<table>
<tr><td>Subject</td><td colspan="3">Team Sport (Rugby)</td></tr>
<tr><td rowspan="2">Type</td><td>Type</td><td>Semester</td><td>ECTS</td></tr>
<tr><td>ELECTIVE (E)</td><td>I</td><td>3</td></tr>
<tr><td>Lecturer</td><td colspan="3">Dr. Sc. Blerta Abazi</td></tr>
<tr><td>Goals and objectives</td><td colspan="3">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).</td></tr>
<tr><td>Learning Outcomes</td><td colspan="3">Upon completion of this module, students shall be able to:
✓ 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.</td></tr>
<tr><td rowspan="16">Content</td><td>Week</td><td colspan="2">Topics</td></tr>
<tr><td colspan="3">Syllabus presentation</td></tr>
<tr><td>1</td><td colspan="2">The history and origins of the game of Rugby</td></tr>
<tr><td>2</td><td colspan="2">Characteristics and game of Rugby</td></tr>
<tr><td>3</td><td colspan="2">Rugby technique and player movements</td></tr>
<tr><td>4</td><td colspan="2">Technical elements in the game of Rugby</td></tr>
<tr><td>5</td><td colspan="2">Tactics in the game of Rugby</td></tr>
<tr><td>6</td><td colspan="2">Rules of the game in Rugby</td></tr>
<tr><td colspan="3">Mid-term exam – 1</td></tr>
<tr><td>7</td><td colspan="2">Characteristics of the training model;</td></tr>
<tr><td>8</td><td colspan="2">Physiological activity profile of rugby;</td></tr>
<tr><td>9</td><td colspan="2">Coordination training;</td></tr>
<tr><td>10</td><td colspan="2">Goalkeeper drills in the game of Rugby</td></tr>
<tr><td>11</td><td colspan="2">Commenting on the rules in the game of Rugby.</td></tr>
<tr><td>12</td><td colspan="2">Performance analysis in the sport of Rugby</td></tr>
<tr><td colspan="3">Mid-term exam – 2</td></tr>
<tr><td rowspan="5">Teaching/Learning Methods</td><td colspan="2">Activity</td><td>Weight (%)</td></tr>
<tr><td colspan="2">Lectures</td><td>30%</td></tr>
<tr><td colspan="2">Lab</td><td>20%</td></tr>
<tr><td colspan="2">Research</td><td>10%</td></tr>
<tr><td colspan="2">Independent learning</td><td>40%</td></tr>
<tr><td rowspan="3">Methods of Evaluation</td><td colspan="2">Methods of evaluatiom:</td><td>%</td></tr>
<tr><td colspan="2">Participation</td><td>10%</td></tr>
<tr><td colspan="2">a) Mid-term exam -1</td><td>40%</td></tr>
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	b) Mid-term exam - 2		40%
	Home work		10%
Sources	**Sources**		**Number**
	Lectures		1
	Presantations		1
	Web of science		1
	PubMed		1
	Scopus		1
ECTS Workload	**Activity**	**Weekly hours**	**Workload**
	Lectures	1	12
	Lab	1	12
	Independent learning	n/a	35
	Examination preparatin	n/a	16
Literature	• Twist, C., & Worsfold, P. (2014). The science of rugby. Routledge. • Collis, I, (2018).The A to Z of Rugby League Players.Australia		
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.		
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