

Basic material data:			
Academic unit:	Faculty of Physical Education and Sport		
Title of subject:	Sports Training Theory and Methodology		
Level:	Master		
Status of subject:	Mandatory		
Year of studies:	IV		
Number of hours per week:	2-1		
Value in loans – ECTS:	6		
Time / location:	13:00 -16:00 Amphitheatre (FEFS)		
Subject lesson:	Prof. Ass.Dr. Florian Miftari		
Contact details:	florian.miftari@uni-pr.edu		
Description of the subject:	<p>The theory and methodology of Sports Training is a scientific subject that aims to provide theoretical-methodical knowledge of the preparation of sportsmen at various stages of sports formation. It is characterized by a very complex study object, which is evidenced during the process of adapting sportsmen to sports practice, as well as for its specificity in various disciplines. The law of Theory and Methodology of Sports Training explains to students the basis of applied sciences, general knowledge necessary to theoretically understand and implement in practice the interpretation of different sports training orientations. Basic concepts of the subject enable the student to make interdisciplinary sports generalizations, which facilitate the methodical ranking of factors that determine the structure of the training process.</p>		
The purposes of the subject:	<p>Equipping students with basic knowledge of the Theory and Methodology of sports training, as well as with the ability to use them in concrete situations of physical education and sports training.</p>		
Expected results of the study:	<ul style="list-style-type: none"> • Students master the fundamental concepts of the science of sports training theory. • Students are able to apply the basic elements of training theory in practice, as well as variations in their implementation in different age groups. 		
The contribution to the student's load (which must correspond to the student's results)			
Activity	Hours	Day/week	Everything
Lectures	2	15	30
Theoretical/laboratory exercises	-	-	-
Practical work	1	15	15
Contacts with the teacher/consultations	1	5	5
Field exercises	-	-	-
Colloquium, seminars	1	3	3
Homework			
Student's time of study (in the library or at home)	3	5	15
Final preparation for exam	4-6	4-6	4-6

Time spent in evaluation (tests, quid, final exam)	1	3	3
Projects, presentations, etc.	2	2	2
Total			80
Teaching methodology:			
	<i>a. Iwase doing things; b.Seminars; c. Consultations; d. Individual work; e. Group work; f. Creative work.</i>		
Evaluation methods:			
	<ul style="list-style-type: none"> • <i>Students will be evaluated for participation and activation in the activitiesof seminars. Various creative (group) works, literature work will be performed.</i> • <i>Students will be evaluated for various written tests.</i> • <i>In conclusion, the student will be evaluated through a written exam.</i> <p><i>Valueat point(%):</i></p> <p><i>The participation in the 5-dripithings</i></p> <p><i>Seminarpresentations 20 drips</i></p> <p><i>D differentwriting(whereiz) 10 drips</i></p> <p><i>Various creative works (group) 15 drips</i></p> <p><i>Written exam 50 drips</i></p>		
Literature:			
Basic literature:			
	<p><i>1.Tudor O. Bompa, PhD, Carlo A. Buzzichelli [2019] Periodization: Theory and Methodology of Training. Sixth edition. Champaign, IL: Human Kinetics, Include Bibliographic references and index. 2.Jorgoni, A.(2005). Theory and Methodology of Sports Training.</i></p>		
Additional literature:			
	<p><i>1)Milanovic, D. (2007). Treninga Theory (Translated into Albanian by Prof. Dr. Faik Chitaku)</i></p> <p><i>2)Bompa, Tudor; Haff, G. Gregory (2009) Periodization-5th Edition: Theory and Methods of Training. Bompa TO. 1999 Periodization Training for Sports. Champaign,IL: Human Kinetics. 2) Hoff J, Gran A, Helgerud J. Maximal strength training improves aerobic endurance performance. Scand J Med Sci Sports. 2002 Oct;12 (5):288-95 3) Johnston RE, TJ Quinn, Kertzer R and Vroman NB. Tight training in female distance runners: impact on running economy. J. Strength Cond. Res. 11: 224-229, 1997 4) Moss BM, Refsnes PE, Abildgaard A, Nicolaysen K, Jensen J. Effects of maximum effort strength training with different tools on dynamic strength, cross-sectional area, lead-power and lead-speed relationship. Eur J Appl Physiol Occupyl Physiol. 1997;75 (3):193-9 5) Komi PV. Neuromuscular performance: factors influencing force and speed production. Scand J Sports Sci. 1979 1:2-15 6) explosive</i></p>		

development muscular power: the meanings for a mixed methods training strategic. NSCA J. 1994 16:(5)20-31

References for Strengthen Training Programs 1) Baechle TR and Earle RW. (2000) *Essentials of TIGHT Training and Conditioning: 2nd Edition*. Champaign, IL: Human Kinetics 2) Bompa TO. 1999 *Periodization Training for Sports*. Champaign,IL: Human Kinetics 3) Fleck SJ and Kraemer WJ. (2004) *Designing Resistance Training Programs, 3rd Edition*. Champaign,IL: Human Kinetics 4) Wilson GJ, Newton RU, Murphy AJ, Humphries BJ. *The optimal training lead for the development of dynamic athletic performance. Med Sci Sports Exercise. 1993 Nov;25 (11):1279-8*