Study program / study programs: Sport and recreation

Type and level of studies: Special professional studies

Course title: TRAINING AND COMPETITION MANAGEMENT

Lecturer or lecturers (for lectures**):** Koprivica J. Vladimir

Course status: Obligatory in Module

ECTS: 5

Condition: None

Course objectives:

The objective of the course is that students will theoretically understand the complexity of the process of managing training processes and competitions of athletes of different ages and competitive levels; to learn which processes in practice are simultaneously won by management training and competition.

Course outcome:

The expected outcome is that students are able to manage complex processes of training and competition with disabilities of different ages and competitive levels.

Contents description:

Theoretical instruction

Objective and tasks of the subject; modeling in sports; selection in sport; forecasting in sports; control in sport; planning in sports; programming in sports; analysis in sport; record of competitive and training activities.

Practical classes:

Presentation of examples of different types of training and competition models

characteristic; Examples of selection criteria in different sporting disciplines; methods of forecasting in sports; controlling different types of athletes' preparation; examples of operational, current and perspective planning; examples of programming in sports; analysis of training and competition activities; examples of sporting records.

References:

- 1. Malacko, J. (2000). Osnove sportskog treninga (The basics of sports training). Sports academy. White City.
- 2. Bompa, T. (2006). Teorija i metodologija treninga (Theory and methodology of training). Gopal. Zagreb.
- 3. Milanović, D. (2009). Teorija i metodologija treninga (Theory and methodology of training). Faculty of Kinesiology. Zagreb.
- 4. Платонов, В.Н. (2004). Система подготовки спортсменов в олимпийском спорте (The system of preparation of sportsmen in the Olympic sport). Олимпийская литература. Kiev..

No. of active classes				Other classes:
Lectures:	Exercises/	Other forms of teaching:	Study research	
2	Practical classes:		work:	
	2			

Teaching method

Theoretical lectures; practical lectures; seminar

Knowledge assessment (maximum score 100)					
Exam prerequisites	points	Final examination	points		
Class Activities	10	Written examination			
Practical instruction		Practical examination			
Colloquium	20	Oral examination	50		
Seminar papers	20				