

**Subject: Theory of training****I. General information:**

Organization unit	Faculty of Physical Education Chair: Water and Winter Sports Department: Theory of Sport Supervisor: Jakub Adamczyk Ph.D., D.Sc.
Course name	Theory of training
Subject code	10/2/II/PE
Teaching language	English
Type of subject (obligatory/ facultative)	Obligatory
Level of studies (eg. bachelor, master)	Master
Year of studies	II
Semester	IV
ECTS Points	4
Teacher/e-mail	Dr hab. Prof. AWF Jakub Adamczyk jakub.adamczyk@awf.edu.pl
Studies program in which the subject is realized	Physical Education
Method of realization (stationary/ distance learning)	stationary
Prerequisites	Required knowledge about theory of sport, kinesiology, physiology

II. Detailed Information**Course aims and objectives**

A1	Gaining knowledge about training theory, mainly for competitive sport.
A2	Basic skills of applying training theory into training proces and preparing them to competitions.
A3	Gathering knowledge about adaptation process connected with training and its

	relations with building up of sport shape and peak of the performance, maintaining training level and planning cycles of training.
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Learning outcomes

Learning outcome	Subject's learning outcomes
Knowledge	
<p>K_W10</p> <p>Familiarity with application of different levels of physical effort and environmental conditions in the development of adaptation and physical fitness of people at different ages and with different physical performance.</p>	Knows and understand proces of fatigue, recovery and adaptation
<p>K_W06 Knows elementary phenomena and social processes that affect sport, physical education, health and physical activity. Recognizes the most important categories of social reality description, knows the importance of social and cultural determinants of participation in sport and movement recreation.</p> <p>K_W08 Recognises the importance of physical activity and movement recreation in a healthy lifestyle in ontogenesis.</p>	Knows and understand functioning of „systems of sport training” in different sports.
<p>K_W10 Familiarity with application of different levels of physical effort and environmental conditions in the development of adaptation and physical fitness of people at different ages and with different physical performance.</p>	Knows how to build up sport shape and peak of the performance in different sports and on different stages of training.
<p>K_W03 Knows objectives and functions of sport sciences - subjects and methods. Knows and understands basic principles of logic, principles of scientific research, research workflows and basic methods, techniques and research tools. Understands the sampling method. Knows the rules of writing a research paper and ethical principles applicable in research.</p>	Owns extended knowledge from sport sciences mainly according to theory of training.
<p>K_W06 Knows elementary phenomena and social processes that affect sport, physical education, health and physical activity. Recognizes the most important categories of social reality description, knows the importance of social and cultural determinants of participation in sport and movement recreation.</p> <p>K_W13</p>	Knows different systems of sport rivalry.
<p>K_W10 Familiarity with application of different levels of physical effort and environmental conditions in the development of adaptation and physical fitness of people at different ages and with different physical performance.</p>	Understand meaning of time structure of training and idea of periodization.
<p>K_W09 Knows forms, means and methods as well as the specific nature of the organization of training in diverse sport disciplines and is capable of working with young people, adults and retirees. Knows the rules of developing own original physical education and health plans. Comprehends the need of innovation and innovative and research work in sport. Knows and understands the process of planning, implementation and evaluation.</p>	Basic algorithms of steering of training process
<p>K_W11 Knows the rules of programming and planning of sport and health training in various stages of ontogenesis.</p>	Knows how to plan and program training process
<p>K_W10 Familiarity with application of different levels of physical</p>	Kows how to control and monitor

effort and environmental conditions in the development of adaptation and physical fitness of people at different ages and with different physical performance.	training proces.
K_W09 Knows forms, means and methods as well as the specific nature of the organization of training in diverse sport disciplines and is capable of working with young people, adults and retirees. Knows the rules of developing own original physical education and health plans. Comprehends the need of innovation and innovative and research work in sport. Knows and understands the process of planning, implementation and evaluation.	Knows how to document and analyse training loads.
Skills	
K_U04 Ability to create projects and plans of own professional development and select or devise teaching programs. Ability to measure the quality of the functioning of diverse organizations and institutions, including educational ones. Ability to make use of values related to sport (physical culture), Olympism and health in physical education and the prevention of social pathologies. K_U10 Ability to organize and to conduct basic tourist and recreational events for children, young people and adults, observing the relevant safety rules in accordance with the regulations.	Can plan training cycle of different length according to aim
K_U06 Ability to evaluate the accuracy of selected exercise and effort programs depending on the age and physical fitness of people exercising. K_U07 Ability to create basic research tools based on recognised methods applied in social research. Ability to perform an environment and group diagnosis. Ability to interpret social facts related to sports in an independent way (physical culture).	Can document and analyse training loads in different cycles
Social Competences	
K_K01 Promotion of physical activity and health behaviours in the local community among young people and adults who are both active and not active professionally. Participation in social life and physical culture.	Independently solves tasks concerning sports training.

Syllabus content

No	Title
Exercise / practical classes	
SC 1	Basic informations about the subject. Terminology, literature of the subject.
SC 2	Periodization of the training. Sport shape, performance and training. Macrocycle.
SC 3	Models of periodization.
SC 4	Mesocycles and Direct Starting Preparation.
SC 5	Microcycles and trainings.
SC 6	Training loads – components, classification. Reactivity for different type of training.
SC 7	Documenting and analysing of the training proces.
SC 8	Control and monitoring of traing proces. Current, operative and cumulative control.
SC 9	"Champion model" in sport.

SC 10	Steering the training process.
SC 11	Rules of planning the training process.
SC 12	Prognosis, program and plan of the training in different cycles.
SC 13	Specificity of training Female athletes.
SC 14	Training in hard geoclimate conditions.
SC 15	Test.

Assessment criterion

Local grade	Grade	Criteria
5	A	Class attendance at least 75%. Activity during class. Minimum 90% points from final test.
4,5	B	Class attendance at least 75%. Activity during class. Total 82-89% points from final test.
4	C	Class attendance at least 75%. Activity during class. Total 75-81% points from final test.
3,5	D	Class attendance at least 75%. Activity during class. Total 65-74% points from final test.
3	E	Class attendance at least 75%. Activity during class. Total 55-64% points from final test.
2	F	Class attendance at least 75%. Activity during class. Less than 55% from final test.

ECTS Points calculation

Type of the activity	Number of hours for the activity	ECTS Points
With direct contact with tutor (total)	60	2
a) Lectures / exercises	45	x
b) Other contact hours, consultations	15	x
Other forms of classes / gaining effects of education	60	2
a) Literature analysis	20	x
b) Collecting of materials to the project	-	x
c) Preparation of presentation	-	x
d) Studying of didactic materials	20	x
e) Developing of personal skills	-	x
f) Preparation to the exam	20	x
Number of hours / Total ECTS Points	120	4

Bibliography:

1. Bompa T.O. (2000). Total Training for Young Champions. Champaign: Human Kinetics.

2. Bompa T.O., Haff G.G. (2009). Periodization. Theory and Methodology of Training. Champaign: Human Kinetics.
3. Gambetta V. (2006). Athletic Development : The Art & Science of Functional Sports Conditioning. Champaign: Human Kinetics.
4. McGuigan M. (2017). Monitoring Training and Performance in Athletes. Champaign: Human Kinetics.
5. Verkhoshansky Y.V., Siff M.C. (2009). Supertraining. 6th edition expanded version. Denver: USA.