

**Subject: Training for Masters Athletes****I. General information:**

<b>Organization unit</b>	Faculty of Physical Education Chair: Water and Winter Sports Department: Theory of Sport Supervisor: Jakub Adamczyk Ph.D., D.Sc.
<b>Course name</b>	Theory of training
<b>Subject code</b>	27/1/II/PE
<b>Teaching language</b>	English
<b>Type of subject (obligatory/ facultative)</b>	Obligatory
<b>Level of studies (eg. bachelor, master)</b>	Master
<b>Year of studies</b>	II
<b>Semester</b>	I
<b>ECTS Points</b>	4
<b>Teacher/e-mail</b>	Dr hab. Prof. AWF Jakub Adamczyk jakub.adamczyk@awf.edu.pl
<b>Studies program in which the subject is realized</b>	Physical Education
<b>Method of realization (stationary/ distance learning)</b>	stationary
<b>Prerequisites</b>	Required knowledge about theory of sport, theory of training, biology and biochemistry, physiology

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

A1	Providing students with enhanced skills to prepare Masters Athletes for training and competition on different level of advancement with special emphasis on competitive sports.
A2	Extension of the range of competences, enabling accurate evaluation of changes in physical

	fitness and training adaptability in Masters Athletes.
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### Learning outcomes

Learning outcome	Subject's learning outcomes
<b>Knowledge</b>	
K_W08 Recognises the importance of physical activity and movement recreation in a healthy lifestyle in ontogenesis.	Extended knowledge about aging process and changes of physical fitness according to aging
K_W11 Knows the rules of programming and planning of sport and health training in various stages of ontogenesis.	Knows and understand processes of shaping sport shape and performance in different sports and in different age
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. K_W11 Knows the rules of programming and planning of sport and health training in various stages of ontogenesis.	Know how to use rules, methods, forms and means of the training
<b>Skills</b>	
K_U15 Ability to make use of educational aspects of health promotion and physical activity in preventing negative social behaviours.	Can devise training plan according to aim
K_U05 Ability to use basic motivation techniques in promoting a healthy lifestyle.	Can document and analyse training loads in different cycles
K_U05 Ability to use basic motivation techniques in promoting a healthy lifestyle. K_U15 Ability to make use of educational aspects of health promotion and physical activity in preventing negative social behaviours.	Can diagnose level and structure of physical fitness as well as adaptative changes after training
<b>Social Competences</b>	
K_K02 Involvement in creative problem solving, planning and execution of educational activities in different social environments independently and in a team.	Independently solves tasks concerning sports training.

### Class content

Number of meeting	Title
<b>Exercise / practical classes</b>	
SC 1	Aging process and minimalisation of negative effects of aging.
SC 2	Basis of Masters Athletes training theory.
SC 3	Endurance in Masters Athletes training.
SC 4	Strength and Power in Masters Athletes training.

SC 5	Speed in Masters Athletes training.
SC 6	Flexibility in Masters Athletes training.
SC 7	Periodisation in Masters Athletes training.
SC 8	Training in hard environmental conditions for Masters Athletes.
SC 9	Injury Prevention and treatment in Masters Athletes.
SC 10	Nutrition for Masters Athletes.
SC 11	Recovery Strategies for the Masters Athletes.
SC 12	Performance-Enhancing Supplements and the Masters Athletes.
SC 13	The Female Masters Athlete.
SC 14	Weight Control and Medical Screening for the Masters Athletes.
SC 15	Test.

#### Assessment criterion

Local grade	Grade	Criteria
<b>5</b>	<b>A</b>	Class attendance at least 75%. Activity during class. Minimum 90% points from final test.
<b>4,5</b>	<b>B</b>	Class attendance at least 75%. Activity during class. Total 82-89% points from final test.
<b>4</b>	<b>C</b>	Class attendance at least 75%. Activity during class. Total 75-81% points from final test.
<b>3,5</b>	<b>D</b>	Class attendance at least 75%. Activity during class. Total 65-74% points from final test.
<b>3</b>	<b>E</b>	Class attendance at least 75%. Activity during class. Total 55-64% points from final test.
<b>2</b>	<b>F</b>	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
<b>With direct contact with tutor (total)</b>	<b>60</b>	<b>2</b>
a) Lectures / exercises	45	x
b) Other contact hours, consultations	15	x
<b>Other forms of classes / gaining effects of education</b>	<b>60</b>	<b>2</b>
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
<b>Number of hours / Total ECTS Points</b>	<b>120</b>	<b>4</b>

### **Bibliography:**

1. Reaburn P. *The Masters Athlete, Improve Your Performance, Improve Your Fitness, Improve Your Life*. Queensland: Info Publishing Pty Ltd, 2009.
2. Reaburn P. *Nutrition and Performance in Masters Athletes*. Queensland: CRC Press, 2014.
3. Baker J., Horton S., Weir P. *The Masters Athlete: Understanding the Role of Sport and Exercise in Optimizing Aging*. Oxford: Routledge, 2009.
4. Utzschneider C. *Mastering Running (Masters Athlete Series)*. Champaign: Human Kinetics, 2014.
5. Foreman M. *Olympic Weightlifting For Masters*. Catalystathletics, 2014.
6. Saltin B (1986). *The aging endurance athlete*. W: *Sports Medicine for the Mature Athlete*, ed. Sutton JR & Brock RM, pp. 59–80. Indianapolis: Benchmark Press.