



POLYTECHNIC OF MEĐIMURJE IN ČAKOVEC

COURSE SYLLABUS

ACADEMIC YEAR: 2020/2021

1. GENERAL COURSE INFORMATION

1.1 Course name	Management of sports training activities			
1.2 Study program/s	The specialist graduate professional study in Tourism and Sport Management			
1.3 Course status (O,E)	Obligatory	1.6 Mode of instruction (number of hours)	Lectures	15
1.4 Course code			Exercises	30
1.5 Course abbreviation	MSTA		Seminars	
1.6 Semester	I		E-learning	
1.7 ECTS	4	1.7 Place and time of instruction	The premises of Polytechnic of Međimurje in Čakovec, according to schedule published on web pages	

2. TEACHING STAFF

2.1 Course leader/s-title	Tomislav Hublin, Senior Lecturer	contact	thublin@mev.hr
	Doc.dr.sc. Nevenka Breslauer	contact	nbreslauer@mev.hr
2.2 Assistant/s- title		contact	
		contact	
2.3 Instruction held by- title		contact	

3. COURSE DESCRIPTION

3.1 Course goals	The aim of the course is to acquaint students with various forms of sports content that are relevant in the modern preparation of professional, amateur, recreational athletes and in sports education of children and youth to be able to apply them for organizational purposes within sports organizations.
3.2 Prerequisites	There are no conditions
3.3 Course outcomes	After successfully completing the course, students will be able to: O1 Understand the meaning and flow of the training process and the needs of modern sports O2 Analyze the impact of various sports content and activities on the human body O3 Evaluate the processes of planning, programming and implementation of sports training with regard to the needs of athletes of different quality categories O4 Describe the structure and methodology of sports training O5 Create the organizational structure of sports activities within the sports organization
3.4 Course content	The course deals with topics related to the training process of athletes of different quality categories from top athletes, through amateurs, recreationists and children and youth sports. Topics focus on sports content and activities that are necessary for a quality process of planning, programming, implementation and monitoring of the training process.

3.5 Types of coursework	x	Lectures	x	Exercises		Blended e-learning	x	Individual activities		Laboratory																																																						
		Seminars and workshops		Distant learning		Field classes		Multimedia and network		Mentorship																																																						
		Other																																																														
3.6 Language of instruction	Croatian/English.																																																															
3.7 Monitoring students' work (enter the number of ECTS credits for each activity so that the total number of ECTS credits is equal to the total ECTS value of the course, 1 ECTS = 30 hours)	1,5	Class attendance			Seminars			Essay																																																								
		Class activity			Project			Report/paper																																																								
	1,5	Midterm exams		1	Practical task			Continuous knowledge check																																																								
		Written exam			Experimental work																																																											
		Oral exam			Research																																																											
3.8 Assessment and evaluation of students' work during classes and at the final exam	<table><tr><th>Activity specification</th><th>Percent %</th><th>Points</th></tr><tr><td colspan="3">Assessment during instruction</td></tr><tr><td>Class attendance</td><td>5%</td><td>5</td></tr><tr><td>Class activity</td><td>5%</td><td>5</td></tr><tr><td>Seminars/Practical task/Project</td><td>30%</td><td>30</td></tr><tr><td>Midterm exam 1</td><td>30%</td><td>30</td></tr><tr><td>Midterm exam 2</td><td>30%</td><td>30</td></tr><tr><td colspan="3">Exam assessment for the students who failed to fulfill all the obligatory requirements during the semester</td></tr><tr><td>Written exam</td><td>60%</td><td>60</td></tr><tr><td>Total:</td><td>100%</td><td>100</td></tr></table>										Activity specification	Percent %	Points	Assessment during instruction			Class attendance	5%	5	Class activity	5%	5	Seminars/Practical task/Project	30%	30	Midterm exam 1	30%	30	Midterm exam 2	30%	30	Exam assessment for the students who failed to fulfill all the obligatory requirements during the semester			Written exam	60%	60	Total:	100%	100																								
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3.9 Assessment criteria – analysis per learning outcomes	<table><tr><th colspan="6">Ways of evaluating learning outcomes</th></tr><tr><th></th><th>Class attendance and activity</th><th>Project</th><th>Mid-term exam 1</th><th>Mid-term exam 2</th><th>Total</th></tr><tr><td>Outcome 1</td><td></td><td></td><td>10</td><td></td><td>10</td></tr><tr><td>Outcome 2</td><td></td><td>5</td><td>15</td><td></td><td>20</td></tr><tr><td>Outcome 3</td><td></td><td>5</td><td>5</td><td>10</td><td>20</td></tr><tr><td>Outcome 4</td><td></td><td>5</td><td></td><td>10</td><td>15</td></tr><tr><td>Outcome 5</td><td></td><td>15</td><td></td><td>10</td><td>25</td></tr><tr><td>Outcome not-related</td><td>10</td><td></td><td></td><td></td><td>10</td></tr><tr><td>Total</td><td>10</td><td>30</td><td>30</td><td>30</td><td>100</td></tr></table>										Ways of evaluating learning outcomes							Class attendance and activity	Project	Mid-term exam 1	Mid-term exam 2	Total	Outcome 1			10		10	Outcome 2		5	15		20	Outcome 3		5	5	10	20	Outcome 4		5		10	15	Outcome 5		15		10	25	Outcome not-related	10				10	Total	10	30	30	30	100
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	Grading of outcomes (in order to pass the mid-term exam/exam the student must achieve at least 50% points for each learning outcome) Points Grade 89 – 100 excellent (5) 76 – 90 very good (4) 63 – 80 good (3) 50 – 65 pass (2) 0 – 49 fail (1)																																																															
3.10 Specific features related with taking the course	If a student collects 50% of the points of each outcome, he/she directly takes the exam, under condition that he/she has submitted a project paper. A student cannot access the exam if he/she has not submitted a project paper. Project paper is made according to the instructions published on the Merlin and is																																																															

