Annex A: Course Descriptions for Sport and Movement Science Program.

Subject	**SPORT IN HISTORY, CULTURE AND SOCIETY**		
	Type	**Semester**	**ECTS**
	Obligatory	I	4
Course Lecturer	Dr.Sc. Nagip Lenjani		
Aims and Objectives	The course provides information about Sports in history, culture and society. This course will introduce students to the scientific study of the history of sport, culture and society. Students will learn about the principles of sports history, culture and processes of society. Students will be familiar with concepts related to the main sub-disciplines of sports history, culture and society. They will learn about the history of sport in the world, about the origin of the movement, about body education in the far east, greek civilization and gymnastics, about classical-era competitions and games, about the general features of physical education in the Middle Ages, about physical education in the Albanian middle ages and also about the history of sport in Kosovo. Students will also learn how scientific methodology is used in sports history, culture and research of society and learn critical thinking skills. Throughout, emphasis is placed on original empirical research. The main purpose of the course is to help students develop reasoned questions and arguments about the explanation and description of the use of empirical data as the primary authority.		
Learning Outcomes	After studying the materials discussed in the classroom, students should be able to: ✓ Demonstrate Knowledge of the Historical Evolution of Sports ✓ Analyze the Cultural Dimensions of Sports, Evaluate the cultural significance of major sports within different societies. ✓ Analyze the impact of sports on social integration and division in diverse communities. ✓ Apply theoretical frameworks to critically assess the role of sports in different contexts ✓ They possess historical, cultural and social knowledge and perspectives on the organization of games.		
Course Content	Course plan		Weeks
	Notification of students with the content of the syllabate.		1
	History of sport; Study of the development of sport in the history of mankind; Origin of movement.		2
	Motoring in the United States; Body education in the Far East; Greek civilization and gymnastics.		3
	Competitions in classical era games.		4

	Facilities for various gymnastics-sports activities	5
	The creation of international sports federation, reshaping the Olympic ideal.	6
	Physical education in the Albanian Middle Ages; Physical education during the 19th century; History of sport in Kosovo; Traditional sports.	7
	First intermediate test.	8
	Culture and Sport	9
	The importance of sport in modern society	10
	Sport, culture and society; Level of analysis in sport, culture and society; The value of theory in analyzing sport, culture and society.	11
	Sociology of sport; Sport as a social phenomenon and experiment in sport. Structure of sports activity.	12
	Anthropology; Anthropometric characteristics in sport.	13
	Modern Olympic Games; Evolution of the Olympic Games Women in the Olympic Games.	14
	Final exam	15
Teaching /Learning Methods:	In the teaching process, contemporary methodology is applied. Various forms of modified lectures, and independent work of students according to contemporary forms of cooperation. o Class participation and discussions, o Grup project, o Essay.	
Assessment Methods:	o Class participation and discussions -20% o Mid-term exam: 20% o Essay 15% o Group project 20% o Final exam 25%	
Literature:	• Coakley, J. (2009). Sports in society: Issues and controversies (10th ed.). New York, NY: McGraw-Hill Publishers. • Ellis Cashmore, Sports Culture, 2003, Routledge World Reference. • © The Olympic Museum, 2nd edition 2007 (The Modern Olympic Games). • Misja, B. (1997). History of Physical Education and Sports; The "Hippocrates" House	
Additional literature:	• Kraja, M. (2018). "Encyclopedic Dictionary of Kosovo". (Encyclopedic Dictionary of Kosovo). 2. Pristina: Academy of	

	Sciences and Arts of Kosovo. fq. 1526. ISBN 9789951615846. OCLC 1080379844. • History of Football in Kosovo". Archived from the original on 2 March 2014. • Tables of Kosovo Football Champions since 1945.
Contact	nagip.lenjani@ubt-uni.net

Subject	**FUNDAMENTALS OF PHYSICAL ACTIVITY: THEORY OF MOVEMENT**		
	Type	**Semester**	**ECTS**
	OBLIGATORY (O)	I	5
Course Lecturer	Dr.Sc. Masar Gjaka		
Aims and Objectives	The course intends to provide students with the theoretical, technical and practical bases of physical activity, aimed at the knowledge of methods and didactics of different motor activities. Additionally, students will gain knowledge and understanding of the most important theories with regard to motor development and motor skills acquisition and their application.		
Learning Outcomes	Upon the completion of the course, students will: ✓ Have acquired the ability to select and use the concepts and principles of methodology and didactics of physical activities in the various contexts in which they take place. ✓ Demonstrate Understanding of Motor Control and Motor Learning. ✓ Apply theories of motor control and learning to explain the acquisition and refinement of motor skills. ✓ Understand the factors which influence the control of human movement. ✓ Explain the Physiological Responses to Exercise.		
Course Content	Presentation of the subject		1
	Introduction to the theory of human movement; Movement forms and classifications;		2
	Posture and motor patterns;		3
	Principles and models of normal growth and development of children;		4
	Learning, development and motor control		5
	Definition of physical activity		6
	Intermediate testing I		7
	Components of fitness: Health related fitness compontents		8
	Skill-related fitness compontents 1		9
	Skill-related fitness compontents II		10
	Guidelines of physical activity		11
	Introduction to principles of training		12
	Talent identification and long-term athletic development		13
	Presentation of practical work		14
	Final exam		15

Teaching/Learning Methods	Theoretical lectures, laboratory/sports hall exercises, seminars, workshops, assignments, independent learning, individual and group work etc.
Assessment Methods	○ Class participation and discussions 15% ○ Mid-term exam: 20% ○ Practical Exam 20% ○ Individual and group work 10% ○ Seminars 10% ○ Final exam 25%
Literature	• Haibach, P. S., Greg, R., & Collier H. D. (2011) Motor learning and development. Champaign, IL: Human Kinetics. • Schmidt, R. A., Lee, T. D. (2011). *Motor control and learning: A behavioral emphasis*. Human kinetics. Beside the indicated books, scientific publications relevant to the field will be used to prepare the lectures, which will be made available for students through the moodle platform.
Contact	masar.gjaka@ubt-uni.net

Subject	**BIOLOGY AND GENETICS, WITH BASIC ELEMENTS OF BIOCHEMISTRY**		
	Type	**Semester**	**ECTS**
	OBLIGATORY (O)	I	5
Course Lecturer	Dr.Sc. Gazmend Temaj		
Aims and Objectives	• Acquiring the fundamental principles underlying the nature, functions and diversity of life; understanding the concepts of simplicity/complexity, biological organization and homeostasis, environment and evolution. • Understanding the chemical organization and functioning of living systems, and the aspects of cell organization, genetic information, metabolism, reproduction and development. • Acquiring the needed prerequisites to approach the study of anatomy, physiology and other disciplines related to the human body, and particularly for the study of exercise, training methods, and the biology, biochemistry and genetics of human performance.		
Learning Outcomes	The course will help the student understand and apply the following concepts: ✓ Life, energy, living systems and the biosphere; genetics, evolution and bioengineering; health and the role of physical activity and lifestyle. ✓ Basics of chemistry and biochemistry: atoms and molecules, chemical bonds and reactions, structural and functional biomolecules. ✓ The cell and its components: nucleus, cytoplasm and organelles, membrane and cell transport; diversity of cells and organisms; microorganisms, and their role in the environment and human health.		

	✓ Principles of metabolism and energy transformations in living systems, and main metabolic paths. ✓ Organization of the genetic material and its functioning: DNA and RNA; the genetic code and the synthesis of proteins; development and gene-environment interactions. ✓ Reproduction, evolution and environment; DNA replication, cell division and organism reproduction; human health, society and future perspectives; assisted reproduction, genetic engineering, biotechnologies, artificial intelligence.	
Course Content	Syllabus Presentation	Week 1
	Introduction to general and integrative biology: Energy and matter; properties of life; cells and living beings; body organization and movement structures.	Week 2+3
	Basic elements of chemistry and biochemistry: Atoms and molecules; chemical bonds and reactions; acids and bases; biomolecules; proteins and enzymes in metabolism; contractile proteins and movement.	Week 4+5
	The cell, structures and functions: The cell and its diversity; prokaryotes and eukaryotes; membrane and passage of substances; cytoplasm, cytoskeleton and movement structures; nucleus, nucleic acids and their functions.	Week 6+7
	Midterm exam	Week 8
	Cell metabolism: Flow of energy and matter, the laws of thermodynamics; energy-saving strategies, enzymes; Energetic metabolism, photosynthesis and respiration.	Week 9+10
	Genetics and reproduction: DNA and RNA, the genetic code and the synthesis of proteins; genetic expression; genes and chromosomes; DNA and reproduction, mitosis and meiosis; asexual and sexual reproduction, variability, mutations; sex determination; Mendel's laws; sex-linked traits; examples of human genetic traits in health and disorder; genes and sport.	Week 11+12
	Integrative biology issues: Development and gene-environment interactions; the microbioma and its role in health and evolution; environmental change; biotechnologies and genetic engineering.	Week 13+14
	Final Exam	Week 15

Learning methods	**Activity**	**Percent (%)**
	Lectures	50
	Seminar	10
	Laboratory work	30
	Praktical work	10

Course resources	**Source**	**Number**
	Classroom (e.g.)	1
	Laboratory (e.g.)	1
	Moodle	1
	Software	1
	Projector	1
Mandatory jobs and activity	**Other activity**	**Hrs week** / **Total**
	1. Lecture	3 / 36
	2. Laboratory	4 / 24
	3. Consult	1 / 10
	4. Independent teaching	7 / 110
Literature/Reference **Recommended literature**	• Memushi, L. (2003): Biologjia Humane, Shtëpia botuese "Libri Universitar" Tirane. • Lodish, H. Berk, A. Zipursky, L. Matsudaira, P. Baltimore, D. Darnell, J. Molecular Cell Biology. 6th ed. (2013) Neë York: Ë. H. Freeman & Co. • Alberts, B, Johnson, A. Lewis, L. Raff, M. Roberts, K. &Ëalter, P. Molecular Biology of the Cell. 4th edition (2000) • Berg, J., Tynoczko, J., Stryer, L., Biochemistry 7th ed. 2012. • Thomson&Thomson. Genetics in Medicin 8th ed. 2016 • Tobbias, E., Connor, M., Ferguson_smith, M., Essential Medical Genetics. 6th 2011 • Campbell, Neil. A. (2002): Biology. 6th ed. The Benjamin/Cummings Publishing Company, San Francisco, CA, USA. • Stankoviq, S., Anatomia Krahasuese e Kurrizorëve, Prishtinë Kosovë, 1980 • Behluli E, Liehr T, Hadziselimovic R, **Temaj G**. Epigenetics and Treatment of Systemic Lupus Erythematosus. Pharmacia. 2023; a 70(4): 1005–1013. https://doi.org/10.3897/pharmacia.70.e110412 • Wimmer B, Friedrich A, Poeltner K, Edobor G, Rathner A, **Temaj G**, et al. Ribosome editing in-dermatological therapy Artesunate and Atazanavir tailor protein synthesis to replenish skin anchor protein Lambß3 in Epidermolysis bullosa. JID Innovations (2024);4:100240 doi:10.1016/j.xjidi.2023.100240	
Contact	gazmend,temaj@ubt-uni.net	

Subject	**BIOCHEMISTRY OF EXERCISE**		
	Type	**Semester**	**ECTS**

	OBLIGATORY (O)	I	5
Course Lecturer	Dr.Sc. Kujtim Thaçi		
Aims and Objectives	The course aims to provide an advanced understanding of the core principles and topics of Biochemistry of exercise. Knowing the structure, organization and function of carbohydrates, fats, proteins, nucleic acids and other biomolecules; understanding the structure and catalytic function of enzymes, and their role and integration in metabolic pathways. Understanding the chemistry of physical activity and the implications of training and exercise for the organism. Understanding basic elements of research in sport biochemistry.		
Learning Outcomes	Upon the completion of the course, students will: ✓ Demonstrate a comprehensive understanding of the fundamental principles of biochemistry as they relate to exercise physiology. ✓ Explain the different energy systems in the human body and their role in supporting various types of physical activity. ✓ Understand the metabolism of carbohydrates, lipids, and proteins during exercise and their impact on energy production. ✓ Demonstrate proficiency in laboratory techniques related to the measurement of biochemical parameters in exercise physiology. ✓ Demonstrate an understanding of ethical considerations in conducting research involving human subjects in the context of exercise science.		
Course Content	Overview of Biochemistry and its relevance to exercise		1
	Cellular structures and functions relevant to exercise		2
	Glycolysis, Krebs cycle, and electron transport chain		3
	Metabolic adaptations to different types of exercise		4
	Blood glucose regulation during exercise		5
	Structure and metabolism of hormones		6
	Mid-Term Exam – Test 1		7
	Effects of exercise on lipid profiles		8
	Protein synthesis and breakdown in muscle		9
	Water and electrolytes		10
	Respiratory system and oxygen transport		11
	Structure of nucleic acids		12
	Role of hormones in energy metabolism		13
	Adaptations to chronic exercise on hormonal balance		14
	Final exam		15

Teaching/Learning Methods	Lectures, Laboratory Exercises, seminars, workshops, problem-based learning, group discussions, role-playing exercise, students presentation.
Assessment Methods	Attendance 5% Performance 5 % Practical exam 20 % Midterm(s) 20 % Group discussions 15% Students presentation 10% Final exam 25 %
Literature	• 1.[Peter_Rae]_Clinical_Biochemistry_Lecture_Notes 2018 • 2.William J.Marshall. Clinical biochemistry Metabolic and clinical aspects . Third edition 2014 • 3. Materiali i nevojshëm për kurs/Librat tjera për lexim Recommended Course Material(s)/Reading(s)/Other • 4. (Allan Gaw, Michael J.Murphy).Clinical biochemistry AN ILLUSTRATED COLOUR TEKST.Fifth edition 2013(Përkthim shqip)
Contact	kujtim.thaqi@ubt-uni.net

Subject	**FUNCTIONAL ANATOMY**		
	Type	**Semester**	**ECTS**
	OBLIGATORY (O)	I	6
Course Lecturer	Dr.Sc. Diellor Riza		
Aims and Objectives	This course aims to provide students with knowledge regarding the various functional systems of the human body in a systemic and regional approach. In addition, the course intends to familiarize students with the anatomical structures of human body and their functional importance, as well as, provide the anatomical basis for the analysis of movement.		
Learning Outcomes	On the completion of this course students will: ✓ Demonstrate an understanding of the morphology and the structure of the cell, tissues, and the classification of the bones, joints and the muscles, which characterize the anatomy of human body. ✓ Understand the Organization and Function of the Muscular System ✓ Know the morpho-functional evolutionary parameters and the indices of the various anatomical regions. ✓ Explain the Structure and Function of the Nervous System ✓ Learn the relationships, the structure, and the innervation of the organs that make up each apparatus and /or system. ✓ Apply integrated knowledge to understand physiological processes		

	and responses.	
Course Content	Course Plan	Week
	Presentation of the syllabus	1
	Introduction to human anatomy. Terminology and levels of organization.	2
	Osteology. Bones and their role. The structure of joints. The axes of motion of the various joints and the normal angle of motion.	3
	Syndesmology. The stabilizing structures of a joint and the muscles involved in various movements. Analysis of motion-limiting structures in the outermost positions of the joints and spine.	4
	Myology. Muscle activity (types of contraction and their characteristics), prime movers, muscle strength in various movements in the extremities and back.	5
	Open and closed kinetic chains. Practical training exercises related to the recognition of the angle of joint mobility and the function of various muscles.	6
	Evaluation of I	7
	Nervous system.	8
	Cardio-respiratory apparatus.	9
	Gastrointestinal system	10
	Urogenital system.	11
	Vascular and Lymphatic System	12
	The system of sensory organs	13
	Endocrine System	14
	Final Exam	15
Teaching/Learning Methods	Theoretical lectures, Practical Anatomy Lab Assessments, workshops, assignments, independent learning, individual and group presentations etc.	
Assessment Methods	o Class participation and discussions 15% o Mid-term exam: 20% o Practical Exam 20% o Individual and group presentation 10% o Workshops 10% o Final exam 25%	

Literature	• Milner C. (2008). Functional anatomy for sport and exercise Quick reference. Routledge.
Contact	diellor.rizaj@ubt-uni.net

Subject	**TEAM SPORT I (FOOTBOLL-BASKETBOLL)**		
	Type	**Semester**	**ECTS**
	MANDATORY (O)	I	4
Course Lecturer	Dr.Sc. Agron Thaqi		
Aims and Objectives	The purpose of the course is to provide students with the basic theoretical and practical knowledge of team sports (football and basketball) in order to expand both the general culture of sports and team sports in particular. Furthermore, during this course students will acquire technical-tactical and relational knowledge useful in different professional environments (such as in school, sports clubs and federations).		
Learning Outcomes	After completing the course(s), students will: ✓ To have knowledge about the origin of football and basketball; ✓ Demonstrate a thorough understanding of the rules of football and basketball; ✓ Understand and apply offensive and defensive positioning and movement principles; ✓ Apply theoretical and practical knowledge in a final practical evaluation; ✓ Have basic knowledge of performance analysis in team sports (football and basketball).		
Course Content	Course plan		Weeks
	Presentation of the Syllabus		1
	History of Football; Game rules.		2
	Tasks and basic methods of practicing in football; Technical elements without the ball in football.		3
	Technical elements with the ball in football (Passing and receiving the ball)		4
	Technical elements with the ball in soccer (Dribbling, ball control, shots)		5
	Goalkeeper technique		6
	Football tactics and game systems		7
	The first periodic evaluation - I		8

	The rules of the game of basketball and their evolution	9
	Basic stances in attack and defense	10
	Dribbling	11
	Passing the ball	12
	Shootings	13
	Team game with tactical concepts of basketball game	14
	Final exam	15
Teaching methods	○ Theoretical lectures, ○ Sports hall exercises, ○ Field visits, ○ Project, ○ Individual and group work, etc.	
Teaching/Learning Methods	○ Class participation and discussions 15% ○ Mid-term exam: 20% ○ Practical Exam 20% ○ Individual and group work 10% ○ Project 10% ○ Final exam 25%	
Literature	• History of Football: The Beautiful Game (2002 Documentary Series) • The Ball is Round: A Global History of Football – David Goldblatt (2008) • Laws of the Game 2020/2021 • Sermaxhaj, S. Futbolli*(Përgatitja fizike, tekniko-taktike dhe udhëheqja e ekipit)*, Prishtinë, 2021. • Gjinolli E., Sokoli B.: Futboll-teoria dhe metodika, FKF, Prishtinë, 2001. • Jarani, J. Çaçani, E. ABC e Basketbollit; teknika drejt suksesit. Tiranë, 2011. • Nixha, M. Basketboll, Bazat dhe loja ekipore. UP-FKF, Prishtinë, 2003. • Gamble, P. (2013). Strength and conditioning for team sports: sport-specific physical preparation for high performance. Routledge. • Autor: Agron Thaqi, Bylbyl Sokoli. (2019). Differences Between Motor Abilities of First and Second League Soccer Players in Kosovo Eurasian Journal of Sport Sciences and Education.Vol; 1: http://www.dergipark.gov.tr/ejsse	
Contact	agron.thaqi@ubt-uni.net	

Subject	**HUMAN PHYSIOLOGY**		
	Type	**Semester**	**ECTS**
	MANDATORY (O)	II	6
Course Lecturer	Dr.Sc. Diellor Rizaj		

