|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| 1. Course title: Leading and practice of training II | | | | | |
|  | | | | |
| 2. Code: | | 3. Type (lecture, practice etc.): practice | | | |
|  | | | | |
| 4. Contact hours: 2 hoursper week | | 5. Number of credits (ECTS): 2 | | | |
|  | | | | |
| 6. Preliminary conditions (max. 3): | | | | | |
|  | | | | |
| 7. Announced: fall semester,  spring semester, both | | | | | |
|  | | | | |
| 8. Limit for participants: none | | | | | |
|  | | | | |
| 10. Responsible teacher (faculty, institute and department):Kitti Vadasz (Faculty of Sciences, Institute of Sport Sciences and Physical Education, Department of Theory and Practice of Sports) | | | | | |
|  | | | | |
| 11. Teacher(s) and percentage: | | Kitti Vadasz | | 100% | |
|  | |  | |
|  | |  | |
|  | |  | |
|  | |  | |
|  | | | | |
| 12. Language:English | | | | | |
|  | | | | |
| 13. Course objectives and/or learning outcomes:  Students will lead practices or parts of practices in athletics clubs. During the course students will acquire practical skills in pedagogy, psychology, and in developing sport-specific performance. Using previously learned knowledge in the fields of exercise science, students will design workout programs. | | | | | |
|  | | | | |
| 14. Course outline  Discuss coaching aspects and requirements.  Discuss workout designing aspects and requirements.  Lead practices previously agreed by clubs and coaches for youth and junior age-groups. | | | | | |
|  | | | | |
| 15. Mid-semester works  Leading a minimum of 5 practice parts and 3 full practices for youth and junior age-groups.  Designing workout programs with respect to the requirements. | | | | | |
|  | | | | |
| 16. Course requirements and grading  Coaching performance 50%  Designing workout program 50% | | | | | |
|  | | | | |
| 17. List of readings   1. Bompa TO, Haff GG. Periodization. Theory and methodology of training. Human Kinetics, 2009. 2. Carr G: Fundamentals of track and field. Human Kinetics, 1991. | | | | | |
|  | | | | |
| 18. Recommended texts, further readings | | | | | |
|  | | | | |
| **Date** | 13 April, 2017 | **Prepared by** |  | | |
| Kitti Vadasz  responsible teacher | | |
|  | | | | |
| **Endorsed by** | | |  | | |
| Dr. Mark Vaczi program supervisor | | |