	submitted by placing it on the Merlin. Project work is submitted at least 3 days before the exam deadline. If a student does not achieve a sufficient number of points on the midterm exam, he/she cannot take the next midterm exam. Once achieved points in the midterm exams for each learning outcome are no longer deleted unless the student decides to correct the result for a particular learning outcome, whereby the previous points are then deleted and newly achieved points for that learning outcome are entered. The final grade is obtained on the exam period and is the sum of points earned during classes. Students who did not take the midterm exams access the written part of the exam where all learning outcomes are checked and are required to submit a project paper before taking the exam. If the students collect 50% of each learning outcome and have not yet collected the minimum number of points for a positive grade, it is possible to orally test the knowledge around each learning outcome.	
3.11 Students obligations	Full-time students are required to attend at least 70% of the total number of hours of lectures and exercises in order to exercise the right to take the exam. Part-time students are required to attend at least 30% of the total number of hours of lectures and exercises in order to exercise the right to take the exam. If the student has not fulfilled all the obligations set by the course, he is obliged to attend the lectures again and meet the conditions for taking the exam. Attendance can be offset by online tuition, organised webinars and added assignments given by teachers. One lesson lasts 45 minutes, and several hours form a teaching unit. Absence from one teaching unit is counted as one absence. Delays and apologies are recorded separately. In that case, if the student missed more than 50% of classes, and has a justifiable reason/apology, the request should be submitted to the Department Council, which then decides on the justification of student absences with the obligatory opinion of the course leader.	
3.12 Written assignments		
3.13 Required reading	1.	Milanovic, D. (2010). The theory and method of training. Zagreb: Faculty of Kinesiology, University of Zagreb
3.14 Additional reading	1.	Malacko, J., and Doder, D. (2008). Sports training and recovery technology. Novi Sad: Provincial Institute of Sport.
	2.	Sekulić, D. and Metikoš, D. (2007). The basics of transformational procedures in kinesiology. Split: Faculty of Natural Sciences and Mathematics and Kinesiology
	3.	Proceedings and databases
4 ADDITIONAL COURSE INFORMATION		
4.1 Quality control	The quality of the program, teaching process, teaching skills and level of mastery of the material will be established by conducting a written evaluation based on questionnaires, and in other standardised ways and in accordance with the by-laws of the Polytechnic of Međimurje in Čakovec.	

4.2 Contact the teacher	Students can contact the teacher during the office hours and during classes, while for short questions and explanations they can contact him/her any day during working hours by coming in person or by landline. It is also possible to ask questions by e-mail, which will be answered in 48 hours at the latest. It is desirable for students to come as often as possible for any possible questions during the teacher's office hours.
4.3 Information about the course	It is the obligation of each student to be regularly informed about the course. All notifications about the classes or possible postponement of classes will be posted on the bulletin board and on the website of the Polytechnic at least 24 hours in advance.
4.4 Course contribution to the study program	Apply new technologies and techniques in the process of lifelong learning Critically evaluate arguments, assumptions and data in order to form an opinion and contribute to the solution of the problem Integrate aspects of sports training within organizations that perform sports activities Create sports and recreational programs and activities as an additional offer of a tourist destination