Aims and Objectives	This course aims to provide students with knowledge about the various functional systems of the human body in a systemic approach. The main objectives will be: • To recognize the functioning of human organs and systems in resting conditions; • To recognize the human body's responses to physical exercise and sports activity.	
Learning Outcomes	After completing this course, the student will be able to: ✓ Describe how the body's main systems or organs work; ✓ Demonstrate Understanding of Cellular Physiology ✓ Understanding what would happen if parts of your body's systems don't work properly; ✓ Describe the structure and function of cells, including cell membranes, organelles, and cellular transport ✓ Explain the structure and function of neurons and glial cells ✓ Analyze and interpret experimental data related to physiological processes.	
Course Content	Course plan	Week
	Introduction to human physiology.	1
	Cells, tissues and organs.	2
	Homeostasis of the organism.	3
	Blood and its components.	4
	Immunology and the body's defense system.	5
	Nervous system.	6
	I-re rating	7
	Physiology of the cardio-respiratory tract.	8
	Body fluid circulation system	9
	Gastrointestinal system	10
	Urinary system.	11
	Female and male genital system	12
	Sensory Organ System	13
	Endocrine and Exorine systems.	14
	Final exam	15

Teaching methods	○ Theoretical lectures, ○ Practical Physiology Lab Assessments, ○ Workshops, ○ Independent learning, ○ Individual and group presentations etc.
Teaching/Learning Methods	○ Class participation and discussions 15% ○ Mid-term exam: 20% ○ Practical Exam 20% ○ Individual and group presentations 10% ○ Workshops 10% ○ Final exam 25%
Literature/References	• McArdle W.D., Katch F.I., Katch V.L.: Exercise physiology. Fourth edition. Baltimore, Maryland. 1996. • Scott K., Edward T. H.: Exercise Physiology, New York, 2001.
Contact	diellor.rizaj@ubt-uni.net

Subject	**GENERAL PSYCHOLOGY**		
	Type	**Semester**	**ECTS**
	OBLIGATORY (O)	2	4
Course lecturer	Dr.Sc. Denis Celcima		
Aim and objektives	Students are introduced to the basic ideas, theories, and practices of psychology in this course. Psychology's history, research methodologies, biological underpinnings of behavior, sensation and perception, learning, memory, motivation, emotion, personality, psychological disorders, and social psychology are among the subjects covered.		
Learning outcomes	At the conclusion of the course, learners ought to be capable of: ✓ Recognize the major schools of thought and the history of psychology. ✓ Exhibit an understanding of fundamental research techniques and ethical issues related to psychological research. ✓ Describe the function of the nervous system and the biological underpinnings of behavior. ✓ Name and explain the fundamentals of memory and learning. ✓ Analyze the effects of emotion and motivation on behavior. ✓ Examine how behavior and group dynamics are influenced by society.		
Course Content	Course Plan		Week
	Presentation of the syllabus		1
	Overview of History of Psychology		2
	Major school of thoughts in Psychology		3

	Scientific methods and experimental design	4
	Ethic in psychological research	5
	Structure and functions of nervous system, Neuron and neurotransmitters and endocrine system. Memory and it system	6
	Classical and operational conditioning	7
	First assessment	8
	Sensory and Perceptual processes and illusions and Gestalt principles of perception	9
	Social cognition of perception	10
	Conformity ,obedience ,compliance and group dynamics	11
	Thinking and problem solving, Intelligence and its theories	12
	Emotion and Motivation and their theories	13
	Major theories of Personality	14
	Final exam	15
Teaching methods	The methodology applied during the lecture of the subject will include, but will not be limited to: The interactive method, written works, research projects including individual and group work, various presentations, debates, etc.	
Assessment Methods	○ Lecture and discussion 20% ○ Seminars 10% ○ Case studies (case studies) 10 ○ Mid-test 20% ○ Group Work-Project 15% ○ Final test 25%	
Literature	• Morris, Ch. A & Maisto, A.A. (2008). Psikologjia-shkenca e proceseve mendore dhe sjelljes njerëzore. Tiranë. • Pettijohn, T. (1996). Psikologjia – Një hyrje koncize. Lilo. Tiranë. • Coon, D., & Mitterer, J. O. (2012). Introduction to psychology: Gateways to mind and behavior with concept maps and reviews. Cengage Learning. • Nushi, P. (2002). Psikologji e Përgjithshme. Libri Shkollor. Prishtinë.	
Contact, E-mail:	deniz.celcima@ubt-uni.net	

Subject	**THEORY AND METHODOLOGY OF TRAINING AND EXERCISE I**

	Type	Semester	ECTS
	OBLIGATORY (O)	II	5
Course Lecturer	Dr. Sc. Masar Gjaka		
Aims and Objectives	The objective of the course is to offer fundamental information and competences regarding training principles related to planning, programming as well as administering the training sessions for different purposes and for different sports (team sports and individual sports). Additionally, this course aims to provide students with the knowledge regarding types of training loads, their monitoring as well as the phenomenon of fatigue, overtraining and recovery possibilities.		
Learning Outcomes	After the copletion of the course, students will achieve the following competences and will know: ✓ Understanding the essentials of the training methodology. ✓ Design effective exercise programs based on the principles of specificity, overload, progression, and individualization. ✓ Explain the principles of strength training, including muscle hypertrophy, strength gains, and neuromuscular adaptations. ✓ Understanding the differences between internal and external training load and how to monitor them. ✓ Develop and implement appropriate warm-up and cool-down protocols for different types of exercise. ✓ Apply effective coaching and feedback strategies to enhance skill development in exercise.		
Course Content	Course plan		Week
	Introduction to theory and methodology of training and exercise; Basis of Training;		1
	Supercompensation and adaptation;		2
	Sources of energy;		3
	Principles of sports training;		4
	Preparation of training: physical, technical, tactical and theoretical training;		5
	Variables of training: volume, intensity; the relationship between volume and intensity; Variables of training: Density and complexity;		6
	Intermediate test I		7
	High intensity interval training (HIIT);		8

	Concurrent training; Fatigue and overtraining;	9
	Recovery and sport performance;	10
	Recovery interventions and modalities;	11
	Training and competition load;	12
	Total load and its components; Internal vs external loads;	13
	Training load monitoring and prescription.	14
	Final exam	15
Teaching/Learning Methods	Theoretical lectures, laboratory/sports hall exercises, seminars, workshops, assignments, independent learning, individual and group work, etc.	
Assessment Methods	○ Class participation and discussions 15% ○ Mid-term exam: 20% ○ Practical Exam 20% ○ Individual and group work 10% ○ Seminars 10% ○ Final exam 25%	
Literature	• Bompa, T., & Buzzichelli, C. (2015). Periodization Training for Sports, 3E. Human kinetics. • Bompa TO. 1999 Periodization Training for Sports. Champaign,IL: Human Kinetics. • Hausswirth, C., & Mujika, I. (2013). Recovery for performance in sport. Human Kinetics. • Hoffman, J. (2014). Physiological aspects of sport training and performance. Human Kinetics. • Beside the indicated books, scientific publications relevant to the field will be used to prepare the lectures, which will be made available for students through the moodle platform.	
Contact	masar.gjaka@ubt-uni.net	

Subject	**TEAM SPORTS (VOLLEYBALL-HANDBALL)**		
	Type	**Semester**	**ECTS**
	OBLIGATORY (O)	II	4
Course lecturer	Dr.Sc. Nagip Lenjani & Dr.Sc. Agron Thaqi		

Aims and Objectives	The aim of the course is to equip students with basic theoretical and practical knowledge on team sports (volleyball and handball) in order to expand both the general culture of sports and team sports in particular. Furthermore, during this course students will gain useful technical-tactical and relational knowledge in various professional settings (such as at school, sports clubs and federations).	
Learning Outcomes	Upon completion of the course (subject), students will: ✓ To know the origin of volleyball and handball; ✓ Demonstrate a thorough understanding of the rules of volleyball and handball ✓ Understand and apply offensive and defensive positioning and movement principles; ✓ Apply theoretical and practical knowledge in a final practical evaluation; ✓ Have basic knowledge of performance analysis in team sports (volleyball and handball).	
Course content	Course plan	Week
	Introduction of Syllabus	1
	History of the game of volleyball in the world and in our territories	2
	Characteristics and game of volleyball	3
	Techniques in the game of volleyball and the movements of the players	4
	Technical elements in the game of Volleyball	5
	Tactics in the game of volleyball	6
	Rules of the game of volleyball	7
	First Assessment - I	8
	The beginnings of the game of handball, historical development	9
	General methodological principles of the game of handball	10
	The structure of typical movements in handball: Ballets movement	11
	Technical elements with the ball: Basic and training properties	12
	Tactics in the game of handball	13
	Rules of the game of handball	14
	Final Exam	15
Teaching methods	o Theoretical lectures, o Sports hall exercises, o Field visits, o Project, o Individual and group work, etc.	

Evaluation methods	o Class participation and discussions 15% o Mid-term exam: 20% o Practical Exam 20% o Individual and group work 10% o Project 10% o Final exam 25%
Literature	• Tahiraj, E. Volejboll *(Teknika me metodikë)*, Prishtinë, 2005. • Tahiraj, E. Përgatitja psiko-motorike e volejbollistëve, Prishtinë, 2009. • Muca,Sh.&Rizvanolli,V.Biomekanika e Volejbollit,Tiranë,2004. • VOLLEYBALL CANADA.:Volleyball Canada's Coaching Certification Program,Canada,2005. • Citaku, F. "Stërvitja sportive në hendboll"-Tekst mësimor Universitar , Prishtinë, 2009. • G.Kavaja.:J. Jarani; Hendboll (rregullat bazë). Tiranë-2004. • Zyber. K."Hendboll për mësuesit dhe trajnerët e hendbollit" • Gruić, I., Vuleta, D. (2008). Comparison of physical conditioning status of first and second league male handball players. • Supplementary literature: • 1. Rules of the game. Kosovo Handball Federation, Prishtina, 2007.
Contact	nagip.lenjani@ubt-uni.net agron.thaqi@ubt-uni.net

Subject	**INDIVIDUAL SPORTS I (ARTISTIC GYMNASTICS – RHYTHMIC GYMNASTICS – DANCE**		
	Types	**Semester**	**ECTS**
	OBLIGATORY (M)	2	4
Course lecturer	Dr. Sc Milaim Berisha		
Aims and objectives	The main purpose of the course is to provide general information to gymnastics branches. The course is based on artistic gymnastics where students receive basic information about the benefits of gymnastics, techniques and mainly physical preparation of children. Thus, this course aims to prepare students for gymnastics training at the first level as assistant coach and to prepare the base for the higher levels of artistic gymnastics. In addition, a secondary goal is to provide students with information about rhythmic gymnastics, dance content and health benefits, as well as their similarities to each other..		

<table>
<tr><td>Learning outcomes</td><td colspan="2">Upon completion of the course (subject), students will:
✓ Provide general information to gymnastics branches
✓ Demonstrate proficiency in fundamental artistic gymnastics skills, including tumbling, vaulting, balance beam routines, and uneven bars routines
✓ Understand and adhere to safety guidelines and precautions when practicing and performing gymnastics skills.
✓ Express individual style and creativity through rhythmic gymnastics performances
✓ Develop strategic training plans that focus on skill development, routine progression, and overall performance enhancement.</td></tr>
<tr><td rowspan="16">Course Content</td><td>Course Plan</td><td>Week</td></tr>
<tr><td>Syllabus</td><td>1</td></tr>
<tr><td>The history of gymnastics and its division</td><td>2</td></tr>
<tr><td>Information about gymnastics and their use Gymnastics Branch</td><td>3</td></tr>
<tr><td>Rules of evaluation in artistic gymnastics</td><td>4</td></tr>
<tr><td>Gymnastics Cards</td><td>5</td></tr>
<tr><td>Assisting and escalating elements in gymnastics</td><td>6</td></tr>
<tr><td>First periodic exam (practical and theory)</td><td>7</td></tr>
<tr><td>Escalation of elementality on the floor</td><td>8</td></tr>
<tr><td>Application of element scale on floor</td><td>9</td></tr>
<tr><td>Application of element scale in parallel and parallel scale Iron element escalation and rings</td><td>10</td></tr>
<tr><td>Application of element scale in iron and rings</td><td>11</td></tr>
<tr><td>Escalation of element teaching in balancing beam, horse with handles and overtions</td><td>12</td></tr>
<tr><td>Application of element scale in balancing beam, horse with handles and overtions</td><td>13</td></tr>
<tr><td>Modern dance and the concept of dance as a sport, given with some examples such as: Mambo Italiano- Shaft, Tokyo Drift, Solito Y Sin Ti – Tribal, Dance Fitness</td><td>14</td></tr>
<tr><td>Final exam (practical and theory)</td><td>15</td></tr>
<tr><td>Methods of learning</td><td colspan="2">o Theoretical lectures,
o Practical exercises,
o Workshops,
o Tasks,
o Independent learning,</td></tr>
</table>

	○ Video viewing, ○ Individual and group work etc.
Methods of Evaluation	○ Class participation and discussions 15% ○ Mid-term exam: 20% ○ Practical Exam 20% ○ Individual and group work 10% ○ Project 10% ○ Final exam 25%
Literature	• Physical preparation (level 1) exercises. Federation Internaziaonale De Gymnastique. 2001 http://www.fighttp://www.fig-gymnastics.com/gymnastics.com. • Youth Sport Trust (2005). TOP Gymnastics, British Gymnastics www.youthsporttrust.org • Fink H, McVey B, and Stan A. (2015) Womens Artistic gymnastics: Technical manual (level 1). Fédération internationale de gymnastique. • Fink H, (2015) Mens Artistic gymnastics: Technical manual (level 1). Fédération internationale de gymnastique. • Fink H, Hofmann D. (2015) Age Group Development and Competition Program for Men's Artistic Gymnastics. Fédération internationale de gymnastique. • Fink H, Hofmann D. Ortiz Lopez L. (2015) Age Group Development and Competition Program for Women's Artistic Gymnastics. Fédération internationale de gymnastique. • Massimo J. (2012) Gymnastics Psychology, Morgan James Publishing, U.S.
Contact	milaim.berisha@ubt-uni.net

Subject	**SCIENTIFIC THINKING, RESEARCH METHODS AND STATISTICS**		
	Type	**Semester**	**ECTS**
	OBLIGATIVE (O)	II	4
Course Lecturer	Dr.Sc. Abedin Bahtiri		
Aims and Objectives	The purpose of the course is to enable students to develop an understanding of the basic concepts of the research and research process. • Students will be given the opportunity to understand, discuss and apply the basics of research methodology in their academic activities. • This course aims to increase the efforts and knowledge of students at the developmental level in organizing and conducting scientific research, enhancing theoretical and practical involvement in current research. • It will also clarify the various quantitative and qualitative approaches as well as the mixed methods in scientific research.		
Learning outcomes	After attending this course, the student:		

<table>
<tr><td></td><td colspan="2">

✓ To develop an understanding of the basic concepts of the research and research process.
✓ Explain the steps of the scientific method and its application in research
✓ Critically assess the design, methodology, and findings of research studies.
✓ Demonstrate an understanding of qualitative and quantitative research methods.
✓ Apply Statistical Techniques
✓ Develop a research proposal, including a clear research question, hypothesis, and methodology.
✓ Present research findings in a clear and concise manner.

</td></tr>
<tr><td rowspan="16">Course Content</td><td>Course plan</td><td>Weeks</td></tr>
<tr><td>Introducing students to the content of the syllabus</td><td>1</td></tr>
<tr><td>Lecture: Scientific thinking
Exercise: Research problem and literature research</td><td>2</td></tr>
<tr><td>Lecture: Introduction to scientific research, types of scientific research
Exercise: Types of scientific researches</td><td>3</td></tr>
<tr><td>Lecture: Sampling
Exercise: Exercises for research sample extraction</td><td>4</td></tr>
<tr><td>Lecture: Research Design
Exercise: Exercises for research project design</td><td>5</td></tr>
<tr><td>Lecture: Writing the Research Report
Exercise: Writing the research report</td><td>6</td></tr>
<tr><td>Lecture: Presentation of the research report
Exercise: Presentation of the research report</td><td>7</td></tr>
<tr><td>Midterm test</td><td>8</td></tr>
<tr><td>Lecture: Understanding Statistics, Data, Information and Variables
Exercise: Exercises for entering data in statistical softuer</td><td>9</td></tr>
<tr><td>Lecture: Descriptive Statistics: Central Tendency Measures
Exercise: Calculation of central tendency measures</td><td>10</td></tr>
<tr><td>Lecture: Normallity of the data
Exercise: Normality testing of the data</td><td>11</td></tr>
<tr><td>Lecture: Parametric tests: Testing the mean differences
Exercise: Parametric tests: T test for independent samples and for dependent samples</td><td>12</td></tr>
<tr><td>Lecture: Nonparametric Tests
Exercise: Exercises for data processing with non-parametric methods</td><td>13</td></tr>
<tr><td>Lecture: Correlational Analysis
Exercise: Pearson correlation</td><td>14</td></tr>
<tr><td>Final exam</td><td>15</td></tr>
<tr><td>Teaching/Learning Methods</td><td colspan="2">

Class Participation and Discussions: Active engagement in class discussions and activities.
Research Proposal: Development of a research proposal outlining a hypothetical study.
Midterm Exam: Assessment of knowledge on scientific thinking, research design, and basic statistics.
Final Research Project: Conducting a small research project, analyzing data, and presenting findings

</td></tr>
</table>

Assessment Methods	○ Class Participation and Discussions 20% ○ Research Proposal 15% ○ Midterm Exam 20% ○ Project 10% ○ Individual and group work 10% ○ Final exam 25%
Literature	• Ian Jones&Chris Gratton, Research Methods for Sports Studies, Routledge, London; New York, 2004. • Peter O'Donoghue, Statistics for Sport and Exercise Studies: An Introduction 1st Edition, Routledge, London-Ney York, 2012. • Bahtiri, Abedin, Ligjërata të Autorizuara, UBT, Prishtinë, 2019.
Contact	abedin.bahtiri@ubt-uni.net

Subject	**EXERCISE PHYSIOLOGY**		
	Type	**Semester**	**ECTS**
	OBLIGATORY (O)	III	4
Course Lecturer	Dr. Sc. Masar Gjaka		
Aims and Objectives	The course will provide students an introduction into the fundamentals of the physiological adjustments that occur within the body during exercise. Furthermore, this course will be particularly oriented toward a basic understanding of the physiological systems as they are affected by the activity of a normal coaching or teaching situation.		
Learning Outcomes	On the completion of this course, students will: ✓ Gain knowledge and understanding how the human body responds and adapts to physical activity and exercise and which energy systems are involved. ✓ Understand the changes in cardiac output, heart rate, and stroke volume during exercise. ✓ Apply exercise physiology principles to design effective training programs. ✓ Understand how human body reacts to acute stress caused by exercise and how it adapts itself to chronic stress caused by permanent exercise practice. ✓ Explain the theoretical principles and physiological mechanisms that underpin the body's response and adaptation to the stimulus of exercise in a variety of environments.		
Course Content	Course plan		Week
	Presentation of the subject		1
	Introduction to exercise physiology		2
	Structure and function of skeletal muscles		3
	Bioenergetics and metabolism during exercise		4
	Nervous control and muscles		5
	Hormonal control during exercise		6

	Intermediate test 1	7
	Energy expenditure and fatigue	8
	Cardiovascular system and its regulation	9
	Reactions of the cardiorespiratory system	10
	Adaptations to resistance exercises	11
	Adaptations to aerobic and anaerobic training	12
	Physiological reactions to acute or chronic exercises in different environmental conditions	13
	Body composition and nutrition in sports	14
	Final Exam	15
Teaching/Learning Methods	○ Theoretical lectures ○ Laboratory exercises ○ Independent learning ○ Workshop ○ Assignments ○ Individual and group work etc.	
Assessment Methods	○ Participation and Engagement 20% ○ Class Presentations 15% ○ Midterm Exam 20% ○ Practical Skills Assessments 15% ○ Final Exam: 30% **a)** Theoretical exam **b)** Laboratory Practical Exam	
Literature	• Klissouras V. Fundamentals of Sport and Exercise Physiology. A guidebook prepared for students of the Training of Trainers Program in Physical Education and Sport. European Union Office Kosovo, Pristina 2013 (translated into Albanian language) • Kenney WL, Wilmore JH, Costill DL. Physiology of Sport and Exercise (5th ed.). Human Kinetics. Champaign, IL (2012). Beside the indicated books, scientific publications relevant to the field will be used to prepare the lectures, which will be made available for students through the moodle platform.	
Contact	masar.gjaka@ubt-uni.net	

Subject	**BIOMECHANICS**		
	Type	**Semester**	**ECTS**
	OBLIGATIVE (O)	III	4
Course Lecturer	Dr.Sc. Abedin Bahtiri		
Aims and Objectives	The purpose of this course is to enable students to develop play the understanding of theoretical and experimental approaches to biomechanical analyzes supported by the relationships between forces, movements and the human skeletal muscle system during dynamic sports activities.		
Learning outcomes	After successful completion of this course, students should be able to: ✓ Explain the definition, content, and classification of Biomechanics, and have basic knowledge of its role in sports		

	✓ Analyze and interpret biomechanics of fundamental movements, such as running, jumping, and throwing. ✓ Understand and apply principles of three-dimensional motion analysis. ✓ Apply Biomechanics in Coaching and Sports Science ✓ Demonstrate the application of biomechanical principles to optimize sports performance.	
Course Content	Course Plan	Weeks
	Presentation of the program and familiarization with the regulation and evaluation method in this subject.	1
	Definition and classification of Biomechanics.	2
	Terminology and content of Biomechanics.	3
	Kinematics of linear movements.	4
	Kinematics of angular movements.	5
	Trajectory movements	6
	First intemediate exam (theory)	7
	Force and Newton's Laws	8
	Energy strength and Power	9
	Explaining the concept of momentum	10
	Momentum and impulses	11
	Explaining the center of gravito	12
	Concept of inertin	13
	Analysis of sports performance testing challenges and repetition and information learned	14
	Final exam	15
Teaching/Learning Methods	○ Lectures, ○ Seminars, ○ Project-oriented work and discussions ○ Written reports ○ Oral presentations	
Assessment Methods	○ Participation and Engagement 20% ○ Class Presentations 15% ○ Midterm Exam 20% ○ Practical Skills Assessments 15% ○ Final Exam: 30%	
Literature	• Chapman, A. E. (2008). Biomechanical analysis of fundamen- tal human movements. Human Kinetics. • Robertson, G. E., Caldwell, G. E., Hamill, J., Kamen, G., & Whittlesey, S. (2013). Research methods in biomechanics. Human kinetics. In addition to the referenced literature, important scientific publications of the field will also be used in the lectures	
Contact	abedin.bahtiri@ubt-uni.net	

Subject	**THEORY AND METHODOLOGY OF TRAINING AND EXERCISE II**		
	Type	**Semester**	**ECTS**
	OBLIGATORY (O)	III	4
Course Lecturer	Dr.Sc. Masar Gjaka		

<table>
<tr><td>Aims and Objectives</td><td colspan="2">This course aims to provide to the students the basic knowledge of physical training, both in the short and long term. The course will be focused on both the physical and athletic performance, and on various training schemes. Additionally, the course intends to furnish students with knowledge and competences useful to work with different age groups and groups with different objectives for skill development.</td></tr>
<tr><td>Learning Outcomes</td><td colspan="2">After the copletion of the course, students will achieve the following competences and will know:
✓ Understanding the basics of training periodization for different purposes.
✓ To design training sessions in short and long-term perspective (maco and microcycle) for individual and team sports.
✓ Understanding the meaning and the importance of tapering in sports performance.
✓ Apply Principles of Periodization
✓ Develop strength training programs that target specific muscle groups and address individual goals.</td></tr>
<tr><td rowspan="16">Course Content</td><td>Course Plan</td><td>Week</td></tr>
<tr><td>Introduction</td><td>1</td></tr>
<tr><td>The definition of periodization; Micro and macro cycle;</td><td>2</td></tr>
<tr><td>Periodization of strength training;</td><td>3</td></tr>
<tr><td>Periodization of endurance;</td><td>4</td></tr>
<tr><td>Periodization of speed;</td><td>5</td></tr>
<tr><td>Periodization of agility,</td><td>6</td></tr>
<tr><td>Intermediate test 1</td><td>7</td></tr>
<tr><td>Coordination, flexibility and warm-up;</td><td>8</td></tr>
<tr><td>Performance peaking;</td><td>9</td></tr>
<tr><td>Tapering in sports and its relation to performance; Workout planning;</td><td>10</td></tr>
<tr><td>The importance of sport analysis</td><td>11</td></tr>
<tr><td>Diagnostics in sport;</td><td>12</td></tr>
<tr><td>Models of top-level athletes’ characteristics;</td><td>13</td></tr>
<tr><td>Selection process in sport: system of orientation to sport and sports discipline choice.</td><td>14</td></tr>
<tr><td>Final exam</td><td>15</td></tr>
<tr><td>Teaching/Learning Methods</td><td colspan="2">Theoretical lectures, laboratory/sports hall exercises, seminars, workshops, assignments, independent learning, individual and group work etc.</td></tr>
<tr><td>Assessment Methods</td><td colspan="2">o Class participation and discussions 15%
o Mid-term exam: 20%
o Practical Exam 20%
o Individual and group work 10%</td></tr>
</table>

	○ Seminars 10% ○ Final exam 25%
Literature	• Bompa, T., & Buzzichelli, C. (2015). Periodization Training for Sports, 3E. Human kinetics. • Bompa TO. 1999 Periodization Training for Sports. Champaign,IL: Human Kinetics. • Hoffman, J. (2014). Physiological aspects of sport training and performance. Human Kinetics. • Hoffman, J. (2011). NSCA's Guide to Program Design. Human Kinetics. • Turner, A. (2018). Routledge Handbook of Strength and Conditioning: Sport-specific Programming for High Performance. Routledge. • Gamble, P. (2011). Training for sports speed and agility: an evidence-based approach. Routledge. • Mujika, I. (2009). Tapering and peaking for optimal performance. Human Kinetics. Beside the indicated books, scientific publications relevant to the field will be used to prepare the lectures, which will be made available for students through the moodle platform.
Contact	masar.gjaka@ubt-uni.net

Subject	**EXERCISE TESTING AND PRESCRIPTION**		
	Tipi	**Semester**	**ECTS**
	MANDATORY (O)	III	3
Course Lecturer	Dr. Sc. Agron Thaqi		
Aims and Objectives	This course aims to develop basic knowledge and competences on the theory of performance testing of athletes and sedentary people, which provides knowledge of the physical, physiological, and psychological state and thus helps in designing adequate training programs for sedentary people, athletes or certain sports.		
Learning Outcomes	As a result of successful completion of the course, students will be able to: ✓ Organize the testing process ✓ Understand the relationship between exercise intensity, duration, and physiological adaptations. ✓ Administer and interpret fitness assessments, including cardiovascular fitness, muscular strength and endurance, flexibility, and body composition. ✓ Analyze and report results with basic methods ✓ Develop individualized exercise programs based on fitness assessments and client goals		
Course Content	Course Plan		Week
	Presentation of the curriculum and familiarization with the regulation and evaluation method in this subject.		1
	General data about measuring and testing performance in sports.		2
	Principles of selection of tests in sports.		3

	Measurement and assessment of body composition and anthropometry.	4
	Measuring and evaluating strength and its factors in sports.	5
	Measuring and evaluating flexibility and mobility in sports.	6
	Measuring and testing balance and stability in sports.	7
	First periodic exam (theoretical, practical)	8
	Measuring and testing agility and coordination in sports	9
	Measurement and testing of stability in sport	10
	Measuring and testing speed and its factors in sports.	11
	Statistics and analysis of results for the coach.	12
	Preparation of reports for athletes after performance testing	13
	Analysis of the challenges of performance testing in sports and repetition and learned information and	14
	Final exam	15
Teaching/Learni ng Methods	○ Theoretical lectures, ○ Practical exercises, ○ Seminars, ○ Workshops, ○ Assignments, ○ Independent study, ○ Individual and group work, etc.	
Assessment Methods	○ Class participation and discussions 15% ○ Fitness Assessment Report 15% ○ Exercise Prescription Project 15% ○ Midterm Exam 20% ○ Individual or Group Presentation 15% ○ Final Exam 20%	
Literature	• American College of Sports Medicine. (2013). ACSM Guide- lines for Exercise Testing and Prescription (9th ed.). Philadel- phia, PA: Lippincott Williams & Wilkins. • Heyward, V., & Gibson, A. L. (2018). Advanced Fitness As- sessment and Exercise Prescription, 7E. Human kinetics. • Heyward, V. H., & Gibson, A. L. (2010). Principles of assess- ment, prescription, and exercise program adherence. Ad- vanced Fitness Assessment and Exercise Prescription. 6th ed. Champaign, IL: Human Kinetics Publishers. In addition to the indicated books, scientific publications relevant to this field will be used to prepare the lectures, which will be made available to students through the Moodle platform.	
Contact	agron.thaqi@ubt-uni.net	

Subject	**SPORT PSYCHOLOGY**		
	Type	**Semester**	**ECTS**

	OBLIGATORY (O) l 4
Lecturer of the course	Dr.Sc. Emrush Thaci
Aims and objectives	•What makes Sport Psychology stand out is the way this subject sees its development in relation to general social developments, trying to overcome the psychological side, as well as the effect of its application when it comes into contact with the individual. •The subject "Sports Psychology" aims to provide students of the Faculty of Sports Sciences with learning content that deals with basic issues related to sports, their essence and cognitive importance in the field of sports. •This course offers a different approach to clarifying and analyzing the psychology of sport as an inseparable segment of social reality. So sport is treated within the framework of internal social interaction. •Topics related to the psychological definition of variety are also analyzed, including the key issues of creation, and changes in social consciousness.
Learning outcomes	As a result of successful completion of the course, students will be able to: ✓ To understand and summarize the knowledge obtained in the fields of "Sports Psychology" and to be able to evaluate the knowledge obtained from the Lecture; ✓ To communicate in writing and orally in an appropriate and analytical manner that will enable the resolution of issues related to other issues arising from different areas of the psychological aspect; ✓ Application of critical thinking in understanding sports psychology; ✓ Realization of research projects, exercises that include analysis and interpretation in the field of sports psychology; ✓ Demonstration of an innovative individual approach to sports phenomena; ✓ Ability to think critically in relation to psychology, in order to improve and harmonize with sports requirements and needs.

Course Content	**Course Plan**	**Week**
	Presentation of the syllabus	1
	What is sport psychology and its history?	2
	Personality characteristics and sports behaviors	3
	Personality development and sport	4
	Attitudes towards sports	5
	Gift-talent and genius	6
	Psychomotor skills	7
	First assessment	8

	Dynamics of personality	9
	Motives and motivation	10
	Types of motivation in sports	11
	The athlete's personality during the competitive phase	12
	Personality of the coach	13
	Stress in sports	14
	Final exam	15

The methods of teaching	**Activity** **Percent (%)** The methodology applied during the lecture of the subject will include, but will not be limited to: The interactive method, written works, research projects including individual and group work, various presentations, debates, etc. • Lecture and discussion 20% • Seminars 20% • Case studies (case studies) 10% • Simulation of roles (role play) 10%
Assessment methods	• Class participation/discussion 10% • Group Work-Project 20% • First test 35% • Second test 35%
Literature	• Javris, M. (2006). Sport Psychology. A student handbook. • Weinberg, R. S., & Gould, D. S. (2011). Foundations of sport and exercise psychology. Human Kinetics.
Contact, E-mail:	emrush.thaqi@ubt-uni.net

Subject	**SPORTS PEDAGOGY AND ETHICS**		
	Type	**Semester**	**ECTS**
	OBLIGATORY (O)	III	4
Course Lecturer	Dr.Sc.Nagip .S. Lenjani		

<table>
<tr><td>Aims and Objectives</td><td>The aims of this course for students are: To develop a clear understanding of the relationships between the pedagogical dimensions of learning, teaching, policy and the implications for the engagement and development of young people in and through the context of education and physical activity. To develop a clear understanding of the key theoretical concepts which underpin efforts to engage and develop young people in and through education and physical activity and which help to explain and achieve the real and perceived outcomes of work of this type. During the course, the main aspects of sports ethics and its role in high-level sports competitions will be discussed.</td></tr>
<tr><td>Learning Outcomes</td><td>After completing this course, students should be able to:
✓ Demonstrate a clear understanding of the relationships between the pedagogical dimensions of learning, teaching and policy and the implications for the engagement and development of young people in and through physical education and activity.
✓ Identify key theories and models related to the teaching and learning of sports.
✓ Demonstrate effective teaching strategies for different age groups and skill levels in sports.
✓ Demonstrate skills and competences to analyze and plan physical activity and sport for various demographics, including children, adults, the elderly, and special groups of people.
✓ Understand and apply ethical principles related to coaching, teaching, and sports administration.</td></tr>
<tr><td>Course Content</td><td><table>
<tr><td>Course plan</td><td>Week</td></tr>
<tr><td>Presentation of the syllabus</td><td>1</td></tr>
<tr><td>What we study Sports pedagogy</td><td>2</td></tr>
<tr><td>The connection of sports pedagogy with other disciplines</td><td>3</td></tr>
<tr><td>Gender, race, sex, ethnicity, inclusiveness and learning in physical activity and sport.</td><td>4</td></tr>
<tr><td>Social dimensions of physical education in EF/sport</td><td>5</td></tr>
<tr><td>Learning through play</td><td>6</td></tr>
<tr><td>Ethics in competition: fair play and cheating</td><td>7</td></tr>
<tr><td>First assessment-I</td><td>8</td></tr>
<tr><td>Drugs and other substances prohibited in sports</td><td>9</td></tr>
<tr><td>Gender equality in sport</td><td>10</td></tr>
<tr><td>Marketing and corruption in competitive sports</td><td>11</td></tr>
<tr><td>Sport, moral education and social responsibility</td><td>12</td></tr>
<tr><td>Racism in sport</td><td>13</td></tr>
<tr><td>Gambling and sports betting</td><td>14</td></tr>
<tr><td>Final exam</td><td>15</td></tr>
</table></td></tr>
<tr><td>Teaching methods</td><td>Lecture and discussion
Seminars
Case studies (case studies)</td></tr>
</table>

	○ Simulation of roles (role play)
Evaluation methods	○ Class participation/discussion 10% ○ Group Work-Project 20% ○ First test 35% ○ Final exam 35%
Literature	• KATHLEEN. ARMOUR. (2017). SPORT PEDAGOGY: An Introduction for Teaching and Coaching. ROUTLEDGE. • Morgan, W. J. (2007). Ethics in sport. Human Kinetics. In addition to the indicated books, important scientific publications for this field will be used to prepare the lectures, which will be made available to students through the moodle platform.
Contact	nagip.lenjani@ubt-uni.net

Subject	**INDIVIDUAL SPORTS 1 – ATHLETICS 1 AND SKIING**		
	Type	**Semester**	**ECTS**
	OBLIGATORY (O)	III	4
Course Lecturer	Dr.Sc. Abedin Bahtiri & Dr.Sc. Agron Thaqi		
Aims and Objectives	The aim of the course is to introduce students with the fundamental theoretical and practical knowledge on individual sports (athletics, and Skiing in order to deepen both the general culture of sport, and team sports in particular, both to acquire technical-disciplinary, didactic-operational and relational skills useful in different professional environments (school, sports clubs, etc).		
Learning outcomes	At the end of the course the student must be able to: ✓ Understanding the performance models, the rules, the theory, the technique and the didactics of the specialties of the individual sports covered in the theoretical lesson concerning athletics and Skiing. ✓ Identify and explain the fundamental events in track and field, including sprints, jumps, throws, and distance races. know the most common errors and exercises to correct them; ✓ Perform basic techniques for sprints, jumps (e.g., long jump, high jump), throws (e.g., shot put, javelin), and distance running. ✓ Demonstrate knowledge of skiing equipment, safety measures, and etiquette. ✓ Analyze personal skiing performance and set goals for improvement. ✓ Appreciate skiing as both a recreational activity and a competitive sport.		
	Course Plan		Weeks
	Informing students of the content of the syllabus		1

Course Content	Historical development, meaning, content and importance of athletics	
	Lecture: Aerobic endurance skills in athletes **Exercise:** Testing basic motor skiles	2
	Lecture: Technique and methodology of sprint running **Exercise:** Short distance runs - low start	3
	Lecture: Technique and methodology of corner running **Exercise:** Technique of running in a bend	4
	Lecture: Running with a relay - the technique of submission and acceptance **Exercise:** Relay race - handover technique	5
	Lecture: Technique and methodology of middle and long distance running **Exercise:** Running in medium and long distances	6
	Lecture: Technique and methodology of Sport walking **Exercises:** Sports Walking	7
	First testing	8
	Lecture: Skiing as a sport, the history **Exercise:** Snow adaptation exercises	9
	Lecture: Technique and methodology of release **Exercise:** Descent – straight and diagonal release	10
	Lecture: Technique and methodology of lateral sliding - turning towards the slope **Exercise:** side slide and incline twist	11
	Lecture: Technique and methodology of plow turning **Exercise:** Plow turns	12
	Lecture: Technique and methodology of parallel turning **Exercise:** Parallel turns	13
	Lecture: Alpine ski **Exercise:** Sllallom	14
	Final exam	15
Teaching/Learning Methods	The course will alternate between lectures, seminars, project-oriented work and discussions of on-going student work, etc. During seminars students will present, discuss and critically assess each other's work. Students will express themselves in written reports and oral presentations	

Assessment Methods	○ Participation and Engagement 20% ○ Midterm Exam: Written and skills 30% ○ Group Presentation 20% ○ Final exam: Written and skills 30%
Literature	• Atletika:Rakovica, H.: 2004, Prishtinë • Carr, G.: Fundamentals of Truck and Field, Human Kinetics, Second Edition, 1999. • Masar.N., Aziz, D /1998/ SKI. Prishtinë • Alpine_Skiing_ Kipp, Ronald W., 2012, Human Kinetics.
Contact	abedin.bahtiri@ubt-uni.net & agron.thaqi@ubt-uni.net

Subject	**PHYSICAL ACTIVITY IN HEALTH AND DISORDER**		
	Type	**Semester**	ECTS
	OBLIGATORY (O)	IV	6
Course Lecturer	Dr.Sc. Agron Thaqi		
Objectives	The purpose of this course is to provide students with knowledge about the role of physical activity and exercise in health and in peoplewith various disorders. Furthermore, the course will enable students to understand and learn about the mechanisms of disease acquisition related to a lack of physical activity (sedentary lifestyle). Through this subject, students will understand the role and importance of physical activity in people's lives, as well as the consequences of not engaging in physical activities or a sedentary (sitting) lifestyle.		
Learning Outcomes	After completing this course, students should be able to: ✓ Discuss the benefits of an active lifestyle, the history and current status of physical activity and health research ✓ Explain the negative consequences of leading an inactive lifestyleand the effects of physical activity on the human body. ✓ Describe how the concept of inclusive fitness differs from a traditional model of training specific populations (rehabilitation settings). ✓ Explain the main principles of health promotion and the psychological and behaviour change theories used to support theintervention model. ✓ Compare and contrast different approaches and environments for increasing physical activity and reducing sedentary behaviour. ✓ Design and evaluate physical activity and sedentary behavior interventions for all ages.		
	Course plan		Week
	Familiarization of students with the curriculum and syllabus.		1
	History and Current Status of the Study of Physical Activity and Health		2

Course Content		
	Theory: Effects of Physical Activity on the Human Organism Exercises: Testing the effect of physical activities on functional abilities	3
	Theory: Rationale and Considerations for Training Special Populations; Health Appraisal and Fitness Assessments. Exercises: Testing your fitness level	4
	Theory: Children and Adolescents: - Effects of Exercise in Children and Adolescents; - Exercise Recommendations for Children and Adolescents Exercises: Trend in children's physical activities in Europe	5
	Theory: Older Adults: - Exercise Recommendations for Older Adults; - Effects of Exercise in Older Adults; - Exercise Recommendations for Older Adults Exercises: Applying the exercises recommended to the elderly	6
	Theory: Cognitive Conditions and Disorders; Cancer. Exercises: Recommended exercises for people with Autism and down syndrome.	7
	The first intermediate test.	8
	Theory: Female-Specific Conditions: - Female Athlete Triad; - Pregnancy and Postpartum; - Menopause and Postmenopause. Exercises: Specific exercises for specific conditions feminine.	9
	Recommended exercises for the following situations (theory and practice): - Musculoskeletal conditions and disorders and Metabolic - Pulmonary disorders and circumstances - Cardiovascular conditions and disorders	10
	Recommended exercises for the following situations (theory and practice): - Immunological and hematological disorders - Neuromuscular conditions and disorders	11
	Description (theory) and application (practice) of exercises for immunological disorders.	12
	Description (theory) and application (practice) of exercises for muscle disorders.	13
	Description (theory) and application (practice) of exercises for obese and overweight people.	14
	Final exam	15
Teaching/Learning Methods	o Theoretical lectures, o Laboratory exercises, o S eminars, o Workshops,	

	○ Assignments, ○ Independent study, ○ Individual and group work, etc.
Assessment Methods	○ Participation and Engagement 15% ○ Laboratory exercises 15% ○ Midterm Exam: Written and skills 25% ○ Group Presentation 15% ○ Final exam: Written and skills 30%
Literature	• Bushman, B., & American College of Sports Medicine. (2017). ACSM's Complete Guide to Fitness & Health, 2E. Human Kinetics. • Gibson, A. L., Wagner, D., & Heyward, V. (2018). Advanced Fitness Assessment and Exercise Prescription, 8E. Human kinetics. • Dishman, R. K., Heath, G. W., & Lee, I. M. (2012). Physical activity epidemiology. Human Kinetics. • Physical activity and health / Claude Bouchard, Steven N. Blair, and William L.Haskell, editors. -- 2nd ed. Copyright © 2012, 2007 by Human Kinetics, Inc. • Exercise & Mental Health. Copyright © 2018 by Exercise & Sports Science Australia (ESSA). Publisher: Camella Brightman. • Thaqi, A., Berisha, M., & Shaqiri, K. (2023). The motor competency level of elderly people measured by Functional Movement Screen protocol. Pedagogy of Physical Culture and Sports, 27(4), 267-273.
Contact	agron.thaqi@ubt-uni.net

Subject	**NUTRITION, HEALTH AND EXERCISE**		
	Type	**Semester**	**ECTS**
	OBLIGATORY (O)	**IV**	**3**
Course Lecturer	Dr.Sc. Masar Gjaka		
Aims and Objectives	The aim of the course is to enable students to understand and learn about the modern methods of assessment of nutrition and supplementation and identify factors that affect functional ability in health and in those who exercise regularly and elite athletes. Moreover, this course offers practical knowledge about preparing an individual nutrition program and supplementation plan for people who exercise regularly and elite athletes. Additionally, the course intends also to offer information regarding nutrition and its relation to different health issues.		
Learning Outcomes	Upon successful completion of the course, students will: ✓ Understand the importance of nutrients in human body. ✓ Have also knowledge for each nutrient separately including the basics related to balanced diet and fluids in sports. ✓ Be able to apply the acquired knowledge regarding nutrition through planning, implementing and monitoring individual nutrition plans for people who exercise regularly, elite athletes as well as people with health-related problems.		

<table>
<tr><td></td><td>✓ Be aware of the existing list of banned substances (list of WADA) to be used in sport.</td></tr>
<tr><td rowspan="16">Course Content</td><td>Course Plan</td><td>Week</td></tr>
<tr><td>Introduction to Nutrition in Health and Exercise</td><td>1</td></tr>
<tr><td>Basal metabolism and daily energy needs depending on the intensity of physical activity and exercise;</td><td>2</td></tr>
<tr><td>Macronutrients; Carbohydrates,</td><td>3</td></tr>
<tr><td>Fats</td><td>4</td></tr>
<tr><td>Proteins</td><td>5</td></tr>
<tr><td>Micronutrients; Daily requirements of vitamins</td><td>6</td></tr>
<tr><td>Intermediate testing</td><td>7</td></tr>
<tr><td>Daily requirements of minerals</td><td>8</td></tr>
<tr><td>Importance of water for people who exercise regularly and athletes.</td><td>9</td></tr>
<tr><td>Proper nutrition as important part of good recovery.</td><td>10</td></tr>
<tr><td>Supplementation</td><td>11</td></tr>
<tr><td>Specifics of nutrition and supplementation before, during and after training.</td><td>12</td></tr>
<tr><td>Specifics of nutrition and supplementation in sports with the restriction of body weight.</td><td>13</td></tr>
<tr><td>Anti-Doping Code, the list of prohibited substances and the consequences of violations of anti-doping rules.</td><td>14</td></tr>
<tr><td>Final Exam</td><td>15</td></tr>
<tr><td>Teaching/Learning Methods</td><td colspan="2">○ Theoretical lectures
○ Workshops,
○ Assignments
○ Independent learning
○ Individual and group work etc.</td></tr>
<tr><td>Assessment Methods</td><td colspan="2">○ Participation and Engagement 15%
○ Laboratory exercises 15%
○ Midterm Exam 25%
○ Group Presentation 15%
○ Final exam 30%</td></tr>
<tr><td>Literature</td><td colspan="2">• Lanham-New, S., Stear, S., Shirreffs, S., & Collins, A. (2011). Sport and exercise nutrition. The Nutrition Society.
• Rawson, E. S., & Volpe, S. (2015). Nutrition for elite athletes. CRC Press.
• Bushman, B., & American College of Sports Medicine. (2017). ACSM's Complete Guide to Fitness & Health, 2E. Human Kinetics.
Beside the indicated books, scientific publications relevant to the field will be used to prepare the lectures, which will be made available for students through the moodle platform.</td></tr>
<tr><td>Contact</td><td colspan="2">masar.gjaka@ubt-uni.net</td></tr>
</table>

<table>
<tr><td rowspan="3">Subject</td><td colspan="3">SPORTS MEDICINE AND FIRST AID</td></tr>
<tr><td>Type</td><td>Semester</td><td>ECTS</td></tr>
<tr><td>MANDATORY (O)</td><td>IV</td><td>5</td></tr>
<tr><td>Lecture of the subject</td><td colspan="3">Dr.Sc. Diellor Rizaj</td></tr>
<tr><td>Aims and Objectives</td><td colspan="3">This course is designed to provide students with essential information about sports medicine and first aid. Furthermore, this course provides information about prevention and diagnostics of sports injuries, performance improvement, as well as basic nutrition information in sports. In addition, students will learn about the types of injuries that can occur and will also be notified of emergency services (First Aid) related to sports injuries.</td></tr>
<tr><td>Learning outcomes</td><td colspan="3">After completing this course, students will:
✓ Develop basic understanding of trauma, types and causes of sports injuries.
✓ Identify and classify common sports injuries, including sprains, strains, fractures, dislocations, and overuse injuries.
✓ Understand the mechanisms of injury for different sports and activities, including impact-related injuries and those resulting from overuse.
✓ Identify and describe the roles of sports medicine professionals, including athletic trainers, physical therapists, and team physicians.
✓ Demonstrate practical knowledge of first aid in sport-related situations.</td></tr>
<tr><td rowspan="13">Course content</td><td>Course Plan</td><td>Week</td></tr>
<tr><td>Sports medicine at national and international level.</td><td>1</td></tr>
<tr><td>The role and importance of medical professionals in sports, organization and equipment of sports ambulances.</td><td>2</td></tr>
<tr><td>Sportsman's checks and visits, anthropometric measurements and medical examinations.</td><td>3</td></tr>
<tr><td>Functional testing methods and control characteristics of athletes by gender, age and by particular type of sport.</td><td>4</td></tr>
<tr><td>Nutrition, nutritional supplements and sports activities.</td><td>5</td></tr>
<tr><td>Doping.</td><td>6</td></tr>
<tr><td>I-assessment</td><td>7</td></tr>
<tr><td>First aid and emergency care in the field.</td><td>8</td></tr>
<tr><td>Medical Pathologies from Physical Strains</td><td>9</td></tr>
<tr><td>Sports injuries, fractures, contusions, strain, sprains.</td><td>10</td></tr>
<tr><td>Ligaments, tendons, joints, parcial ruptures and complete ruptures.</td><td>11</td></tr>
</table>

	Rehabilitation, physiotherapy and recovery.	12
	Tests for stability and flexibility.	13
	Sports-specific exercises, conditioning and returning to full sporting activities.	14
	Final exam	15
Teaching methods	○ Theoretical lectures, ○ Laboratory exercises, ○ Seminars, ○ Workshops, ○ Tasks, ○ Independent learning, ○ Individual and group work etc.	
Methods of Evaluation	○ Participation and Engagement 15% ○ Laboratory exercises 15% ○ Midterm Exam 25% ○ Group Presentation 15% ○ Final exam 30%	
Literature	• O'Connor, F. G. (Ed.). (2012). ACSM's sports medicine: a comprehensive review. Lippincott Williams & Wilkins. • Cartwright, L. A., & Pitney, W. A. (2011). Fundamentals of Athletic Training 3rd Edition. Human Kinetics. • France, R. C. (2010). Introduction to sports medicine and athletic training. Cengage Learning. In addition to the books shown, important scientific publications for this field will be used to prepare lectures, which will be made available to students through the moodle platform.	
Contact	diellor.riza@ubt-uni.net	

Subject	**SOCIOLOGY OF SPORTS AND LEGISLATION**		
	Type	**Semester**	**ECTS**
	OBLIGATORY (O)	IV	4
Course Lecturer	Dr.Sc. Nagip .S. Lenjani		
Aims and Objectives	The purpose of the study of the sociology of sport consists in the search for answers to many questions, among which must be singled out in a special way, basic notions, classification of sports, society, culture and sport, social dimensions of sport, race, ethnicity, gender and sport, the public, violence, the media and sport, sport and sports advertising-marketing, the institutionalization of sport. international sports institutions, international sports organizations, the state and sport. All such matters involved will have a bearing on fundamental principles of law.		

<table>
<tr><td>Learning Outcomes</td><td colspan="2">After completing this course, students will:
✓ Develop a sociological perspective on sport by analyzing basic sociological theories, concepts and research methods.
✓ Demonstrate how sport affects our values, attitudes, beliefs, perceptions, behaviour, culture and society.
✓ Apply basic principles and theories of sociology to analyze the role of sport in our daily social life.
✓ Analyze sports with an institutional and legal approach.
✓ Understand the intricacies of violence in sport and avoiding hooliganism and its extreme forms.
✓ Understand the financial importance of media rights and new technologies.</td></tr>
<tr><td rowspan="16">Course content</td><td>Course Plan</td><td>Week</td></tr>
<tr><td>Syllabus presentation</td><td>1</td></tr>
<tr><td>Sociology of sport</td><td>2</td></tr>
<tr><td>Definition of sport and related concepts</td><td>3</td></tr>
<tr><td>Society, culture and sport</td><td>4</td></tr>
<tr><td>Mass society-mass communication and sport</td><td>5</td></tr>
<tr><td>Social dimensions of sport</td><td>6</td></tr>
<tr><td>Race, ethnicity, gender and sport</td><td>7</td></tr>
<tr><td>First assessment</td><td>8</td></tr>
<tr><td>The public, violence, media and sport</td><td>9</td></tr>
<tr><td>Sports and advertising</td><td>10</td></tr>
<tr><td>Institutionalization of sport</td><td>11</td></tr>
<tr><td>International sports institutions</td><td>12</td></tr>
<tr><td>International sports organizations</td><td>13</td></tr>
<tr><td>State and sport</td><td>14</td></tr>
<tr><td>Final exam</td><td>15</td></tr>
<tr><td>Teaching methods</td><td colspan="2">o Lectures
o Seminars
o Problem Based Learning
o Developing Research Questions
o Case Study</td></tr>
<tr><td>Evaluation methods</td><td colspan="2">o Participation and Engagement 15%
o Case study 15%
o Midterm Exam 25%
o Group Presentation 15%
o Final exam 30%</td></tr>
</table>

Literature	• Craig, Peter and Beedie, Paul (2010). Editors. Sport Sociology. • Delaney, Tim and Madigan (2009). The Sociology of Sports: An Introduction. Jefferson, NC: McFarland & Company. • Jay Coakley - Elizabeth Pike, Sports in Society: Issues and Controversies Paperback – 16 Jun 2009. • Ben Van Rompuy - Antoine Duval, International Sports Law, 16 volumes in this series, Published 2012 – 2019. • Simon Gardiner, Sports Law, 2011. • Rizvanolli,Vejsel and Shyti,Artan (2011).Shblu.Organizimi Institucional dhe juridik I Sportit.
Contact	nagip.lenjani@ubt-uni.net

Subject	**INDIVIDUAL SPORTS 2**		
	Type	**Semester**	**ECTS**
	OBLIGATIVE (O)	IV	6
Course Lecturer	Dr.Sc. Abedin Bahtiri& Dr.Sc. Agron Thaqi		
Aims and Objectives	The aim of the course is to introduce students with the fundamental theoretical and practical knowledge on individual sports (athletics, Swiming and Combat Sports) in order to deepen both the general culture of sport, and team sports in particular, both to acquire technical-disciplinary, didactic-operational and relational skills useful in different professional environments (school, sports clubs, etc).		
Learning outcomes	At the end of the course the student must be able to: ✓ Apply the performance models, the rules, the theory, the technique and the didactics of the specialties of the individual sports covered in the theoretical lesson concerning athletics, technical combinator sports (Swiming and Combat Sports). ✓ Use the means, methods and aids necessary to develop a didactic progression of starting up the single disciplines; ✓ Identify the most common errors of exercises and use appropriate correction exercises; ✓ Set the motor skills conditioning the performance keeping in mind the physical, and psychological characteristics of the individual and technical-tactical specialties.		
Course Content	**Course plan**		**Weeks**
	Introducing students to the content of the syllabus		1
	Lecture: Theory and Technique of long jump **Exercise:** Technique and didactics of long jump		2
	Lecture: Theory and Technique of triple jump Exercise: Technique and didactics of triple jump		3
	Lecture: Theory and Technique of high jump **Exercise:** Technique and didactics of high jump		4
	Lecture: Theory and Technique of shot put **Exercise:** Technique and didactics of shot put		5
	Lecture: Theory and Technique of discus and throw **Exercise:** Technique and didactics of discus throw		6
	Lecture: Theory and Technique of Javelin throw **Exercise:** Technique and didactics of Javelin throw		7
	Midterm test		8
	Lecture: The history of Martial Arts		9

	Exercise: Technique and didactics of judo elements	
	Lecture: Tactique in Judo **Exercise:** Tactical elements in Judo	10
	Lecture: Theory and technique in Karate **Exercise:** Technique and didactics of karate elements	11
	Lecture: Tactique in Karate **Exercise:** Tactical elements in Karate	12
	Lecture: Theory and technique in Wrestling **Exercise:** Technique and didactics of wrestlin elements	13
	Lecture: Tactique in Wrestling **Exercise:** Tactical elements in Wrestling	14
	Final exam	15
Teaching/Learning Methods	○ The course will alternate between ○ lectures, ○ seminars, ○ project-oriented work and discussions of on-going student work, etc. **The Swiming module (7 days-concentrated) will be organized at the and of entire course at the Swiming pool, out of the Campus.**	
Assessment Methods	○ Participation and Engagement 20% ○ Midterm Exam: Written and skills 30% ○ Group Presentation 20% ○ Final exam: Written and skills: ○ practical tests for the Athletics module ○ practical tests for the Swimming module ○ - Combat Sports 30%	
Literature	• Atletika: , H.: 2004, Prishtinë • Carr, G.: Fundamentals of Truck and Field, Human Kinetics, Second Edition, 1999. • Maric, J. Mundja - stili i lirë. Universiteti i Zagrebit. 2004 • Rexhepi, F. Xhudo. Universiteti i Prishtinës. 2004 • Kules, B. Trajningu i karatistëve. Universiteti i Zagrebit. 2004 • Bay, S.: Swimming_Steps_to_Success-_4th_Edition, Human Kinetics, 2016.	
Contact	abedin.bahtiri@ubt-uni.net, agron.thaqi@ubt-uni.net	

Subject	**BIOSTATISTICS AND COMPUTER TECHNIQUES**		
	Type	**Semester**	**ECTS**
	Mandatory (O)	IV	3
Course Lecturer	Dr.Sc. Abedin Bahtiri		
Aim and Objectives	The purpose and objectives of the course consist of the understanding of the students the role and importance of statistics in medical and sports sciences, descriptive analyses and comerative, correlative analyses etc. in spss. Ability to structure and write scientific papers in sports and medical science.		

Learning Outcomes	At the end of this course, the students are expected to: ✓ Understand the role and statistics in sports sciences. ✓ Have the skills to record data in excel and SPSS, to have the normal data testing, to have the right analysis for specified purposes. ✓ It has basic scope for applying both excel and SP SS based analyses such as; t-test, variance analysis, correlations, regressive, factorial analysis , etc. ✓ You have basic knowledge of programs like AMOS, Lisrel, G*power etc. ✓ Have basic skill for the design, conducting analysis and composition of scientific works	
Course Content	Course Plan	Week
	Syllabus Content of the subject Methods of learning Periodic and final evaluations Teaching process Viability	1
	Introduction to Biostatistics The role of statistics in sports sciences Types of studies: observational, experimental, and quasi-experimental Sampling methods Basic principles and study model	2
	Descriptive Statistics (SPSS and excel) Central tendency: mean, median, mode Variable: range, variance, standard deviation Probability distribution : normal, binomial, Poisson 3. Inferential Statistics	3
	Hypotheses testing: null and alternative hypotheses, significance level, p-value Confidence Interval Type I and Type II errors Power and sample size	4
	Data normality testing Shapiro-wilks Skewneess, kurtosis Komogorov-Smirnov tests Parametric and non-parametric datas	5

	Comerative analysis T-tests Variance analyses	6
	Correlation Analysis Pearson correlation Spearman corralation Partial correlation	7
	First periodic exam	8
	Regressive analysis Simple and multiple linear regression Interpretation and limitations of regression analysis	9
	Factorial Analysis	10
	Exlanatory factor analysis	11
	Confirmatory factor analysis	12
	Meta-analysis	13
	The combination of results from many research	14
	Publication bias and ethics	15
Teaching methods	Theoretical and practical lectures. During the lectures will be interactively worked, where students will mainly apply analysis and taught, will have the opportunity to express their opinion, comment, suggest and ask questions.	
Methods of Evaluation	○ Class Participation and Discussions 20% ○ Research Proposal 15% ○ Midterm Exam 20% ○ Project 10% ○ Individual and group work 10% ○ Final exam 25%	

Literature	• Ali Sait Albayrak, Aliye Kayış, Abdullah Eroğlu, Ömer L. Antalyalı, Şeref Kalaycı, Nezihe Uçar, Engin Küçüksille, Hakan Demirgil, Belma Ak, Didar B. İşler, Meltem Karaatlı, Onur Sungur. Statistical Techniques with Many Variables with Application in SPSS. Editor: Şeref Kalayıcıö Perkthyes: Kujtim Hameli. From the 6th edition. 2017. • Peter O'Donoghue, Statistics for Sport and Exercise Studies: An Introduction 1st Edition, Routledge, London-Ney York, 2012. • IBM SPSS Statistics Software, version 20.0 or later • Daniel, Wayne W. and Cross, Chad L. Biostatistics: A Foundation for Analysis in the Health Sciences, Tenth Edition. (2013) New York: • John Wiley & Sons
Contact	**abedin.bahtiri@ubt-uni.net**

Subject	**SPORTS MEDICINE AND PUBLIC HEALTH**		
	Type	**Semester**	**ECTS**
	OBLIGATORY (O)	V	5
Course Lecturer	Dr.Sc. Diellor Riza		
Aims and Objectives	This course aims to provide students with introduction into the field of sports medicine and its outmost importance in public health. Moreover, throughout the course will be addressed a wide range of factors and considerations regarding Sports Medicine and Public Health that students should be aware of.		
Learning Outcomes	Upon the completion of the course, students will: ✓ Have general knowledge regarding the importance and relationship between physical activity, physical fitness and health. ✓ Design and implement effective injury prevention strategies for athletes at various levels. ✓ Gain knowledge regarding the immense importance of fitness and health evaluation. ✓ Analyze the impact of sports and exercise on public health and disease prevention. ✓ Demonstrate general knowledge related to cardiovascular system, its adaptation to physical activity, pathologies and sudden death. ✓ Develop strong interpersonal skills to educate and motivate individuals and communities to adopt healthy behaviors.		
Course Content	Course Plan		Week
	Introduction to the course		1

	Sports Medicine and Public health organization in national and international level	2
	Functional evaluation in sports medicine and its importance for public health	3
	Exercise and health	4
	Exercise and all-cause mortality	5
	Sport, physical activity and other health behaviors	6
	1st intermediate evaluation	7
	Physical activity in special population	8
	Cardiovascular system and physical activity: functional adaptations, cardiovascular pathologies and sudden death	9
	Respiratory system: functional adaptations and respiratory diseases. Evaluation methods of respiratory function	10
	Physical activity and metabolic syndrome, diabetes and obesity; Physical activity and bone health	11
	Low back problems	12
	Health aspects of physical activity and sport in children, adults, elderly	13
	Promotion of physical activity	14
	Final exam	15
Teaching/Learning Methods	○ Theoretical lectures, ○ Laboratory exercises, ○ Workshops, ○ Assignments, ○ Independent learning, ○ Individual and group work etc.	
Assessment Methods	○ Class Participation and Discussions 20% ○ The laboratory exercises 15% ○ Midterm Exam (theoritical and skills) 20% ○ Project 10% ○ Individual and group work 10% ○ Final exam (theoritical and skills) 25%	
Literature	• O'Connor, F. G. (Ed.). (2012). ACSM's sports medicine: a comprehensive review. Lippincott Williams & Wilkins. • Dishman, R. K., Heath, G. W., & Lee, I. M. (2012). Physical activity epidemiology. Human Kinetics. Beside the indicated books, scientific publications relevant to the field will be used to prepare the lectures, which will be made available for students through the moodle platform.	

Contact	diellor.riza@ubt-uni.net

Subject	PHYSICAL ACTIVITY AND EXERCISE IN GROWTH AND AGING		
	Type	**Semester**	**ECTS**
	OBLIGATORY (O)	V	5
Course Lecturer	Dr.Sc. Abedin Bahtiri		
Aims and Objectives	The aim of the course is to enable students to acquire (1) knowledge on development and motor learning in developmental age and on degeneration due to aging (2) methodological-didactic skills to organize physical activities for preschool and school children centered on the playful and creative aspect and activities for the elderly aimed at strengthening and maintaining physical efficiency and functional skills.		
Learning Outcomes	Upon completion of this course, students will: ✓ Demonstrate an understanding of the physical, cognitive, and psychosocial development across the lifespan, from childhood through old age. ✓ Evaluate and articulate the role of physical activity in promoting healthy growth and development in children and adolescents. ✓ Demonstrate an awareness of factors that will influence normal growth and development in children. ✓ Explain the impact that normal variation in growth and variation can have on physical activity participation. ✓ Be familiarized with human body changes that occur due to aging process. ✓ Identify and analyze the health benefits of regular physical activity, including cardiovascular health, musculoskeletal health, and mental well-being, across the lifespan.		
Course Content	Course Plan		Week
	Introduction to the course		1
	Chronological age and biological maturity		2
	Principles and patterns of normal childhood growth and development		3
	Growth and maturity related changes and variations in structure, function, composition and movement from conception to maturity		4
	Factors affecting growth		5
	The impact of growth and development on training, selection, sport/physical activity participation		6

	1st intermediate evaluation	7
	The influence of physical activity and training on growth and maturation;	8
	Aerobic and anaerobic trainability.	9
	Demographic changes and aging classification;	10
	Anthropometric, muscular, flexibility and bone modifications: exercise prescription;	11
	Balance, postural control and gait modification: Exercise theory and prescription to prevent falls;	12
	Cardiovascular, respiratory and motor coordination changes: exercise theory and prescription;	13
	Changes in functional skills of daily life with particular reference to functional mobility: exercise theory and prescription.	14
	Final exam	15
Teaching/Learning Methods	○ Theoretical lectures, ○ Laboratory exercises, ○ Seminars, workshops, ○ Assignments, ○ Independent learning, ○ Individual and group work etc.	
Assessment Methods	○ Class Participation and Discussions 20% ○ The laboratory exercises 15% ○ Midterm Exam (theoritical and skills) 20% ○ Project 10% ○ Individual and group work 10% ○ Final exam (theoritical and skills) 25%	
Literature	• Signorile, J. F. (2011). Bending the aging curve: the complete exercise guide for older adults. Human Kinetics. • Bouchard, C., Blair, S. N., & Haskell, W. L. (2012). Physical activity and health. Human Kinetics. • Dias, G. N. F., & Couceiro, M. S. (2017). Active Ageing and Physical Activity: Guidelines, Functional Exercises and Recommendations. Springer. • Spirduso, W.W., Francis, K.L., & MacRae, P.G. (2005). Health-related quality of life. In Spirduso, W.W., Francis, K.L., MacRae, P.G. (Eds.), Physical dimensions of aging (2nd ed.), (pp. 233-257). Champaign, IL: Human Kinetics. Beside the indicated books, scientific publications relevant to the field will be used to prepare the lectures, which will be made available for students through the moodle platform.	
Contact	abedin.bahtiri@ubt-uni.net	

<table>
<tr><td rowspan="3">Subject</td><td colspan="3">PHYSICAL EXERCISE, PERSONAL TRAINING AND REHABILITATION</td></tr>
<tr><td>Type</td><td>Semester</td><td>ECTS</td></tr>
<tr><td>OBLIGATORY (O)</td><td>V</td><td>5</td></tr>
<tr><td>Course Lecturer</td><td colspan="3">Dr.Sc. Masar Gjaka</td></tr>
<tr><td>Aims and Objectives</td><td colspan="3">This course will provide to students a comprehensive theoretical and practical understanding of the science of personal training and rehabilitation. Additionally, students will be introduced to the fundamentals of designing, evaluating, analyzing and implementation of effective exercise programs and other methods for correctional and rehabilitation purposes.</td></tr>
<tr><td>Learning Outcomes</td><td colspan="3">Upon completion of this course, students will:
✓ Demonstrate knowledge regarding the role of personal training.
✓ Be familiarized with personal training principles, characteristics and adaptations.
✓ Develop skills in designing safe and effective exercise programs for individuals with different fitness levels, goals, and health conditions.
✓ Conduct thorough assessments of clients' fitness levels, health history, and goals to inform personalized exercise program
✓ Understand rehabilitation principles and techniques for designing exercise programs that aid in the recovery from injuries or medical conditions.
✓ Demonstrate the ability to adapt exercise programs for special populations, including older adults, pregnant women, and individuals with chronic health conditions or disabilities.</td></tr>
<tr><td rowspan="11">Course Content</td><td>Course Plan</td><td>Week</td></tr>
<tr><td>Introduction to course</td><td>1</td></tr>
<tr><td>The importance and the role of the personal trainer</td><td>2</td></tr>
<tr><td>Principles and characteristics of personal training</td><td>3</td></tr>
<tr><td>Training adaptations, exercise planning and programming;</td><td>4</td></tr>
<tr><td>Health and fitness assessment</td><td>5</td></tr>
<tr><td>Psychological aspects of personal training (Role of psychology in personal training, goals and goal setting)</td><td>6</td></tr>
<tr><td>Examination of injuries related to sports and exercise</td><td>7</td></tr>
<tr><td>1st intermediate evaluation</td><td>8</td></tr>
<tr><td>Sports traumatology and injuries related to overtraining;</td><td>9</td></tr>
<tr><td>Rehabilitation of individuals with sports and exercise related injuries</td><td>10</td></tr>
</table>

	The importance of recovery for physical and mental achievement	11
	Reconditioning: strength, flexibility, normal movement patterns, endurance, power, co-ordination, proprioception, speed and skills	12
	Cryotherapy, Ultrasound, Electrical muscle Stimulation, Combination of Ultrasound and Electrical muscle stimulation	13
	Heating agents, massage	14
	Final exam	15
Teaching/Learning Methods	○ Theoretical lectures, ○ Laboratory exercises, ○ Seminars, ○ Workshops, ○ Assignments, ○ Independent learning, ○ Individual and group work etc.	
Assessment Methods	○ Class Participation and Discussions 20% ○ The laboratory exercises 15% ○ Midterm Exam (theoritical and skills) 20% ○ Project 10% ○ Individual and group work 10% ○ Final exam (theoritical and skills) 25%	
Literature	• Rieger, T., Jones, B., & Jiménez, A. (Eds.). (2015). EuropeActive's Essentials for Personal Trainers. Human Kinetics. • Clark, M. A., Lucett, S., & Corn, R. J. (2008). NASM essentials of personal fitness training. Lippincott Williams & Wilkins. • France, R. C. (2010). Introduction to sports medicine and athletic training. Cengage Learning. Beside the indicated books, scientific publications relevant to the field will be used to prepare the lectures, which will be made available for students through the moodle platform.	
Contact	masar.gjaka@ubt-uni.net	

Subject	**ADAPTED PHYSICAL ACTIVITY, DISEASE AND DISABILITY**		
	Type	**Semester**	**ECTS**
	OBLIGATORY (O)	V	5
Course Lecturer	Dr.Sc. Avdi Pireva		
Aims and Objectives	The aim of the course is to enable students to understand and learn theoretical and practical principles of adapted physical activity, disease and persons with special needs. Additionally, students will be provided with the foundations and rationale for adapting physical activity, and		

	programming considerations for people with special needs, specific health related issues and diseases.	
Learning Outcomes	After the completion of this course, the students will: ✓ Understand the need for, scope of and structure of adapted physical activity adaptations for people with disabilities. ✓ Acquire theoretical basis and the techniques of prevention and treatment of postural alternations. ✓ Identify the appropriate exercise programs for the prevention and the treatment of diverse pathological states. ✓ Acquire the knowledge of various diseases and disabilities, as well as basic information on the incidence, prevalence, etiology, illustrative behaviors and programming strategies for such problems. ✓ Apply the theoretical knowledge of adapted physical activity to work with individuals with specific needs.	
Course Content	Course Plan	Week
	General principles: adapted physical activity and risk stratification	1
	General laws of skeletal development and muscle functioning, methods of applying muscle contraction to different types of joint excursion, joint and muscle kinetic chains, methodologies and techniques of muscle stretching	2
	Physical activity and disabled people	3
	Physical activity and metabolic diseases	4
	Physical activity and cardiovascular diseases	5
	Physical activity and obesity	6
	1st intermediate evaluation	7
	Physical activity and diabetes	8
	Physical activity and cancer	9
	Physical activity and osteoporosis	10
	Posture: prevention and treatment of postural alterations	11
	The spine; The morpho-functional evaluation	12
	Prevention and treatment of postural alterations; General principles of ergonomics	13
	Scoliosis, etiology, evolution, three-dimensionality and biomechanics of the scoliotic spine, evaluation of the scoliotic and screening principles, general principles of kinesiological prevention of scoliosis, scoliosis and sports activity.	14
	Final exam	15

Teaching/Learning Methods	○ Theoretical lectures, ○ Laboratory exercises, ○ Seminars, ○ Workshops, ○ Assignments, ○ Independent learning, ○ Individual and group work etc.
Assessment Methods	○ Class Participation and Discussions 20% ○ The laboratory exercises 15% ○ Midterm Exam (theoritical and skills) 20% ○ Project 10% ○ Individual and group work 10% ○ Final exam (theoritical and skills) 25%
Literature	• Winnick, J. (2011). Adapted physical education and sport. Human Kinetics. • Yabe, K., Kusano, K., & Nakata, H. (Eds.). (2012). Adapted Physical Activity: Health and Fitness. Springer Science & Business Media. • Dishman, R. K., Heath, G. W., & Lee, I. M. (2012). Physical activity epidemiology. Human Kinetics. Beside the indicated books, scientific publications relevant to the field will be used to prepare the lectures, which will be made available for students through the moodle platform.
Contact	avdi.pireva@ubt-uni.net

Subject	**PERFORMANCE ASSESSMENT AND MONITORING**		
	Tipi	**Semestri**	**ECTS**
	MANDATORY (O)	V	5
Course lectures	Dr.Sc. Agron Thaqi		
Aims and Objectives	This course aims to provide students with the knowledge and competence to test and monitor various components related to performance (endurance, flexibility, coordination, strength, speed and agitation), as well as health-related physical skills parameters. Furthermore, this course aims to provide theoretical and practical knowledge about testing equipment and various diagnostic/test procedures.		
Leraning Outcomes	After successful completion of this course, students will be able to: ✓ Possess knowledge of how to identify and apply anaerobic and aerobic capacity component assessments. ✓ Recognize and apply pros and cons for the selection of exercise test, reproducibility and validity of various protocols of sub-maximal and maximum exercises. ✓ Demonstrate different measuring methods for assessing maximum concentric, eccentric and isometric muscle strength, muscle explosive strength and strength, speed, COD, endurance, etc. ✓ Understand and apply methods of evaluating health-related fitness components.		

<table>
<tr><td></td><td colspan="3">✓ Apply and understand monitoring of performance-related fitness and health and provide recommendations regarding improvement and maintenance of certain parameters.</td></tr>
<tr><td rowspan="16">Course content</td><td>Course Plan</td><td>Week</td></tr>
<tr><td>Syllabus presentation</td><td>1</td></tr>
<tr><td>Basics of performance assessment</td><td>2</td></tr>
<tr><td>Evaluation and Monitoring of Performance-Training Process</td><td>3</td></tr>
<tr><td>Evaluation Protocols (Anthropometry and Body Composition)</td><td>4</td></tr>
<tr><td>The value of strength, strength and endurance of muscles</td><td>5</td></tr>
<tr><td>Assessing Flexibility and Balance</td><td>6</td></tr>
<tr><td>Agility and speed assessment</td><td>7</td></tr>
<tr><td>First intermediate test</td><td>8</td></tr>
<tr><td>Cardio-respiratory stability assessment</td><td>9</td></tr>
<tr><td>Assessing the fitness of adult children</td><td>10</td></tr>
<tr><td>Training Monitoring (Why Monitor Athletes?)</td><td>11</td></tr>
<tr><td>Research Tools for Monitoring Athletes</td><td>12</td></tr>
<tr><td>Physiological Effects of Exercise Stress</td><td>13</td></tr>
<tr><td>Measures of fitness and fatigue</td><td>14</td></tr>
<tr><td>Final exam</td><td>15</td></tr>
<tr><td rowspan="6">Teaching methodology</td><td>Teaching/Learning Activity</td><td>Weight%</td></tr>
<tr><td>Theoretical lectures,</td><td>25%</td></tr>
<tr><td>Laboratory exercises,</td><td>25%</td></tr>
<tr><td>Seminars</td><td>15%</td></tr>
<tr><td>Workshop,</td><td>15%</td></tr>
<tr><td>Tasks, independent learning, individual and group work.</td><td>20%</td></tr>
<tr><td>Assessment methodology</td><td colspan="3">Assessment activity Number Week Weight (%)
1. Participation and Engagement 15 1-15 10%
Participation in workshops, projects, and class discussions
2. Mid exam 1 1-6 25%
Theoretical and practical part
Laboratory exercise 1 8-14 25%
3. Final Examination – 1 1-15 40%</td></tr>
</table>

ECTS Workload	Activity / Weekely hrs / Total workload Lectures 2 30 Exercise 1 15 Case study presentation 1 15 Practical test implementation 1 15 Independent study 2 60 Consultations 1 4
Literatura	- David H. Fukuda Ph.D. - Assessments for Sport and Athletic Performance-Human Kinetics (2019). - McGuigan, Mike - Monitoring training and performance in athletes-Human Kinetics (2017) - Tanner, R., & Gore, C. (2012). Physiological tests for elite athletes. Human kinetics. - Haff, G. G., & Dumke, C. (2018). Laboratory Manual for Exercise Physiology, 2E. Human Kinetics. - Heyward, V., & Gibson, A. L. (2018). Advanced Fitness Assessment and Exercise Prescription, 7E. Human kinetics. - Hoffman, J. (2006). Norms for fitness, performance, and health. Human Kinetics. - Agron Thaqi, Milaim Berisha, Isa Aslani. (2021). The effect of plyometric training on performance levels of the shot put technique and its related motor abilities. Pedagogy of Physical Culture and Sports. Vol.25 no.3. In addition to the books shown, important scientific publications for this field will be used to prepare lectures, which will be made available to students through the moodle platform.
Contact	agron.thaqi@ubt-uni.net

Subject	**COMPUTER SCIENCE AND TECHNOLOGIES IN SPORT AND MOVEMENT**		
	Type	**Semester**	**ECTS**
	MANDATORY	5	3
Course Lecturer	Dr.Sc. Muhamet Avdyli		
Aims and Objectives	The purpose of the course is to enable students to develop understanding of basic concepts of computer science and technologies in sport and motion.		
Learning Outcomes	After attending this course, the student will be able to: ✓ show some key historical events in sports science technology ✓ discuss ethical considerations in sports science and technology ✓ explain the use of different categories of technology in sport ✓ Use of technology in performance analysis and monitoring ✓ Use of technology in optimizing physiological performance		

<table>
<tr><td></td><td colspan="2">✓ observation and use of various forms of technology</td></tr>
<tr><td rowspan="16">Course Content</td><td>Course Plan</td><td>Week</td></tr>
<tr><td>Syllabus</td><td>1</td></tr>
<tr><td>Introduction in sports sciences and sports</td><td>2</td></tr>
<tr><td>Introduction in sports sciences and sports</td><td>3</td></tr>
<tr><td>Sports Engineering Presentation, Understanding, Detection and Recording of Human Movement</td><td>4</td></tr>
<tr><td>GPS and location Technologies</td><td>5</td></tr>
<tr><td>Equipment for force analysis and physical performance</td><td>6</td></tr>
<tr><td>Applications and software for data analysis</td><td>7</td></tr>
<tr><td>Virtual reality technologies to simulate real sporting situations by making it possible to improve sports strategies and playing fields</td><td>8</td></tr>
<tr><td>Mid exem</td><td>9</td></tr>
<tr><td>Ethics and privacy in the use of technologies in sport</td><td>10</td></tr>
<tr><td>Software Engineering in Sports Applications</td><td>11</td></tr>
<tr><td>Server technologies and tools for monitoring sports performance</td><td>12</td></tr>
<tr><td>Software for presentations</td><td>13</td></tr>
<tr><td>Technologies for sports performance controls and analysis</td><td>14</td></tr>
<tr><td>Final Exam</td><td>15</td></tr>
<tr><td>Teaching methods</td><td colspan="2">The teaching will be theoretical and practical lessons.
Lectures will be conducted interactively, where students will be in the spotlight, showing their knowledge, commenting, suggesting and asking questions.</td></tr>
<tr><td>Assessment Methods</td><td colspan="2">Multiple choice exam - 70%
Presentation of the seminar to the group for one of the learning outcomes - 30%</td></tr>
</table>

Sources and means of concrete	**Tools Number** 1. Class (e.g) 1 2. Laboratory (e.g) 1 3. Moodle 1 4. Windows 10 Software, MS Office 2016 1 5. Projector 1
Cargo and activities	**Type of Activity Hours Total Load** 1. 2 +1 36 2. Seminars 1 1 3. Laboratory 1 12 4. 4 48 5. Exams 2 2
Literature	Franz K. F. et. al., Editor, Routledge Handbook of Sports Technology and Engineering (Routledge, 2013).
Contact	muhamet.avdyli@ubt-uni.net

Subject	**ENGLISH LANGUAGE 1**		
	Type	**Semester**	**ECTS**
	ELECTIVE	5	3
Course Lecturer	Dr.Sc. Fatbardha Qehaja Osmani		
Aims and Objectives	The aim of this course is to develop and promote competence in students' listening, speaking, writing and reading skills in English. Competence in this context should be interpreted as referring to the ability to use language fluently, correctly and appropriately. Students will discuss information/comprehension from the texts or from listening to audios appropriate for specific lessons by developing the target vocabulary through exposure to authentic spoken language, through conversation and discussion of current political issues. The main aim of this course is to enable students to use the latest presentation techniques to capture the attention of the public. The emphasis will be on practicing public speaking skills, which will be based on students' knowledge (prior and acquired during lessons) about the target vocabulary; moreover, they will practice their critical, creative and constructive thinking skills. This course covers: presentation techniques, composition, structure and presentation delivery. It also addresses issues such as body language, visuals and audience interaction. Increasing students' self-confidence while using the English language in public speeches or debates and applying the target vocabulary will be among the most important goals of this course.		

<table>
<tr><td></td><td colspan="2">This course aims to:
introduce students to the basic principles of presentation techniques.
- develop students' public speaking skills in English.
- build or rebuild students' confidence.
expand the students' professional vocabulary.</td></tr>
<tr><td>Leraning Outcomes</td><td colspan="2">Upon completion of this course, students will be able to:
✓ Present their aims and ambitions in their field of study.
✓ Explain practical situations in front of their colleagues, associates and beyond.
✓ Write official emails and CVs.
✓ Use their analytical skills in order to negotiate important issues in the project in which they are involved.
✓ Use their problem-solving skills to achieve career goals.
✓ Recognize the basic factors that lead to success and that determine the outcome of presentations in the field of political science.
✓ Have the ability to create simple but powerful PowerPoint presentations, diagrams and graphics and avoid common mistakes.</td></tr>
<tr><td rowspan="15">Course content</td><td>Course Plan</td><td>Week</td></tr>
<tr><td>Syllabus presentation</td><td>1</td></tr>
<tr><td>Anxiety, self-confidence and enthusiasm</td><td>2</td></tr>
<tr><td>Communication styles: Verbal and non-verbal communication</td><td>3</td></tr>
<tr><td>Types of communication</td><td>4</td></tr>
<tr><td>Steps in preparing a presentation and Different stages of a presentation</td><td>5</td></tr>
<tr><td>Talking about politics in English (using target vocabulary)</td><td>6</td></tr>
<tr><td>English expressions from politics (using target vocabulary, reading comprehension activities)</td><td>7</td></tr>
<tr><td>Individual presentations and feedback</td><td>8</td></tr>
<tr><td>Role plays</td><td>9</td></tr>
<tr><td>Critical thinking and problem solving</td><td>10</td></tr>
<tr><td>Women in politics (using target vocabulary)</td><td>11</td></tr>
<tr><td>Negotiating language, framing your argument</td><td>12</td></tr>
<tr><td>Mediation and conflict resolution</td><td>13</td></tr>
<tr><td>Reflection and revision (additional material)</td><td>14</td></tr>
</table>

	Constructive feedback regarding the course (consultations)	15
Teaching methodology	Teaching/Learning Activity	Weight%
	○ Lectures ○ Seminars ○ Laboratory ○ Case studies ○ Role play ○ Problem-based learning ○ Presentations ○ Workshops	50% 20% - - 10% 5% 15% -
Assessment methodology	Attendance (conduct) and participation 10% Presentations 90%	
ProjectorCourse resources	○ Resources ○ Classroom ○ Electronic books ○ Online resources ○ Moodle ○ Ted/YouTube presentations	
ECTS Workload	Activity / Week / Total Workload Lectures / 2 / 4x30 Practical classes / 1 / 20 Autonomous learning / / 30	
Literatura	• "The OCR Guide to Presentation Skills", Oxford Cambridge and RSA • "Fundamentals of Public Speaking", College of the Canyons Open Educational Resources Assistant, Natalie Miller (PDF will be provided) • Grusendorf, M. 2007. English for Presentations. Oxford University Press. • Fjalor Termash Juridike, Ekonomike dhe Biznesi Luan Kaceli 2009. • Simple Ideas on Delivery, Garr Reynolds • Rachel Appleby, Business Vision; a. Workbook b. Student's Book. Oxford University Press. • Ashley (2003). Oxford Correspondence Workbook. Oxford University Press, ISBN – 13: 978 0 19 457 2149 • Sandra Lamb (1998). How to Write It. A Complete Guide to Everything You'll Ever Write. Ten Speed Press, ISBN 1- 58008-001-4 • Instructor provided relevant teaching material (notes) in English and internet • Lecture notes, manuals and handbooks	
Contact	fatbardha.qehaja@ubt-uni.net	

Subject	**PSYCHOLOGY OF SPORT AND PEDAGOGY**		
	Type	**Semester**	**ECTS**
	OBLIGATORY (O)	1	4

<table>
<tr><td>Course Lecturer</td><td colspan="2">Dr.Sc. Denis Celcima</td></tr>
<tr><td>Aims and objectives</td><td colspan="2">- In order to improve coaching and teaching techniques, this course investigates the psychological components of sports and pedagogical principles. Students will explore effective pedagogical strategies for coaching and teaching sports, as well as the cognitive, emotional, and social factors that influence athletic performance.</td></tr>
<tr><td>Learning outcomes</td><td colspan="2">After completing this course successfully, students will be able to:
✓ Recognize the psychological aspects that affect how well an athlete performs.
✓ Utilize psychological concepts to improve the efficacy of coaching and instruction.
✓ Examine and use instructional techniques to accommodate a range of learning preferences.
✓ Examine how mental toughness, goal-setting, and motivation play a part in sports.
✓ Gain proficiency in leadership and effective communication in a coaching or teaching environment.</td></tr>
<tr><td rowspan="16">Course Content</td><td>Course Plan</td><td>Week</td></tr>
<tr><td>Presentation of the syllabus</td><td>1</td></tr>
<tr><td>Introduction of Sport Psychology and Pedagogy</td><td>2</td></tr>
<tr><td>Cognitive factors in Sport Performance</td><td>3</td></tr>
<tr><td>Emotional and social factors in Sports</td><td>4</td></tr>
<tr><td>Leadership and communication in Sport</td><td>5</td></tr>
<tr><td>Goal setting and self talk</td><td>6</td></tr>
<tr><td>Intrinsic and extrinsic motivation in sport</td><td>7</td></tr>
<tr><td>First assessment</td><td>8</td></tr>
<tr><td>Sport Pedagogy</td><td>9</td></tr>
<tr><td>Principles of teaching and coaching</td><td>10</td></tr>
<tr><td>Planning and organizing effective practice</td><td>11</td></tr>
<tr><td>Case studies and practical application</td><td>12</td></tr>
<tr><td>Integrating psychological principles into coaching and teaching</td><td>13</td></tr>
<tr><td>Ethical consideration in sports psychology</td><td>14</td></tr>
<tr><td>Second assessment</td><td>15</td></tr>
<tr><td>The methods of Teaching</td><td colspan="2">Activity Percent (%)</td></tr>
</table>

	The methodology applied during the lecture of the subject will include, but will not be limited to: The interactive method, written works, research projects including individual and group work, various presentations, debates, etc. • Lecture and discussion 20% • Seminars 20% • Case studies (case studies) 10% • Simulation of roles (role play) 10%
Assessment Methods	○ Class participation/discussion 10% ○ Group Work-Project 20% ○ First test 35% ○ Second test 35% ○ Total: 100 points. ○ Point values ○ The exam has 100 points
Literature	• Britton W. Brewer PhD. (2009). Handbook of Sport Medicine and Science . • Dan Gordon. (2009). Coaching Science . • https://idrottsforum.org/psychology-of-sport-and-exercise-vol-38-september-2018/
Contact	deniz.celcima@ubt-uni.net

Subject	**ADVANCED SCIENCE OF TRAINING AND EXERCISE**		
	Type	**Semester**	**ECTS**
	OBLIGATORY (O)	V	5
Course Lecturer	Dr.Sc. Abedin Bahtiri		
Aims and Objectives	The aim of this course is for students to develop foundational knowledge and understanding of the advanced sport and exercise science disciplines of psychology, biomechanics and physiology. Additionally, this course aims to encourage students to foster a multi-disciplinary approach to understanding the contemporary scientific determinants of elite performance within a range of different sporting contexts.		
Learning Outcomes	Upon successful completion of the course, students will be able to: ✓ Explain the significance of advanced sport and exercise science to sports performance, participation and to the coaching and physical education context. ✓ Identify and explain some of the key advanced concepts, principles, theories and perspectives associated with different areas of sport and exercise science. ✓ Demonstrate an understanding of the advanced principles and application of sports biomechanics, sports psychology and exercise		

<table>
<tr><td></td><td colspan="2">physiology to sport performance and participation and to the coaching and physical education context.
✓ Apply sport and exercise science knowledge and understanding to sport, exercise, coaching and physical education contexts.
✓ Perform advanced physiological, psychological and biomechanical measurements, analyze and interpret these different types of data.
✓ Apply theory and advanced principles to practice through relevant practical/laboratory work; including solving biomechanical problems and understanding how psychological and physiological theories apply to practice.</td></tr>
<tr><td rowspan="17">Course Content</td><td>Course Plan</td><td>Week</td></tr>
<tr><td>Syllabus presantation</td><td>1</td></tr>
<tr><td>Introduction to Advanced Exercise Physiology</td><td>2</td></tr>
<tr><td>Advanced Biomechanics and Movement Analysis</td><td>3</td></tr>
<tr><td>Advanced Biomechanics and Movement Analysis</td><td>4</td></tr>
<tr><td>Analysis of human movement pattern</td><td>5</td></tr>
<tr><td>Periodization and Program Design</td><td>6</td></tr>
<tr><td>Understanding periodization model</td><td>7</td></tr>
<tr><td>Mid exam</td><td>8</td></tr>
<tr><td>Advanced Nutrition for Exercise</td><td>9</td></tr>
<tr><td>Advanced Strength and Power Training</td><td>10</td></tr>
<tr><td>Cardiovascular and Metabolic Considerations</td><td>11</td></tr>
<tr><td>Exercise Prescription for Special Populations</td><td>12</td></tr>
<tr><td>Current Trends and Research in Exercise Science</td><td>13</td></tr>
<tr><td>Review of current literature and research in exercise science</td><td>14</td></tr>
<tr><td>Final exam</td><td>15</td></tr>
<tr><td>Teaching/Learning Methods</td><td colspan="2">o Theoretical lectures,
o Laboratory exercises,
o Seminars,
o Workshops,
o Assignments,
o Independent learning,
o Individual and group work etc.</td></tr>
<tr><td>Assessment Methods</td><td colspan="2">o Midterm Exam (20%)
o Research Paper on a Selected Topic (30%)
o Practical Application Project (20%)
o Final Exam (30%)</td></tr>
<tr><td>Literature</td><td colspan="2">• Plowman, S. A., & Smith, D. L. (2013). Exercise physiology for health fitness and performance. Lippincott Williams & Wilkins.</td></tr>
</table>

	• McArdle, W. D., Katch, F. I., & Katch, V. L. (2010). Exercise physiology: nutrition, energy, and human performance. Lippincott Williams & Wilkins. • Robertson, G. E., Caldwell, G. E., Hamill, J., Kamen, G., & Whittlesey, S. (2013). Research methods in biomechanics. Human kinetics. • Heyward, V. (2010). Advanced Fitness Assessment and Exercise Prescription, 6E. Human kinetics. • Weinberg, R. S., & Gould, D. S. (2011). Foundations of sport and exercise psychology. Human Kinetics. Beside the indicated books, scientific publications relevant to the field will be used to prepare the lectures, which will be made available for students through the moodle platform.
Contact	abedin.bahtiri@ubt-uni.net

Subject	**LONG-TERM ATHLETIC DEVELOPMENT**		
	Type	**Semester**	**ECTS**
	OBLIGATORY (O)	V	4
Course Lecturer	Dr.Sc. Avdi Pireva		
Aims and Objectives	This course aims to develop a strong knowledge base in the ever-growing field of long-term development of sportsman, including the ability to find and interpret research. The course will focus on developing a comprehensive and personalized approach in the field of long-term development of the athlete, maximizing potential and enhancing their personal leadership skills.		
Learning Outcomes	After successful completion of this course, students will: ✓ Discuss the focus and field of long-term development of sportsmen in the kinesiological context. ✓ Demonstrate understanding of the principles of long-term sports development through the application of subject concepts to the students' careers. ✓ Identify the principles of long-term athletic development in sports events, sportsmen and different personalities. ✓ Demonstrate understanding of the use of training methods in the long-term development of sportsmen and sports performance. ✓ Discuss the development and implementation of a skills training program within a range of sports environments and physical activities. ✓ Demonstrate competence for relating the concepts of the subject with the revised and empirical literature.		
Course Content	Course Plan		Week
	Syllabus presentation		1
	Introduction to the long-term development of sportsmen;		2
	Long-term development models of sportsmen.		3
	The main factors in the long-term development of athletes: age, training, periodization.		4

	Stages of long-term development of athletes: Basic, learn to train, train to train, train to race, train to win and active stages for life.	5
	Biological and chronological age.	6
	Basic principles of sportsman's training.	7
	Mid exam	8
	Basic periodization and planning of the training process.	9
	Training for talent promotion.	10
	Long-term training planning.	11
	The ratio between general and specific pre-entries.	12
	Sports coaching technology.	13
	Biological and Chronological Age.	14
	Final exam	15
Teaching/Learning Methods	○ Theoretical lectures, ○ Laboratory exercises, ○ Individual and group work, ○ Tasks, etc.	
Assessment Methods	○ Class Participation and Discussions 20% ○ The laboratory exercises 15% ○ Midterm Exam (theoritical and skills) 20% ○ Project 10% ○ Individual and group work 10% ○ Final exam (theoritical and skills) 25%	
Literature	• Balyi, I., Way, R., & Higgs, C. (2013). Long-term athlete development. Human Kinetics. • Conditioning Young Athletes, Tudor O. Bompa, PhD Michael Carrera, 2015, USA Strength and Conditioning For Young Athletes, Rhodri S. Lloyd and Jon L. Oliver, 2014, USA	
Contact	avdi.pirevaj@ubt-uni.net	

Subject	**ADVANCED BIOMECHANICS AND KINESIOLOGY**		
	Type	**Semester**	**ECTS**
	MANDATORY (O)	V	5
Course Lecturer	Dr.Sc. Abedin Bahtiri		
Aims and Objectives	The context of the course is an advanced biomecnic study of cyclic sport. By the end of the course students will understand cinematics and kinetic concepts in this field of sport. They will be able to implement them within practical research projects. These goals will be achieved by: • Familiarity with related research literature.		

<table>
<tr><td></td><td>

- Understanding of word processing programs and data pages (spreadsheet).
- Apply theoretical concepts of biomechanics to practical research questions.
- Evaluation and identification of appropriate research methods.
- Planning and conducting biomechanical research.
- Analyzing and evaluating research data

</td></tr>
<tr><td>Learning outcomes</td><td>After completing this course, students will be able to:

✓ Identify and define the theoretical terms, mechanical concepts and philosophies related to the biomechanics of sports movements;
✓ Plan and perform basic biomechanical laboratory tests (d.m.th. develop) a research question;
✓ Select, deploy and use the appropriate video system for a cinematic analysis;
✓ Identify, understand and use biomechanical measurement devices to analyze sports movements
✓ Understand the mechanics of specific sports based on cyclical movements (walking, jogging, swimming, cycling etc.);
✓ Write laboratory reports and present them based on scientific norms.</td></tr>
<tr><td>Course Content</td><td>
<table>
<tr><td>Course Plan</td><td>Week</td></tr>
<tr><td>Presentation of the syllabus and knowledge of the rules and the way of evaluation in this subject.</td><td>1</td></tr>
<tr><td>Introduction to Kinesiology</td><td>2</td></tr>
<tr><td>Terminology and biomechanics content.</td><td>3</td></tr>
<tr><td>Kinematics of linear motions.</td><td>4</td></tr>
<tr><td>The cinematics of angular movements.</td><td>5</td></tr>
<tr><td>Kinesiology and Biomechanics - Kinesiological and Biomechanical Terms</td><td>6</td></tr>
<tr><td>Newton's Law and Power</td><td>7</td></tr>
<tr><td>Mid exam</td><td>8</td></tr>
<tr><td>Power and force</td><td>9</td></tr>
<tr><td>Explaining the concept of momentum</td><td>10</td></tr>
<tr><td>Momentum and impulses</td><td>11</td></tr>
<tr><td>The Center of Gravity Explanation</td><td>12</td></tr>
<tr><td>The concept of inertia</td><td>13</td></tr>
<tr><td>Analysis of the challenges of sport performance testing and replay and learned information</td><td>14</td></tr>
<tr><td>Final exam</td><td>15</td></tr>
</table>
</td></tr>
<tr><td>Teaching methods</td><td>The teaching/learning strategies are done with theoretical and practical lectures, seminars, colcocies, consultations, discussions, practices in sports clubs, work with groups, etc.</td></tr>
</table>

Methods of Evaluation	○ Participation and Engagement 20% ○ Class Presentations 15% ○ Midterm Exam 20% ○ Practical Skills Assessments 15% ○ Final Exam: 30%
Literature	• McGinnis, P.M. (2013), Biomechanics of Sport and Exercise. Human Kinetics, Champaign IL.
Contact	abedin.bahtiri@ubt-uni.net

Subject	**SPORT ECONOMY AND ENTREPRENEURSHIP**		
	Type	**Semester**	**ECTS**
	Election (E)	V	5
Course Lecturer	Dr. Sc. Ermal Lubishtani		
Aims and Objectives	To produce learners with sport economy and entrepreneurship competencies, to apply evidence-based practices in sport economy and entrepreneurship, to produce learners with fundamental humanity. Understand sport economy and entrepreneurship theory and functions. Carry out research in specific areas of interest or aptitude in sport economy and entrepreneurship. Disseminate research findings on sport economy and entrepreneurship. Summaries and critique the viewpoints and theories of major sport practitioners in the sport economy and entrepreneurship field. Apply sport economy and entrepreneurship policies, practices and principles.		
Learning outcomes	On the successful completion of this unit, students will be able to: ✓ Identify, investigate and synthesize relevant information about the sport economy and entrepreneurship process; ✓ Develop the knowledge and skills to manage and implement a sport economy and entrepreneurship; ✓ Use creativity, critical thinking, analysis and research skills to solve theoretical and real world sport economy and entrepreneurship problems; ✓ Adopt an informed and balanced approach on sport economy and entrepreneurship approaches across professional and international boundaries; and ✓ Reflect on their own sport economy and entrepreneurship practice, updating and adapting their knowledge and skills for continual professional and academic development.		
Course Content	Course Plan		Week
	Overview of sports economics		1
	Economic impact of sports on society		2
	Economic principles applied to sports		3
	Monopoly and competition in sports leagues		4
	Impact of league structure on competition		5
	Salary caps and competitive balance		6
	Ticket sales, broadcasting rights, and sponsorships		7
	Merchandising and licensing		8
	Role of technology in revenue generation		9
	Analysis of the economic impact of major sports events (e.g., Olympics, World Cup)		10
	Infrastructure investments and legacy effects		11

	Critiques of economic impact studies	12
	Player contracts and negotiations	13
	Collective bargaining agreements	14
	Role of agents in the sports industry	15
Teaching/Learning Methods	Lectures, seminar work, research work.	
Assessment Methods	• Class participation: 10% • Midterm exam: 30% • Group project: 20% • Final exam: 40%	
Literature	• Contemporary Sport Management, Paul M. Pedersen & Lucie Thibault, 2019, USA • Sports Economics" by Rodney Fort • "The Business of Sports: A Primer for Journalists" by Mark Conrad • Handbook Of Research On Sport And Business Developing International Sport, Harald Dolles and Sten Söderma, New York, USA, 2011.	
Contact	ermal.lubishtani@ubt-uni.net	

Subject	**SPORT AND SOCIAL PSYCHOLOGY**		
	Type	**Semester**	**ECTS**
	OBLIGATORY (O)	V	4
Course Lecturer	Dr.Sc. Denis Celcima		
Aims and Objectives	This course is designed to provide students the opportunity to develop knowledge and understanding and also intends to introduce students to sport and social.		
Learning outcomes	On completion of this module, students should be able to: ✓ Understand the fundamental principles of social psychology and how they apply to sports contexts. ✓ Analyze the psychological impact of sports on individual athletes, teams, and communities. ✓ Evaluate the role of motivation in sports performance and the influence of social factors on athletes' motivation. ✓ Examine the dynamics of group behavior and teamwork in sports settings. ✓ Analyze the role of leadership and communication in sports teams and organizations. ✓ Examine the psychological aspects of aggression and violence in sports, including causes and potential interventions. ✓ Understand the psychological aspects of fan behavior and the impact of sports on communities and societies..		
Course Content	Course Plan		Week
	Introduction to Sport and Social Psychology		1
	Social Influence in Sports		2
	Conformity, compliance, and persuasion in sports contexts.		3

	Motivation in Sports	4
	Intrinsic and extrinsic motivation, achievement motivation, and goal-setting in sports.	5
	Group Dynamics and Teamwork	6
	The psychology of teams, cohesion, and group development in sports.	7
	Mid Exam	8
	Leadership and Communication in Sports	9
	Aggression and Violence in Sports	10
	Examining the psychological aspects of aggression, violence, and sportsmanship.	11
	Sports and Society	12
	The impact of sports on individuals, communities, and society as a whole.	13
	Group Project Presentations	14
	Final Exam	15
Teaching/Learning Methods	○ Lectures, ○ seminars, ○ workshops, ○ presentations, ○ independent learning, ○ individual and group work etc.	
Assessment Methods	○ Class Participation and Discussion (20%) ○ Midterm Exam (20%) ○ Group Project (30%) ○ Final Exam (30%)	
Literature	• Weinberg, R. S., & Gould, D. S. (2011). Foundations of sport and exercise psychology. Human Kinetics • HOGG, Michael A., and Vaughan, Graham M. (2011). Social psychology. 6th edition. Prentice Hall.	
Contact	denis.çelçima@ubt-uni.net	

Subject	**SPORTS MANAGEMENT AND MARKETING**		
	Type	**Semester**	**ECTS**
	OBLIGATORY (O)	V	5
Course Lecturer	Dr.Sc. Ermal Lubishtani		

<table>
<tr><td>Aims and Objectives</td><td>The aim of this module is to introduce students to the 68trat of sport management and 68trateg a holistic overview of the sport 68trategе. Furthermore, this module offers a systematic and critical understanding of global sport marketing, critical evaluation of the current marketing practices, within the global sport context, as well as the challenges they 68trateg in this rapidly changing environment.</td></tr>
<tr><td>Learning outcomes</td><td>Upon successful completion of this course, students will:
✓ Identify and explain key concepts applicable to the 68trat of sport management.
✓ Demonstrate an understanding of the wide-ranging issues, areas and approaches relevant to sport management.
✓ Demonstrate an understanding of the complex and non-homogeneous nature of the sport 68trategе.
✓ Explain the theoretical 68trategеs68es that underpin knowledge 68trat sport marketing theory and practices.
✓ Investigate the synergic effects of integrated marketing communications by considering practical examples in various sport contexts.
✓ Identify career opportunities in sports management and marketing including the development, 68trategеs68 68tra, and the career path of 68trate opportunities.
✓ Have competences to establish sports organization demonstrating an understanding of all facets of sports management, organizational management, and leadership styles.
✓ Students will construct sports marketing and promotions packages through effective collaborations, and experiential learning.</td></tr>
<tr><td>Course Content</td><td><table>
<tr><td>Course Plan</td><td>Week</td></tr>
<tr><td>Syllabus presantation</td><td>1</td></tr>
<tr><td>Overview of the sports 68trategе ; Historical 68trategеs68es</td><td>2</td></tr>
<tr><td>Trends and challenges</td><td>3</td></tr>
<tr><td>Types of sports organizations</td><td>4</td></tr>
<tr><td>Governance structures</td><td>5</td></tr>
<tr><td>Ethics in sports management</td><td>6</td></tr>
<tr><td>Marketing mix in sports</td><td>7</td></tr>
<tr><td>Mid exam</td><td>8</td></tr>
<tr><td>Consumer behavior in sports</td><td>9</td></tr>
<tr><td>Planning and organizing sports events</td><td>10</td></tr>
<tr><td>Venue selection and logistics</td><td>11</td></tr>
<tr><td>Risk management in sports events</td><td>12</td></tr>
<tr><td>Brand development in sports</td><td>13</td></tr>
<tr><td>Sponsorship 68trategеs</td><td>14</td></tr>
<tr><td>Final exam</td><td>15</td></tr>
</table></td></tr>
<tr><td>Teaching/Learning Methods</td><td>o Theoretical lectures,
o seminars,
o problem-based learning,
o developing research questions,
o case study,
o individual and group work,
o assignments, etc.</td></tr>
<tr><td>Assessment Methods</td><td>Methods of assessment:
o Participation: 10%
o Assignments: 30%
o Midterm Exam: 20%</td></tr>
</table>

	○ Final Exam: 30% ○ Project: 10%
Literature	• Pedersen, P. M., & Thibault, L. (2018). Contemporary sport management. Human Kinetics. • Mullin, B. J., Hardy, S., & Sutton, W. (2014). Sport Marketing 4th Edition. Human Kinetics. • Ratten, V. (2017). Sports innovation management. Routledge. • Nicholson, M., Smith, A. C., Stewart, B., & Hoye, R. (2018). Sport management: Principles and applications. Routledge.
Contact	ermal.lubishtani@ubt-uni.net

Subject	**SPORT AND INOVATION**		
	Type	**Semester**	**ECTS**
	Elective (E)	V	5
Course Lecturer	Dr.Sc. Edmond Hajrizi		
Aims and Objectives	This course is designed to equip students with an understanding of the economic impact of sport through, for example, innovative sports products, events and facilities. Additionally, students will gain information regarding the impact of innovation on helping elite athletes achieve better results and promoting benefits and participation in physical activities and sport.		
Learning outcomes	Upon completion of the course, students will: ✓ Know the fundamentals of sport and innovation. ✓ Know the important interconnection of sport and innovation. ✓ Be familiarized with the multipurpose potential of sport events. ✓ Have information on the impact that innovation technologies have on the development of sport and performance.		
Course Content	Course Plan		Week
	Syllabus presantation		1
	Historical perspectives on technological advancements in sports		2
	Wearable technology and fitness tracking		3
	Biomechanics and sports equipment innovations		4
	Virtual and augmented reality in training		5
	Performance analytics and its impact on coaching		6
	Midterm exam – I		7
	Sports statistics and predictive modeling		8
	Ethical considerations in data usage		9
	Virtual and augmented reality in sports broadcasting		10
	Social media and its role in fan interaction		11
	Smart stadiums and the future of live events		12

	Sponsorship and partnerships in the tech and sports industry	13
	Sports startups and entrepreneurship	14
	Final Exam	15
Teaching/Learning Methods	○ Lectures, ○ seminar work, ○ research work.	
Assessment Methods	○ Class participation: 10% ○ Midterm exam: 30% ○ Group project: 20% ○ Final exam: 40%	
Literature	• Ratten, V. (2016). Sport innovation management: towards a research agenda. Innovation, 18(3), 238-250.	
Contact	ehajrizi@ubt-uni.net	

Subject	**SPORT POLICIES AND SUSTAINABLE DEVELOPMENT**		
	Type	**Semester**	**ECTS**
	OBLIGATORY (O)	V	5
Course Lecturer	Dr.Sc. Edmond Hajrizi		
Aims and Objectives	The course aims to enable students to acquire a deeper understanding of and ability to problematize how the concept of sustainable development can be linked to a contemporary sports context, using both theoretical and empirical perspectives and methods.		
Learning outcomes	Upon successful completion of this course students should: ✓ Understand the relationship between sports, policies, and sustainable development. ✓ Analyze sports policies at local, national, and international levels, considering their impact on sustainability. ✓ Examine the role of sports organizations in promoting environmental sustainability and social responsibility. ✓ Evaluate the economic, social, and environmental impact of sports events and facilities. ✓ Understand the importance of inclusivity and diversity in sports policies for sustainable development. ✓ Critically analyze the ethical considerations in sports policies and their implications for sustainable development.		
Course Content	Course Plan		Week
	Overview of the course		1
	Importance of sports in sustainable development		2
	Key concepts in sports policies		3
	Structure of sports governance		4
	Policies and regulations in national and international sports bodies		5

	Sustainable event management	6
	Midterm exam – I	7
	The role of athletes and teams in promoting environmental sustainability	8
	Inclusivity and diversity in sports	9
	Sports as a tool for social change	10
	Ethical considerations in sports policies	11
	Community engagement through sports	12
	Case studies on successful community development projects	13
	Assessing the long-term impact of sports on communities	14
	Final exam	15
Teaching/Learning Methods	○ The course will alternate between ○ lectures, ○ seminars, ○ project-oriented work and discussions of on-going student work, etc. During seminars students will present, discuss and critically assess each other's work. Students will express themselves in written reports and oral presentations	
Assessment Methods	○ Class participation: 10% ○ Midterm exam: 30% ○ Group project: 20% ○ Final exam: 40%	
Literature	• Elliott, Jennifer A (2006): An introduction to sustainable development. Tredje upplagan. Routledge, London. • Savery, Jill & Gilbert Keith (2011): Sustainability and sport. Common Ground Publishing.	
Contact	ehajrizi@ubt-uni.net	

Subject	**SPORT AND SOCIAL INTEGRATION**		
	Type	**Semester**	**ECTS**
	OBLIGATORY (O)	V	3
Course Lecturer	Dr.Sc. Nagip Lenjani		
Aims and Objectives	This course aims to provide students with the knowledge regarding the potential and the use of sports as a useful tool for promotion, co-operation and social inclusion. Furthermore, the course enables students to understand the social importance of sports and its role as means of		

	active integration of people from different social class as well as communities, refugees, returnees and other target groups into society.	
Learning Outcomes	Upon successful completion of this course students should: ✓ Understanding the trends of public opinion in the sectors of youth and sport on the value of integration of sport into "youth" activities. ✓ Know its real and/or potential impact on the personal development of a young person, social cohesion and integration. ✓ Possess and evaluate the development of activities and methods that can be used for the improvement of sport as a tool of social integration. ✓ Demonstrate an understanding of the relationship between governmental and non-governmental stakeholders. ✓ Organize and present sports issues in the context of development policy.	
Course Content	Course Plan	Week
	Presentation of the syllabus	1
	Introduction to Sports and Society	2
	The Impact of Sports on Social Integration	3
	Examination of case studies and examples where sports have played a significant role in fostering social integration.	4
	Analysis of the positive and negative impacts of sports on social cohesion	5
	Theories of Development and development policies in a national and global context	6
	Concept of Sport in Social Integration context (such as Peace, Health, Gender etc.)	7
	Role of Governments, NGOs, UN, EU and other national and international relevant bodies	8
	Sport as a tool for integration of people from different social class as well as marginalized groups (communities, refugees, returnees), and other target groups into society	9
	First assessment	10
	Projects, programs with different target groups in national and international level	11
	Global Perspectives on Sports and Social Integration: Examination of how sports contribute to social integration on a global scale.	12
	Analysis of international sporting events and their impact on cross-cultural understanding.	13

	Community Development through Sports:	14
	Examination of how sports can be a catalyst for community development.	15
Teaching/Learning Methods	○ Lectures, ○ seminars, ○ workshops, ○ presentations, ○ independent learning, ○ individual and group work etc.	
Assessment Methods	○ Class participation: 10% ○ Midterm exam: 30% ○ Group project: 20% ○ Final exam: 40%	
Literature	• Agergaard, S. (2018). Rethinking sports and integration: developing a transnational perspective on migrants and descendants in sports. Routledge. • Collison, H. (2016). Youth and sport for development: The seduction of football in Liberia. Springer.	
Contact	Nagip.lenjani@ubt-uni.net	

Subject	**ENGLISH ENGLISH (BASIC-INTERMEDIATE)**		
	Type	**Semester**	**ECTS**
	ELECTIVE (E)	1	3
Course Lecturer	Dr.Sc. Alma Lama		
Aims and Objectives	This course is tailored to meet the needs of students to improve their English language proficiency in a sports context. The goal is to enable effective communication and comprehension within the sports community, sports-related words, phrases, and expressions commonly used in various sports contexts. This includes terminology related to specific sports, rules, equipment, and athletic performance. The course emphasizes effective communication in sports-related scenarios, such as giving instructions, providing feedback, conducting interviews, or participating in discussions related to sports events. Listening exercises may involve sports commentaries, interviews, or discussions. Speaking activities may include role-playing scenarios related to sports events, negotiations, or coaching. While focusing on sports-related content, the course may also address general grammar and language structure to improve overall language proficiency.		
Learning Outcomes	By the end of this course, students should have acquired the following skills: ✓ Define and recall sports-related vocabulary and terminology in English. ✓ Identify and list common phrases and expressions used in various sports contexts.		

<table>
<tr><td></td><td colspan="2">✓ Explain the rules, equipment, and athletic performance terminology for specific sports.
✓ Apply sports-related vocabulary in simulated scenarios, such as giving instructions or conducting interviews.
✓ Analyze and critique communication strategies in sports-related scenarios.
✓ Demonstrate effective oral communication skills in sports-related contexts, including negotiations, coaching, and discussions.</td></tr>
<tr><td rowspan="17">Course Content</td><td>Course Plan</td><td>Week</td></tr>
<tr><td>Syllabus Introduction</td><td>1</td></tr>
<tr><td>The Soccer field, Equipment, Players</td><td>2</td></tr>
<tr><td>Soccer Rules and Leagues and Tournaments</td><td>3</td></tr>
<tr><td>The basketball Court, equipment, players</td><td>4</td></tr>
<tr><td>Basketball Rules, Leagues and Tournaments</td><td>5</td></tr>
<tr><td>Rugby field, Players, Rules and Sport Injuries,</td><td>6</td></tr>
<tr><td>The golf course, Golf Equipment, Rules, Tours and Tournament</td><td>7</td></tr>
<tr><td>Colloquium 1</td><td>8</td></tr>
<tr><td>Hockey Equipment, Rink, and Rules of the Play,</td><td>9</td></tr>
<tr><td>Field Hockey, Equipment, Rules of the Play</td><td>10</td></tr>
<tr><td>Table tennis, Cricket field, Players, Rules</td><td>11</td></tr>
<tr><td>Tennis Rules, Tournament</td><td>12</td></tr>
<tr><td>Football Field, Equipment, Players, Rules</td><td>13</td></tr>
<tr><td>Volleyball Summer and Winter Olympics</td><td>14</td></tr>
<tr><td>Final exam</td><td>15</td></tr>
<tr><td>Teaching/Learning Methods</td><td colspan="2">○ Lectures,
○ Colloquiums
○ Role play,
○ Problem-based learning</td></tr>
<tr><td>Assessment Methods</td><td colspan="2">○ Class participation: 10%
○ Quiz, 15%
○ Group assignments, 20%
○ Mid exam 25%
○ Final Exam 30%</td></tr>
<tr><td>Literature</td><td colspan="2">• Profile 1 Intermediate, Students Book, Jon Naunton Mark Tulip, Oxford University Press,
• Oxford Advanced Learners Dictionary.</td></tr>
<tr><td>Contact</td><td colspan="2">alma.lama@ubt-uni.net</td></tr>
</table>

Subject	**BASICS OF COMPUTER TECHNOLOGIES**		
	Type	**Semester**	**ECTS**
	ELECTIVE (E)	1	3
Course Lecturer	Dr.Sc. Besnik Skenderi		
Aims and Objectives	Know the basic concepts of Computer Science in the field of programming and data analysis.		
Learning outcomes	After completing this course (subject), the student will be able to: ✓ Understand the basic components of a computer system, including hardware and software. ✓ Explain the fundamental principles of computer architecture and organization. ✓ Demonstrate proficiency in using common software applications and operating systems. ✓ Understand the principles of computer networks and their importance in modern computing. ✓ Apply problem-solving skills using algorithmic thinking and programming basics.		

Course Content	Course plan	Week
	Introduction to Computer Technologies	1
	Overview of the course, introduction to computer components, and historical perspectives.	2
	Understanding the basic components of a computer system.	3
	Exploring different types of software and operating systems.	4
	Computer Architecture and Organization	5
	Understanding the fundamental principles of computer architecture.	6
	Introduction to Computer Networks	7
	Midterm Exam	8
	Basics of computer networks and their significance.	9
	Introducing algorithmic thinking and basic problem-solving skills.	10
	Introduction to a programming language (e.g., Python) and basic coding principles.	11
	Ethical Considerations and Security in Computing	12
	Emerging Trends in Computer Technologies	13

	Exploring current and future trends in the field.	14
	Final Exam	15
Teaching/Learning Methods	○ Lectures: ○ Hands-on Labs: ○ Group Discussions: ○ Guest Lectures: ○ Demonstrations: ○ Interactive Workshops: ○ Online Learning Platforms: ○ Problem-Solving Sessions:	
Assessment Methods	○ Quizzes and Assignments (30%) ○ Midterm Exam (20%) ○ Hands-on Lab Exercises (15%) ○ Programming Project (20%) ○ Final Exam (15%)	
Literature	Computer Science Illuminated" by Nell Dale and John Lewis	
Contact	besnik.skenderi@ubt-uni.net	

Subject	**TEAM SPORT (RUGBY)**		
	Type	**Semester**	**ECTS**
	ELECTIVE (E)	I	3
Course Lecturer	Nagip .S. Lenjani		
Aims and Objectives	The aim of the course is to equip students with the basic theoretical and practical knowledge of team sports (Rugby), in order to expand both the general culture of sport and team sports in particular. Moreover, during this course students will acquire the technical-tactical, didactic-operational and rational knowledge useful in different professional environments (such as: schools, sports clubs and federations).		
Learning Outcomes	After completing the course (subjects), students will: ✓ To have knowledge about the origin of the game of Rugby, ✓ Know the classification of team sports games, ✓ To have basic technical and tactical knowledge, ✓ Be able to plan, design, execute an appropriate training session, including technical, tactical, strength and conditioning elements. ✓ Have basic knowledge of performance analysis in team sports (Rugby). ✓ Know the rules, basics, skills and strategies of Rugby.		
Course content	Course plan		Week
	Presentation of the Syllabus		1
	The history and origins of the game of Rugby		2
	Characteristics and game of Rugby		3

	Rugby technique and player movements	4
	Technical elements in the game of Rugby	5
	Tactics in the game of Rugby	6
	Rules of the game in Rugby	7
	First peer review	8
	Characteristics of the training model;	9
	Physiological activity profile of rugby;	10
	Coordination training;	11
	Goalkeeper drills in the game of Rugby	12
	Commenting on the rules in the game of Rugby.	13
	Performance analysis in the sport of Rugby	14
	Final exam	15
Teaching methods	○ Theoritical lekture ○ Practical lectures, ○ exercises in the gym, ○ individual and group work, ○ assignments, etc.	
Evaluation methods	○ *Participatio in lectures* *10%* ○ *First assessment* *40%* ○ *Seminar work* *10%* ○ *Final exam* *40%*	
Literature	• Twist, C., & Worsfold, P. (2014). The science of rugby. Routledge. • Collis, I, (2018).The A to Z of Rugby League Players.Australia	
Contact	nagip.lenjani@ubt-uni.net	

Subject	**SPORTS JOURNALISM**		
	Type	**Semester**	**ECTS**
	ELECTIVE (E)	2	3
Course Lecturer	Dr.Sc. Ferid Selimi		

Aims and Objectives	To train and prepare graduate students to understand the aims, content and method of working sports journalism. Introducing students to sports systems, leagues and other aspects of racing. In addition to individual monitoring of sports content, students will also prepare for teamwork in attending individual events. The teaching process will also compare the specifics of working in print and electronic media so that the student covers the same topic for print, television, radio and internet.	
Learning Outcomes	Notice sports topics and phenomena and position them appropriately in the media. ✓ To recognize the appropriateness of using particular journalistic backgrounds and forms. ✓ Differentiate the marketing specifics of the same journalistic content across different media platforms: print, radio, television and internet. ✓ Identify different interest groups that are related to clubs and athletes and are positioned properly for them. ✓ Interpret and protect the public interest in sports institutions and organizations. ✓ Apply ethical principles to media monitoring, especially when it comes to professional sports. ✓ Analyze and review the behavior of sports audiences as well as various sports media.	
Course content	Course plan	Week
	Introduction. Review of Syllabus and a brief look at the history of Sports Writing	1
	Monday-morning Sports writer and how to Watch Sports	2
	Sports Blog review	3
	Sorts Blog review Profile pre-reporting	4
	Sports Blog and Profile synopses due	5
	The Business of Sports and Press conference story	6
	The business of sports and Roundtable discussion of the week in sports writing	7
	Midterm Exam	8
	Visual Reporting	9
	Sports and Police reporting	10
	Introduced writing for the web and writing for the web, Ethical issues	11
	Roundtable discussion of the week in sports writing and blogging as a business	12
	Multi-platform sports journalism and the convergence	13
	Convergence story update	14
	Final exam	15

Assessment methods	Attendance 15 Home Assignments, essays etc. 15 Final Exam 70
Teaching methods	○ *The total of lectures and execises 30 1 -12 40* ○ *Eassy, homeworks 15 20* ○ *Individual learning 30 40* ○ *Total of lectures and individual learning 100*

Resources and equipment	**Equipment**	**Number**
	Classroom (e.g)	1
	Projector	1
	Moodle	1
	Newspapers	1
	Magazine	1

Workload	**Types of activities**	**Weekly hours**	**Total weight**
	Lectures	2	30
	Exercises	1	15
	Indipendent learning	2	30
	Total		75

Literature	• Alan Law, Jean Harvey, Stuart Kemp.”The Global Sport Mass Media”, University of Ottawa, Canada 2012.
Contact	ferid.selimi@ubt-uni.net

Subject	**TABLE TENNIS**		
	Type	**Type**	**ECTS**
	ELECTIVE (E)	I	3
Course Lecturer	Dr.Sc. Avdi Pireva		
Aims and Objectives	The aim of the course is to enable students to develop an understanding of the basic concepts of table tennis and fitness • Introducing students to table tennis and Fitness. • To enable students to demonstrate the exercises correctly.		

