CLASS CARD

THEORY OF TRAINING

Basic classes	Code in the study plan	ECTS
Theory of Training	WFII-11	5

Education profile	All-academic
Faculty and field of study	Physical Education
Studies program in which the	Physical Education
subject is realized	
Professor's name	Jakub Adamczyk Ph.D, D.Sc.
Level of studies (eg. bachelor,	Master
master)	
Study year and semester	2,3
Language	English
Method of realization	Stationary
(stationary/ distance learning)	
Lectures/classes hours	15 lectures, 30 classes
Form of passing classes	E3
Type of subject	Obligatory
(obligatory/ facultative)	
Prerequisites	Required knowledge about theory of sport,
	kinesiology, physiology

DETAILED INFORMATION

Course aims and objectives

A1	Equipping students with a coherent system of knowledge and basic skills in the theory of sports training, primarily in the area of the training process for athletically gifted individuals.
A2	Equipping students with basic knowledge and skills enabling them to prepare athletes for participation in sports competition.
A3	Mastering the skills of planning training cycles through the appropriate selection of methods, forms, and training tools suited to the set training objectives.

LEARNING OUTCOMES IN KNOWLEDGE, SKILLS AND SOCIAL COMPETENCES FOR CLASSES

Directional learning outcomes (symbols)	Reference to the universal characteristics of the first degree of PRK level 7 (symbols)	Reference to the universal characteristics of the second degree of PRK level 7 (symbols) KN	Learning outcomes for the subject OWLEDGE	Reference to subject objectives	Reference to education standards
K_W09	P7U_W	P7S_WG P7S_WK	P_W01 Knows and understands the processes of fatigue, rest, and psychobiological recovery. Factors influencing athletic form.	A3	
K_W09	P7U_W	P7S_WG P7S_WK	P_W02 Knows and understands the phenomena that condition the functioning and effectiveness of "sports training systems" in different sports. The significance of modern technologies.	A1	
K_W09	P7U_W	P7S_WG P7S_WK	P_W03 Has basic knowledge and is familiar with the fundamental terminology of sports sciences – sports training theory as an applied science, its cognitive and application functions, concepts related to different types of sports training.	A1	
K_W09	P7U_W	P7S_WG P7S_WK	P_W04 Knows various systems of organizing sports competition, covering the entire sports career, both nationally and internationally.	A2	
K_W09	P7U_W	P7S_WG P7S_WK	P_W05 Knows basic algorithms for managing the training process. Understands the role of the coach in this process and the importance and methods of professional	A3	

			development.		
K_W09	P7U_W	P7S_WG P7S_WK	P_W06 Knows the principles of forecasting, programming, and planning the training process and competition.	A3	
K_W09	P7U_W	P7S_WG P7S_WK	P_W07 Knows the procedures for controlling post-training states and effects.	A2	
K_W09	P7U_W	P7S_WG P7S_WK	P_W08 Knows methods and techniques for documenting and analyzing training and competition loads.	A3	
			SKILLS		
K_U11	P7U_U	P7S_UW P7S_UO	P_U01 Is able to develop a training cycle in accordance with the set training objective.	A3	
K_U11	P7U_U	P7S_UW P7S_UO	P_U02 Is able to document and assess the implementation of training loads in any given cycle.	A2	
K_U11	P7U_U	P7S_UW P7S_UO	P_U03 Is able to develop a control system appropriate to the training objective.	A2	
	_1	SOCIAL	COMPETENCES		1
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SUBJECT PROGRAM CONTENT DIVISION BY FORMS OF IMPLEMENTATION

	Reference to subject-
FORM OF CLASSES – LECTURE - subject	specific learning outcomes

Semester 3	Theory of Sports Training as a Distinct	P W01
	Applied Science – its Cognitive.	P_W03
	Synthetic, and Application Functions.	—
	Sports training as an organized cycle.	
	Scientific research in sports – achievements,	
	directions of inquiry.	
	Material and temporal structure of training	
	and its components.	
	Adaptive effects of various types of effort	
	[training and cycles].	
	Athletic form. Overtraining.	
	Sports Competition as a Platform for	
	Evaluating Training Effectiveness.	P_W02
	Systems of competition, their organization,	P_W04
	and structure.	
	Institutions and organizations of the global	
	and national sports movement.	
	Forms of Practicing Sport and the Model	
	Of Competition Loads.	D W/02
	Relationships between competition effort	
	Intensity ranges of everying load programs.	F_VV04
	Intensity ranges of exercises – enon zones.	
	Managing the Sports Training Process.	
	Algorithm for managing the training	
	process.	P W05
	Forecasting in sports training.	P_W06
	Aspects of forecasting. Forecasting as the	_
	basis for setting sports and training goals.	
	Sports Training vs. Health Training –	
	Similarities and Differences.	
	Example of health training – WHO	D 11/02
	standards in this area.	P_W03
	Pharmacological Support in Flite Sports	
	Pharmacological physiological and genetic	
	doning	
	doping.	P W01
	Functional Training (mobility,	P W03
	stabilization, plyometrics, vibration).	
	Technical means of supporting training –	
	simulators.	
	Modern technologies in elite sports.	P_W03
		P_W02
		_
		Reference to subject-
FORM OF C	LASSES – CLASSES – subject	specific learning outcomes