5. ANALYSIS OF COURSE TOPICS (the number of hours is equal to the number of lectures and exercises of the course)

LECTURES				
Hours	Topic and description	Method • Direct teaching (lecture, instruction, pp presentation) • Discovery learning (individual, lead, discussion) • Group learning • Case study • Field classes...	Learning outcomes	Course outcome
1.	Introductory lecture Basics of sports training	Direct teaching, learning by discovering	Explain the objectives and tasks of the training process	O1
2.	Modern sports and sports training	Direct teaching, learning by discovering	Define the features of modern sports and sports training	O1
3.	Analysis of sports activities	Direct teaching, learning by discovering	Analyze different types of sports activities	O1, O2
4.	Components of training athletes	Direct teaching, group learning	Describe the anthropological characteristics of athletes	O2
5.	Technology for analysing and monitoring various forms of sports activity	Direct teaching, group learning	Describe the technological developments	O2
6.	Sports diagnostics	Direct teaching, group learning	Classify diagnostic procedures in the field of sports training	O2, O3
7.	Selection of potential top athletes	Direct teaching, group learning	Explain the selection process in sport	O3

8.	Midterm exam 1			O1, O2, O3
9.	Methods of sports training	Direct teaching	Define the concept and elements of the method of sports training	O4
10.	Planning and programming of sports training	Direct teaching, learning by discovering	Define types of training plans and programs based on the time specificity of the training process	O3
11.	Equipment, accessories and props in various forms of the training process	Direct teaching, group learning	Choose suitable equipment, props, supplies, place and time of work for the implementation of different types of training	O3, O4
12.	Recovery and dietary supplements	Direct teaching, group learning	Distinguish between permitted and illicit means in sports and sports training	O3, O4
13.	Action of managers in the space of sports and sports training	Direct teaching, learning by discovering	Explain the role of sports manager in the running of sports organisations, clubs, federations, sports companies, etc.	O5
14.	Organization of the system of sports preparation within the sports club	Direct teaching, learning by discovering	Apply human resources management within sports clubs	O5
15.	Midterm exam 2			O3, O4, O5
EXERCISES/ SEMINARS				
Hours	Topic and description	Method • Direct teaching (lecture, instruction, pp presentation) • Discovery learning (individual, lead, discussion) • Group learning • Case study • Field classes...	Learning outcomes	Course outcome
1., 2.	Sports training in professional, amateur and recreational sports	Learning by discovery	Explain the differences between professional,	O1

			amateur and recreational sport	
3., 4.	Modern sports and sports training	Learning by discovery, group learning	Compare modern approach to sports and sports training with traditional approaches	O1
5., 6.	Analysis of sports activities	Learning by discovery, group learning	Assess which method is to adequately analyse individual sports and sports activities	O1, O2
7., 8.	Components of training athletes	Learning by discovery, group learning	Distinguish between types of sports training based on the abilities and characteristics that want to develop in athletes	O2
9., 10.	Technology for analysing and monitoring various forms of sports activity	Learning by discovery, group learning	Discuss the work of sports managers in the field of technological advances in sport	O2
11., 12.	Application of sports diagnostics in sports organisations	Learning by discovery, group learning	Suggest types of diagnostic testing with regard to the type of kinesiological activity	O2, O3
13., 14.	Selection of potential top athletes	Learning by discovery, group learning	Define the role of sports managers in the selection process of potential top athletes	O3
15.,16.	Midterm exam 1			O1, O2, O3
17.,18.	Methods of sports training	Learning by discovery, group learning	Apply methods and organizational forms of sports training work	O4
19.,20.	Connection between sports training planning and sports and business performance of sports organisations	Learning by discovery, group learning	Analyse examples of successful business of sports clubs and organisations	O3, O5
21.,22.	Equipment, accessories and props in various forms of the training process	Learning by discovery, group learning	Provide for the need for certain sports equipment in sports organisations in terms of type of	O4, O5

			activity and qualitative level	
23.,24	Recovery and dietary supplements	Learning by discovery, group learning	Discuss ways of doing business and promoting nutrition companies	03, 05
25.,26.	Action of managers in the space of sports and sports training	Learning by discovery, group learning	Design sports facilities and activities for different sports clubs and organisations	05
27.,28.	Organization of the system of sports preparation within the sports club	Learning by discovery, group learning	Create a structure of the system of sports preparation within sports clubs	05
29.,30	Midterm exam 2			03, 04, 05