

Study program / study programs: Recreation				
Type and level of studies: Basic vocational studies				
Course: THEORY OF SPORTS TRAINING				
Lecturer or lecturers (for lectures): Koprivica J. Vladimir				
Lecturer / Associate (for practice): Marko Cosic				
Course status: Obligatory				
ECTS: 5				
Condition:				
Course objectives: Knowledge acquisition about the system of sports training, management of that system, as well as learning about the objective regularities of the training and competitive activities.				
Course outcome: Expected learning outcome is that with every student has a basic knowledge of the system of sports training and competition of athletes and can manage the system. The desired learning outcome is that the best students, in addition to knowledge, understand the complexity and variability of the system of sports training and competition in practice and with the able to adapt to these changes by selecting the most rational solutions.				
Contents description <i>Theory teaching:</i> Introduction to the theory of sports training, Regularity of sports training, Sports preparation types, Methods, means and workload in sports training, Periodization of sports training, Management of the process of sports training, Basic theory and methodology of training and competition of young athletes, Special problems in the preparation of athletes. <i>Practical classes:</i> <i>Other forms of teaching, Research work,</i> Single training session (the structure, content, organization, conspectus), Analysis of single training session of various types, Operational, current and prospective training plan, The training evidence, Work-selected topic.				
Recommended literature Basic: 1. Koprivica, V. (2013). Theory of sports training. Beograd: SIA. Additional: 1. Bompa, T. (2006). Theory and methodology of sports training. Zagreb: Gopal. 2. Fratrić, F. (2006). Theory and teaching methods of sports training. Novi Sad: Pokrajinski zavod za sport. 3. Malacko, J. (2000). Fundamentals of sports training. Novi Sad: SIA. 4. Матвеев, Л.П. (2001). Общая теория спорта и ее прикладные аспекты. Москва: Известия. 5. Платонов, В.Н. (2004). Система подготовки спортсменов в олимпийском спорте. Киев. Олимпийская литература. 6. Schnabel, G., Harre, H.D., Krug, J. (2011). Trainingslehre–Leistung, Training, Wettkampf. Achen: Meyer&Meyer Verlag. 7. Желясков, Ц. (1998). Основи на спортната тренировка. София: НСА Пресс.				
Number of active classes				Other classes:
Lectures: 3	Practical classes: 1	Other forms of teaching:	Study research work:	60
Teaching method Oral exposure (presentation), method of demonstration, method of content analysis				
Knowledge assessment (maximum score 100)				
Exam prerequisites	points	Final examination	points	
Activity on classes	10	Practical exam	-	
Colloquium	10	Oral exam	70	
Seminar	10			