Athletes	Stavri Bello (NOC) Planning in Sport Management
10.00 - 11.00					
11.00 - 12.00					
12.00 - 13.00					
13.00 - 14.00	<b>Break</b>	<b>Break</b>	<b>Break</b>	<b>Break</b>	<b>Break</b>
14.00 - 15.00	Pascal Bauer (UNIVIE) Training strenth and power	Christoph Triska (UNIVIE) Program Design and Training Endurance Exercise	Sasa Bubanj (UNI) Biomechanical Efficiency of Elite Athletes	Dragan Radovanovic (UNI) Doping in Elite Sport: The Prevalence of Use and Current Anti-Doping Policy	Stavri Bello (NOC) Planning in Sport Management
15.00 - 16.00					
16.00 - 17.00					

**3<sup>rd</sup> WEEK - Intensive Program on "Current topics in Elite Sports' Training and Management", 9 – 28 May 2016 (Universities of Pristina & Sport Tirana)**

TIME	MONDAY, 23	TUESDAY, 24	WEDNESDAY, 25	THURSDAY, 26	FRIDAY, 27	SATURDAY, 28
9.00 - 10.00	Artan Shytaj (SUT) Apply ethical principles to sport management.	Lumtor Shkreli (SUT) Design, implement and evaluate sport management strategies and tactics.	Sport Management Topics	FRANCESCO FELICI (IUSM) Control and Evaluation of Training Effect	ANTONIO TESSITORE (IUSM) Assesments in Team Sports/Game Analysis	<b>Students' departure</b>
10.00 - 11.00						
11.00 - 12.00						
12.00 - 13.00						
13.00 - 14.00	Break	Break	Break	Break	Break	
14.00 - 15.00	Artan Shytaj (SUT) Apply ethical principles to sport management	Lumtor Shkreli (SUT) Design, implement and evaluate sport management strategies and tactics.	FRANCESCO FELICI (IUSM) Control and Evaluation of Training Effect	ANTONIO TESSITORE (IUSM) Assesments in Team Sports/Game Analysis	FINAL REMARKS AND EXAM'S INSTRUCTIONS	
15.00 - 16.00						
16.00 - 17.00						
17.00 - 22.00		"Come together" event				

**Please, remind that attendance to the lectures is mandatory.** All students participating to the intensive program shall finalize the relevant exam, that will be organized online not earlier than 4 weeks from the IP's end. Student will also be asked to evaluate the intensive program anonymously.

**Student accommodation:** Hotel Comfort, Rr. Fortuzi, Tirana, Tel: +355 42 233 272 / +355 42 2037 580 , email info@hotelcomfort.al , w ww.hotelcomfort.al. Please note that your arrival at the hostel is expected on Sunday 8th, in the afternoon .

**Mobility expenses:** travel and subsistence expenses will be covered through the European Tempus grant up to a maximum of € 33,33 a day only for students in mobility residing in Shkodra for the entire duration of the IP. Lodging and meal expenses at the hostel (€ 28,00 on a Full Board basis) will be paid directly by the project coordination. Any difference between maximum allowance and expenditures made by the coordinating institution and/or by the Sport University Tirana will be transferred to your personal bank account after the end of the mobility . Please note that you are entitled to receiving the allowance upon full completion of the study course in Shkodra. In order to be refunded, keep any relevant documents related to travel from your home town to Tirana and viceversa.

**UNIVIE:** University of Vienna; **NKUA:** University of Athens; **SUT:** Sport University Tirana; **NOC:** National Olympic Committee Albania; **UB:** University of Belgrade; **UNS:** University of Novi Sad; **IUSM:** University of Rome Foro Italico; **UNI:** University of Nis;