

Study programme: Undergraduate Academic Studies / Bachelor with Honours in Sport and Physical Education			
Subject name: THEORY OF SPORTS TRAINING / OA31			
Teacher/Teachers: Marko Stojanović, PhD			
Subject status: Mandatory			
ECTS credits: 4			
Requirements: None			
Subject aim To develop the ability of using the scientific and professional literature on sports training. Learning about principles of transformation of anthropological status of athletes under the influence of different means present in the training process. Learning about the methods of diagnostics, planning, designing, and following a training process in different sports branches.			
Subject outcome After the completion of the course the students are able to independently plan, design, realise trainings in a wide range of population groups (the young, elderly, athletes of different training level).			
Subject content <i>Theory</i> Fundamentals of trainings, Principles of sport trainings, Preparation for a training, Training variables, Time-off and recovery, Training planning, Training cycles, Annual training programme, Long-term planning and talent identification, Sport form, Methods of developing motor abilities, Strength trainings, Endurance training, Training of speed, coordination and agility, Diagnostics in sports.			
Literature 1) Haff, G. i Triplett, T. (2018): Osnove treninga snage i kondicionog treninga, Data Status, Beograd. 2) Stojanović, M. (2018). Teorija sportskog treninga. Fakultet sporta i fizičkog vaspitanja, Univerzitet u Novom Sadu. 3) Bompa, T. (2006). Periodizacija – Teorija i metodologija treninga, Zagreb, GOPAL			
Number of active teaching classes	Theory: 3		Practice:
Teaching methods Lectures, exercises, mid-term tests, consultations			
Knowledge assessment (maximum number of points is 100)			
Pre-exam requirements	points	Final exam	points
engagement in class activities	30	written exam	30
practice		oral exam	
term test(s)	30		
seminar(s)	10		