Semester 3	Periodization of Training. Athletic Form. Training Cycles: Macrocycles, Mesocycles, Microcycles – Characteristics. Training periods.	P_W01 P_W03 P_W06
	Training Loads – components of loads, classification, loads – reactivity – effects of load application. Classical methods of recording loads.	P_W08 P_U02
	Training Control. Concept of measuring post-training effects: current, operational, and periodic control.	P_W07 P_U03
	 "Sports Mastery Model" – "Master's Model." Managing the training process. Elements of control. Principles of planning – from forecasting to programming and planning. 	P_W05 P_W06
	Practical Creation of Mid-term Programs – Project: multimedia presentation form.	P_W06 P_U01 P_U03

PLANNED METHODS/FORMS/TEACHING MEANS

Program content	Teaching methods/forms
Lectures	Auditorium-based
Classes	Auditorium-based, practical classes (project
	method)
Teaching resources: computer, multimedia projector, thematic presentations.	

METHODS OF VERIFYING THE EXPECTED LEARNING OUTCOMES ACHIEVED BY THE STUDENT

Semester	Learning outcomes for classes	Assessment methods
3	P_W01, P_W02, P_W03, P_W05, P_W07,	final written assessment – test
	P_W08.	
3	P_W01, P_W04, P_W06, P_W07, P_U01-03	final written assessment –
		descriptive
		project
3	P_W01, P_W02, P_W03, P_W04, P_W05,	written test exam (first date) /
	P_W06, P_W07, P_W08, P_U01-03,	oral exam (second date)

CONDITIONS FOR PASSING CLASSES:

Passing the exercises with a grade includes a practical test (project preparation) and a theoretical test (written – descriptive). The project will be assessed based on the following criteria: applied methods and training tools, training structure, rhetoric of presentation, accuracy of presentation, and content compliance with the training objective. A maximum of 22 points can be earned. Grading scale:

- 50–59% satisfactory (dst.),
- 60–69% satisfactory plus (dst. plus),
- 70–79% good (db.),
- 80–89% good plus (db. plus),
- 90–100% very good (bdb.).

To obtain a positive final grade, students must achieve at least a satisfactory grade in both forms of assessment.

Passing the lectures: The test consists of 20 single-choice closed questions. The passing threshold is set at 60%.

The final course completion takes the form of an **exam**. A prerequisite for taking the exam is passing both the exercises and the lectures. The **first attempt** is an **written test exam**. The exam consist 25 single-choice questions, using the Testportal platform, taken **on-site**. Students must ensure they have the appropriate tools to complete the test. Duration is approximately 25 minutes.

Local grade	Grade	Criteria
5	A	Class attendance at least 75%. Activity during class. Minimum 93% points from final test.
4.5	В	Class attendance at least 75%. Activity during class. Total 85- 92% points from final test.
4	С	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.

Second attempt is in oral exam form. Each answer is graded on a scale from 2 to 5, and to pass, the student must answer each question with at least a satisfactory grade.

Grading criteria for the oral exam:

- 9 points satisfactory (3),
- 10.5 points satisfactory plus (3.5),
- 12 points good (4),
- 13.5 points good plus (4.5),
- 14.5 points or more very good (5).

SAMPLE ASSESSMENT/EXAMINATION TOPICS

- The Idea and Principles of Periodization in the Sports Training Process.
- Characteristics of Training Periods that Form a Macrocycle.
- Types of Mesocycles in Training and Their Methodological Characteristics.
- Structure of the Basic, Pre-Competition, and Recovery Microcycles.
- Classification of Training Loads According to Intensity of Effort.
- Structure of the Training and Competition Load Registration Sheet.

• Technology for Recording Exercises of Specific Intensity, Volume, and Type in the Registration Sheet.

- Methodological Characteristics of Current, Operational, and Periodic Control.
- Algorithm for Managing the Training Process.
- Substantive Characteristics Creating the "Champion Model."
- Characteristics of the Planning Process: "From Prediction through Program to Plan."

ENGLISH BIBLIOGRAPHY

Basic	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.
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	5. Verkhhoshansky Y.V., Siff M.C. (2009). Supertraining. 6 th edition			
	expanded version. Denver: USA.			
Additional	Selected scientific papers on topics related to sports training.			

SELF STUDY

Full-time studies		
Number of	ECTS	Type of activity
hours to		
complete the		
activity		
¥		Activities requiring the direct participation of
45	1.8	academic teachers (total)
	-,-	
15/30		a) lectures / exercises
-		b) other contact hours with the teacher
80	3.2	Other forms of activity (total)
25		a) familiarizing oneself with the indicated literature
10		b) gathering materials for the project
15		c) preparing the presentation and description
5		d) studying teaching materials
		e) developing personal fitness / improving technical skills
25		f) preparation for assessment/exam
		g) other (specify):
125	5	Total hours / number of ECTS points

The number of ECTS credits that a student earns through activities preparing them for conducting scientific work or participating in this activity: 2

Author of the class card:	Name, surname and email
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