

Subject: Theory of Training

GENERAL INFORMATION

Organization unit	Faculty of Physical Education Chair of Theory of Sport Chairman: Prof. dr hab. Jakub Adamczyk
Course name	Theory of Training
Subject code	WFII-11
Teaching language	English
Type of subject (obligatory/ facultative)	Obligatory
Level of studies (eg. bachelor, master)	Master
Study year	2
Semester	3
ECTS points	5
Professor	Jakub Adamczyk Ph.D., D.Sc.
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

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 process 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.

Main topics

No	Topic
Lectures/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	Specifity of training Female athletes.
SC 14	Training in hard geoclimate conditions.
SC 15	Test.

CONDITIONS FOR PASSING CLASSES:

Local grade	Grade	Criteria
5	A	Class attendance at least 75%. Activity during class. Minimum 93% points from final test.
4,5	B	Class attendance at least 75%. Activity during class. Total 85-92% points from final test.
4	C	Class attendance at least 75%. Activity during class. Total 77-84% points from final test.
3,5	D	Class attendance at least 75%. Activity during class. Total 69-76% points from final test.
3	E	Class attendance at least 75%. Activity during class. Total 56-68% points from final test.
2	F	Class attendance at least 75%. Activity during class. Less than 56% from final test.

1 ECTS point = 25. hours students work (contact + self study)



TYPES OF CLASSES	HOURS
1. Contact classes	45
2. Students' preparations of the presentations	30
3. Self study as preparation to the written exam	30
4. Self study as reading text prepared by the teacher	20
Total = 125 hours- ECTS points 5	

Author of the class card:	Name, surname and email
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