

SYLLABUS

SUBJECT Theory of Sport

TEACHER PhD Grzegorz Domino

COURSE DESCRIPTION

The course aims to familiarize students with theoretical and methodological foundations and practical achievements in the field of sports to prepare athletes of all levels of sports allow to increase the knowledge and skills in accordance with current requirements in the world.

LEARNING OUTCOMES

At the completion of this course it is desired that each student be able to:

- able to explain the essence of sport
- determine the specificity of sport children and young people
- identify sporting talent
- be able to choose the means and methods of training to the needs of children and youth sport
- use of special fitness tests

ECTS: 4

GRADING POLICY

Each of our class sessions will be devoted to a combination of lectures, case discussions, class exercises, and group work. Every student is expected to come to class prepared and to actively participate in our learning environment.

Written test (60% of final grade); Class participation (40% of final grade); Attendance will be taken every laboratory meeting. There are no excused absences.

LECTURE TIMETABLE

	Theme	Lecture Hours
1	SPORT AS A CULTURAL PHENOMENON	2
2	SOCIAL AND BIOLOGICAL FUNCTIONS OF SPORT	2
3	PRINCIPLES OF TALENT SELECTION	2
4	SYSTEM OF TRAINING AND ATHLETIC COMPETITION	2
5	STAGES OF SPORTS TRAINING	2
	FINAL EXAM	

WORKSHOP TIMETABLE

	Theme	Class Hours
1	THE SPECIFICITY OF CHILDREN SPORTS TRAINING	3

2	PARTICIPATION OF CHILDREN AND YOUNG PEOPLE IN SPORT AND RECREATION	3
3	TYPES OF PHYSICAL FITNESS AND THE CONTROL POSSIBILITY	2
4	SELECTION AND QUALIFICATION FOR PROFESSIONAL SPORTS	2
5	PREDICTION OF SPORTS CAREER	2
6	BASIC KNOWLEDGE OF RULES, FORMS, MEANS AND METHODS OF TRAINING	2
7	BASIC TECHNIQUES AND TACTICS IN SPORT	2
8	MODERN TECHNOLOGIES IN SPORT	2
9	FACTORS INFLUENCING THE DEVELOPMENT OF SPORT	2
10	TRENDS IN DEVELOPMENT OF THE SPORT	2
11	OLYMPIC SPORT AND PROFESSIONAL SPORTS	2
12	THE ORGANIZATION, OPERATIONS AND FUNCTIONING OF THE OLYMPIC MOVEMENT	2
13	THE CHARACTERISTICS OF THE PREPARATION OF ATHLETES IN EXTREME CONDITIONS	2
14	THE ROLE OF COACH AND TEACHER IN RAISING AWARENESS AND ACTIVE PARTICIPATION IN VARIOUS FORMS OF PHYSICAL ACTIVITY	2
	CLASS TEST	

TEXTBOOK AND REQUIRED MATERIALS

1. Shepard R.J., Astrand P.O., (1992), Endurance in Sport. Oxford Blackwell Scientific Publications.
2. Bompa T., Haff G. (2009), Periodization, 5th Edition: Theory and Methodology of Training Publisher: Human Kinetics.

PREREQUISITES: