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|----------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------|-------------------|
| <b>Subject</b>                   | Theory and methodology of training and exercise                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |                                                                                          |                   |
| <b>Type</b>                      | Type                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      | Semester                                                                                 | ECTS              |
|                                  | MANDATORY (M)                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             | III                                                                                      | 4                 |
| <b>Lecturer</b>                  | Dr.Sc. Agron Thaqi                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |                                                                                          |                   |
| <b>Aims and Objectives</b>       | 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.                                                                                                                                                                                                |                                                                                          |                   |
| <b>Learning Outcomes</b>         | <p>After the completion of the course, students will achieve the following competences and will know:</p> <ul style="list-style-type: none"> <li>✓ Understanding the basics of training periodization for different purposes.</li> <li>✓ To design training sessions in short and long-term perspective (macro and microcycle) for individual and team sports.</li> <li>✓ Understanding the meaning and the importance of tapering in sports performance.</li> <li>✓ Apply Principles of Periodization</li> <li>✓ Develop strength and conditioning training programs that address individual needs and goals.</li> </ul> |                                                                                          |                   |
| <b>Content</b>                   | <b>Week</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               | <b>Topics</b>                                                                            |                   |
|                                  | 1                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         | Introduction                                                                             |                   |
|                                  | 2                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         | The definition of periodization; Micro, meso and macro cycle                             |                   |
|                                  | 3                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         | Periodization of strength training                                                       |                   |
|                                  | 4                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         | Periodization of endurance                                                               |                   |
|                                  | 5                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         | Periodization of speed                                                                   |                   |
|                                  | 6                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         | Periodization of agility                                                                 |                   |
|                                  | 7                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         | <b>Mid-term exam – 1</b>                                                                 |                   |
|                                  | 8                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         | Coordination, flexibility and warm-up                                                    |                   |
|                                  | 9                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         | Performance peaking                                                                      |                   |
|                                  | 10                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        | Tapering in sports and its relation to performance; Workout planning                     |                   |
|                                  | 11                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        | The importance of sport analysis                                                         |                   |
|                                  | 12                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        | Diagnostics in sport                                                                     |                   |
|                                  | 13                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        | Models of top-level athletes' characteristics                                            |                   |
|                                  | 14                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        | Selection process in sport: system of orientation to sport and sports discipline choice. |                   |
|                                  | 15                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        | <b>Mid-term exam – 2</b>                                                                 |                   |
| <b>Teaching/Learning Methods</b> | Activity                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |                                                                                          | <b>Weight (%)</b> |
|                                  | Lectures                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |                                                                                          | 40%               |
|                                  | Lab                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |                                                                                          | 40%               |
|                                  | Research                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |                                                                                          | 10%               |
|                                  | Independent learning                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |                                                                                          | 10%               |
| <b>Assessment Methods</b>        | <b>Methods of assessment:</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |                                                                                          | <b>%</b>          |
|                                  | Participation                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |                                                                                          | 10%               |
|                                  | a) Mid-term exam -1                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |                                                                                          | 20%               |
|                                  | b) Mid-term exam - 2                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |                                                                                          | 20%               |
|                                  | Seminars                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |                                                                                          | 10%               |
|                                  | Individual and group work                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |                                                                                          | 10%               |

|                   |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |              |          |
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|                   | Final exam                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       | 30%          |          |
| Resources         | Resources                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        | Number       |          |
|                   | Lectures                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         | 1            |          |
|                   | Presantations                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    | 1            |          |
|                   | Web of science                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   | 1            |          |
|                   | PubMed                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           | 1            |          |
|                   | Scopus                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           | 1            |          |
| ECTS Workload     | Activity                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         | Weekly hours | Workload |
|                   | Lectures                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         | 2            | 24       |
|                   | Lab                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              | 1            | 12       |
|                   | Independent learning                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             | n/a          | 44       |
|                   | Examination preparation                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          | n/a          | 20       |
| Literature        | <ul style="list-style-type: none"><li>✓ Bompa, T., &amp; Buzzichelli, C. (2015). Periodization Training for Sports, 3E. Human kinetics.</li><li>✓ Bompa TO. 1999 Periodization Training for Sports. Champaign,IL: Human Kinetics.</li><li>✓ Hoffman, J. (2014). Physiological aspects of sport training and performance. Human Kinetics.</li><li>✓ Hoffman, J. (2011). NSCA's Guide to Program Design. Human Kinetics.</li><li>✓ Turner, A. (2018). Routledge Handbook of Strength and Conditioning: Sport-specific Programming for High Performance. Routledge.</li><li>✓ Gamble, P. (2011). Training for sports speed and agility: an evidence-based approach. Routledge.</li><li>✓ Mujika, I. (2009). Tapering and peaking for optimal performance. Human Kinetics.</li></ul> |              |          |
|                   | 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.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |              |          |
| Ethical standards | This course follows UBT College's Code of Ethics, requiring all students to behave accordingly. Any case of academic misconduct, including but not limited to cheating, plagiarism, or other forms of dishonesty, will lead to significant punishment such as failure of the specific assessment or the entire course, as well as further disciplinary measures in accordance with UBT College's academic integrity policies.                                                                                                                                                                                                                                                                                                                                                    |              |          |
| Contact           | <a href="mailto:agron.thaqi@ubt-uni.net">agron.thaqi@ubt-uni.net</a>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |              |          |