<table>
<tr><td></td><td colspan="2">• To enable students to be able to transmit the acquired knowledge and skills to others, respectively to learn the methodology of learning table tennis and fitness exercises.</td></tr>
<tr><td>Learning outcomes</td><td colspan="2">After completing this course (subject), the student will:
✓ Perform basic exercises independently;
✓ Demonstrate proficiency in basic and advanced table tennis strokes, including forehand and backhand drives, topspin, backspin, and looping techniques
✓ Develop an understanding of strategic aspects of table tennis, including shot selection, placement, and point construction.
✓ Recognize the impact of certain exercises on the locomotor system
✓ Design a comprehensive training program that develops fitness components for optimal performance
✓ Develop an appreciation for the importance of lifelong fitness habits and how they contribute to overall health and well-being.</td></tr>
<tr><td rowspan="16">Course Content</td><td>Course Plan</td><td>Week</td></tr>
<tr><td>Course Plan Weeks</td><td>1</td></tr>
<tr><td>History of table tennis</td><td>2</td></tr>
<tr><td>Basic posture: Ballless and ball movements</td><td>3</td></tr>
<tr><td>Hit drive</td><td>4</td></tr>
<tr><td>Pimple stroke</td><td>5</td></tr>
<tr><td>Service</td><td>6</td></tr>
<tr><td>Rules of the game of table tennis</td><td>7</td></tr>
<tr><td>Intermediate testing - I</td><td>8</td></tr>
<tr><td>Fitness as a sport and its forms</td><td>9</td></tr>
<tr><td>Exercises with body load-without tools and props</td><td>10</td></tr>
<tr><td>Exercises with external loads</td><td>11</td></tr>
<tr><td>Cardio fitness, types of programs, props and equipment</td><td>12</td></tr>
<tr><td>Exercise program for strength development</td><td>13</td></tr>
<tr><td>Exercise program and extension and flexibility</td><td>14</td></tr>
<tr><td>Exercise programs for defining the body, for weight loss and for building motor skills</td><td>15</td></tr>
<tr><td>Assessment Methods</td><td colspan="2">Teaching will be theoretical and practical lectures. Lectures will be done interactively, where students will be in the spotlight, showing their knowledge, commenting, suggesting and asking questions.
Exercises will take place at College Gyms.</td></tr>
<tr><td>Assessment Methods</td><td colspan="2">o Participation and Engagement 20%
o Midterm Exam: Written and skills 30%</td></tr>
</table>

	o Group Presentation 20% o Final exam: Written and skills 30%
Literature	• Bahtiri, A.: Të mësojmë të luajmë pingpong, "KUES Eurosporti", Prishtinë, 2006.. • Seemiller, A: Si të luajmë pingpong (përkthim), "KUES Eurosporti", Prishtinë, 2007 • Concepts of fitness and wellness: a comprehensive lifestyle approach, 2016, USA • Core Fitnes, Paul Collin, 2010,UK • Strenght training anatomy. Human kinetics III, Delavier F. 2009
Contact	avdi.pireva@ubt-uni.net

Subject	**ELEMENTARY GAMES**		
	Type	**Semester**	**ECTS**
	ELECTION (E)	II	3
Course lecturer	Dr.Sc. Nagip Lenjani		
Aims and Objectives	The purpose of this course is to express through elementary games the student's sense of pleasure, fun and entertainment. Classification of elementary games and its values in human development. This course can also integrate games that characterize games socially, sportingly and traditionally. Furthermore, it will help students demonstrate and independence of the acquaintance with elementary games.		
Learning outcomes	After completing this course, students will: ✓ To know the game according to their values and classification. ✓ Be able to analyze the games. ✓ Understanding and be able to organize different types of elementary games in outdoor environments and in different seasons. ✓ Compare basic and traditional games ✓ Demonstrate and practice elementary games		

Course Content	Content	Week
	Presentation of the subject	1
	The basic human need game	2
	Games and their ratings	3
	The pedagogical aspect of games in child development	4
	Learning through the game	5
	Understanding motor skills and mobile games	6
	First-rate assessment	7
	Relay-shaped games	8
	Games by seasons - spring, summer, autumn and winter	9
	Elementary games with character strength	10
	Basic games with speed character	11
	Elementary games with character skills	12
	Elementary games with balance and reaction character	13
	Traditional folk games	14
	Final exam	15

Teaching methods	Theoretical lectures. During the lectures, it will be worked interactively, where students will have the opportunity to express their opinion, comment, suggest and ask questions. The apprenticeship will be held at the Gymnasts of the College.
Assessment Methods	○ Written assessment ○ Mid term exam: 30% ○ Second Assessment 30% ○ Practical assessment 30% ○ Field accumulation of two popular games 5% ○ Video recording and video recording 5% ○ Practice demonstration of the games during the practical evaluation 20 %
Literature	• Breed, R., Spittle, M. (2020). Developing Game Sense in Physical Education and Sport. Human Kinetics. • Koritnik, M. (1980). 2000 games. ETMM. • Dashi, E. Zhurda, Y. Kaçurri, A. (2004). Mobile games and education. Redona. In addition to the books shown, important scientific publications for this field will be used to prepare lectures, which will be made available to students through the moodle platform.
Contact	nagip.lenjani@ubt-uni.net

Subject	**FUTSALL**		
	Type	**Semester**	**ECTS**
	ELECTION (Z)	III	2
Course Lecturer	Dr.Sc. Avdi Pireva		
Aims and Objectives	This course introduces students to the fundamentals and techniques of futsal, focusing on skill development, tactical understanding, and game strategies. Participants will engage in both theoretical and practical aspects of the sport.		
Learning Outcomes	After completing this course, the student will be able to: ✓ Understand the rules and regulations specific to futsal, differentiating them from traditional soccer rules. ✓ Identify and explain the roles and responsibilities of different positions in futsal. ✓ Demonstrate proficiency in basic futsal techniques, including dribbling, passing, shooting, and ball control. ✓ Apply effective attacking skills such as creating space, passing combinations, and finishing. ✓ Analyze recorded futsal matches to identify tactical patterns, strengths, and areas for improvement.		

Course Content	Course Plan	Week
	History of futsal game in the world and in Kosovo	1
	Futsal game technique and systematization	2
	Ball-mastering technique (leadership, pass and accept balls in futsal, acceptance "with sholl").	3
	1-17 Futsal Game Rules	4
	Dribbling-fint technique on futsal and gate-kicking	5
	Dribbling technique (spur and side dribble with and without stopping the ball)	6
	Admission technique with inside, high ball thighs and half-high balls and goal kick	7
	Intermediation test	8
	Individual and group-team tactics (defensive and attacking)	9
	Individual tactics	10
	Group-team tactics (defensive -"cover-back" and attacking, double pass, acceptance-delivery of the ball, movement back-to-back)	11
	Planning program content for exercise and competition	12
	The futsal in the teaching process	13
	Collective-team tactics of defence and attack	14
	Complex exercises for the implementation of technical elements – tactical and Conditional on football students	15
Teaching methods	○ Theoretical lectures, ○ laboratory (practical) exercises, ○ individual and group work, ○ tasks, etc.	
Assessment Methods	○ Participation and Attendance (15%) ○ Midterm Exam (15%) ○ Practical Skills Assessment (25%) ○ Written Assignments (20%) ○ Final Exam (15%) ○ Mini Tournament Performance (10%)	
Literature	• Gjinolli Enver: Football (Techniques and Tactics), University College for 'Sports Education', Prishtina 2006 • Gjinolli Enver, Sokoli Bylbyl: Football (theory and method), University of Prishtina, FKF, 2001 • The Rules of Football, 2001 • Favorite supplementary literature: • Sermaxhaj S: The impact of some anthropometric and motor variables specific on the success of the junior footballers of the first league of Kosovo, Prishtina 2005 • R.Peter; Modernes verteidigen, Munster 20053.	

	• G. Markovic, A. Bradic; Nogomet, integralni kondiciski trenig, Sarajevo 2009. • G.Bisanz, G.Gerisch ; Fußball,kondition,technik,taktik,und coaching, Aachen 2008 • W.Bucher 1020 spiel-une übungsformen im kinderfussßall,Schorndorf 2000 • DFB; Fussball von morgen band 1, kinderfussball , Münster 2005 • D.Reimöller Th.Voggenreiter; Erfolgreiches angreifen,Passau 2011 • Bitri Gjergji: Futsal regulation 2010/2011 (rules translated from English)
Contact	avdi.pirevaj@ubt-uni.net

Subject	**INDIVIDUAL SPORTS (YOGA AND PILATES)**		
	Type	**Semester**	**ECTS**
	ELECTIVE (E)	IV	3
Course Lecturer	Dr.Sc. Nagip Lenjani		
Aims and Objectives	This course provides students with the opportunity to gain knowledge both in the practical and theoretical aspects of yoga and pilates. The knowledge gained should enable candidates to develop an understanding of effective and safe physical performance and to foster enjoyment in physical activity.		
Learning outcomes	After successful completion of this course, the students will: ✓ Be able to learn the basic movements of Yoga and Pilates ✓ Have the competences to develop lifelong practices for effective stress relieving and relaxation. ✓ Demonstrate valuable skills of creativity and collaboration as they work with their classmates to develop Yoga and Pilates combinations or routines, in a safe, respectful and fun learning environment.		
Course Content	Course Plan		Week
	Syllabus presentations		1
	Introduction to Yoga and Pilates		2
	Yoga - correct techniques of basic movements of Yoga; relaxation and breathing techniques;		3
	How to flow through a sequence of Yoga poses smoothly, and the various muscles engaged or stretched in some poses.		4
	Some basic Yoga Poses: downward dog, warrior, tree pose, bridge pose, triangle, seated twist, cobra, mountain, child's pose, side plank, extended side angle.		5
	Principles of Pilates: concentration, control, centering, precision, and flow.		6

	Pilates - the origin and health benefits of Pilates (such as flexibility, abdominal strength, concentration, breathing techniques, injury prevention, improved posture etc.);	7
	Mid exam	8
	Pranayama techniques for breath control and relaxation: Mindfulness meditation practices; Incorporating breathwork into Pilates exercises.	9
	The correct technique of movements;	10
	Some of the basic Pilates movements: Pilates 100, roll up/down, one leg circle, rolling like a ball, leg rocker, corkscrew, scissors, stretching	11
	Progression to intermediate-level Yoga poses; Intermediate Pilates exercises for full-body strength.	12
	Integration of Yoga and Pilates for dynamic workouts; Designing and leading short fusion sessions.	13
	Adapting practices for specific populations (e.g., prenatal, seniors).	14
	Final exam	15
Teaching/Learning Methods	○ Theoretical lectures, ○ gym exercises, ○ individual and group work, ○ assignments, etc.	
Assessment Methods	○ Attendance and Participation (20%) ○ Weekly Reflective Journals (15%) ○ Midterm Practical Assessment (20%) ○ Final Project and Presentation (25%) ○ Final Written Exam (20%)	
Literature	• Kennedy, D., Jansen, D., & Williams, S. (2011). Pilates for Beginners. The Rosen Publishing Group, Inc. • Urla, J. (2003). Yogilates (R): Integrating Yoga and Pilates for Complete Fitness, Strength, and Flexibility. Harper Collins. • Keil, D. (2018). Functional anatomy of yoga. Lotus publishing. • Isacowitz, R., & Clippinger, K. S. (2019). Pilates anatomy. Human Kinetics.	
Contact	nagip.lenjani@ubt-uni.net	

Subject	**BADMINTON**		
	Type	**Semester**	**ECTS**
	ELECTIVE (E)	IV	3
Course Lecturer	Dr.Sc. Abedin Bahtiri		

Aims and Objectives	Growing knowledge and developing basic motor skills in the field of Badminton. Through positive experiences, the students should promote the idea of Lifelong Exercise and improved fitness and wellness of students	
Learning outcomes	After completing this course (subject), the student will be able to: ✓ Understand the basic rules and how they can play the game of badminton. ✓ Identify and explain the equipment used in badminton and the layout of the court. ✓ Execute fundamental badminton strokes, including forehand and backhand clears, drop shots, and smashes. ✓ Demonstrate an understanding of and execute deceptive shots (e.g., drop shots, cross-court shots). ✓ Participate in a badminton tournament, applying learned skills and strategies in a competitive setting.	
Course Content	**Course plan**	**Weeks**
	Introducing students to the content of the syllabus	1
	Lecture: The history of Badminton	2
	Lecture: Equipment and props for Badminton **Exercise:** Basic stance and types of racquet grip	3
	Lecture: The basic elements of racket technique **Exercise:** Forend stroke from below	4
	Lecture: Theory and Technique of underhand forhand stroke **Exercise:** Technique and method of underhand backhand stroke	5
	Lecture: The Service **Exercise:** The Service	6
	Lecture: Theory and technique of forend drive **Exercise:** Technique and method of forehand drive	7
	Midterm test	8
	Lecture: Theory and technique of backand the drive **Exercise:** Technique and method of the backhand drive	9
	Lecture: Theory and Technique of the overhead stroke **Exercise:** Technique and method of overhead stroke	10
	Lecture: Theory and Technique of the smash **Exercise:** Smash technique and method	11
	Lecture: Individual tactics **Exercise:** Individual Tactics	12
	Lecture: Game of pairs **Exercise:** Pairs game	13
	Lecture: Rules of the Game **Exercise:** Application of technical elements in the game	14
	Final exam	15
Teaching/Learning Methods	Teaching will be theoretical and practical lectures. Lectures will be done interactively, where students will be in the spotlight, showing their knowledge, commenting, suggesting and asking questions. Exercises will take place at College Gyms.	
Assessment Methods	○ Attendance and Participation (15%) ○ Weekly Skills Assessment (20%) ○ Midterm Practical Assessment (15%) ○ Final Tournament Performance (25%) ○ Final Written Exam (15%)	
Literature	• Grice., T. (2008). Badminton: Steps to success. 2nd Ed. Human Kinetics, Ltd.	
Contact	abedin.bahtiri@ubt-uni.net	

<table>
<tr><td rowspan="2">Subject</td><td colspan="3">ACADEMIC WRITING</td></tr>
<tr><td>Type</td><td>Semester</td><td>ECTS</td></tr>
<tr><td></td><td>Elective (E)</td><td>III</td><td>3</td></tr>
<tr><td>Course lecture</td><td colspan="3">Dr.Sc. Nagip Lenjani</td></tr>
<tr><td>Aims and objectives</td><td colspan="3">The purpose of the module is to familiarate students with the academic writing definition, process and writing elements, to know databases for researching literature and selecting relevant articles. Students will understand the articles, paragraphs, the structure of a scientific article and their types, and will be introduced to books, graduation papers, oral presentations and poster presentations. Students will also gain knowledge of the types of citation, plagiarity and characteristics of good academic writing.</td></tr>
<tr><td>Learning outcomes</td><td colspan="3">At the end of the module,
✓ Students master different academic writing techniques,
✓ Use different strategies and approaches for the database, and read articles in relevant journals in the field of nursing care.
✓ Gain knowledge of the process of publishing a scientific article,
✓ Use citation rules and promote the principles of good academic writing.
✓ Develop the ability to present results and findings to the public, to critically analyze and evaluate.</td></tr>
<tr><td rowspan="17">Course Content</td><td>Course Plan</td><td>Weeks</td></tr>
<tr><td>What is academic writing?</td><td>1</td></tr>
<tr><td>The writing process</td><td>2</td></tr>
<tr><td>Literature search</td><td>3</td></tr>
<tr><td>Academic reading and critical thinking</td><td>4</td></tr>
<tr><td>Paragraphs</td><td>5</td></tr>
<tr><td>The essay</td><td>6</td></tr>
<tr><td>Mid exam</td><td>7</td></tr>
<tr><td>Structure of a scientific article</td><td>8</td></tr>
<tr><td>From writing to speaking</td><td>9</td></tr>
<tr><td>Quote and copyright</td><td>10</td></tr>
<tr><td>Plagiarism</td><td>11</td></tr>
<tr><td>Seminar presentation</td><td>12</td></tr>
<tr><td>What is good academic writing?</td><td>13</td></tr>
<tr><td>Elements of Academic Writing</td><td>14</td></tr>
<tr><td>Final exam</td><td>15</td></tr>
<tr><td>Teaching methods</td><td colspan="3">Activities
1. Lectures
2. Seminars</td></tr>
</table>

	3. Case study 4. Problem-based learning 5. Researching scientific databases
Method of evaluation	Evaluation Activities — Weight 1. Participation and activity in lectures and — 10% 2. Intermembred semester assessment — 20% 3. Presentation of the seminar — 20% 4. Final exam — 50% Total — 100%
ECTS load	Tools 1. Class/Laptop 2. Powerpoint 3. Moodle 4. Book and other supporting materials 5. Projector/online
Teaching methods	Type of activity — Weight (%) — Weight (%) 1. Lectures — 30 — 33.0% 2. Seminars — 15 — 17.0% 5. Individual work — 45 — 50.0% Total — 90 — 100.0%
Literature	Bailey, S. (2014). *Academic writing: A handbook for international students*. Routledge. Hartley, J. (2008). *Academic writing and publishing: A practical handbook*. Routledge. Uka, F. (2015). *Academic Writing for Social and Health Sciences*. Pristina, 2015.
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