SYLABUS

Basic data of the topic	
Academic Unit:	**Faculty of Physical Education and Sports**
Course Title:	**Exercise Testing and Training Recommendations**
Level:	**MA**
Course status:	**Mandatory**
Year of studies:	**First**
Number of hours per week:	**2 + 1**
Credits - ECTS:	**5**
Time / location:	**Hall:1 Lectures + Laboratory**
The lecturer:	**Prof. Hasim Rushiti**
Contact details:	**hasim.rushiti@uni-pr.edu**
Course Description	The objective of the course is to enable students to know and Apply advanced procedures in testing and measurements in physical education. To understand different testing procedures for evaluation of physical abilities. To understand the science of Biomechanics in relation to human performance and movement analyses. To understand the workings and limitations of biomechanical equipment used for data collection. To understand the relationship between ground reaction forces and the human muscular-skeletal system during dynamic activities in sport.
Objectives of the course:	The course aims to provide students with knowledge, skills and competences needed to assess the physical fitness, skills and motor abilities of apparently healthy individuals using laboratory techniques as well as field tests. Additionally this module synthesizes concepts, principles, and theories how exercise should be prescribed for participation-oriented as well as performance-orientated sportspeople to prepare them for competition and/or health orientated goals.
Learning outcomes:	- Know and Apply advanced procedures in testing and measurements in physical education. - To understand the science of Biomechanics in relation to human performance. - To analyze various fundamental movements and understanding the relevance of analysis. - Understand how to collect and interpret kinematics, force and kinetic, EMG, and imaging data of sports movements.

	- Use of force plate, video camera, force transducers, EMG system, automatic motion capture. - Be able to understand equations of motion, problem solving, numerical integration and differentiation.

Contribution in charge of student

Activity	Hour	Day / week	Total
Lectures	15		15
Theoretical exercises / laboratory	30		30
Tutorial			
Contacts with teachers / Consultations	5		5
Field Exercises	8		8
Seminars, workshops	2		2
Homework			
Time self-learning student (in the library or at home)	30		30
Final preparation for exam	10		10
The time spent on evaluation (tests, quiz, final exam)			
Projects, presentations, etc.			
Total			**100**

Teaching methodology:	Lectures will be realized through the slides and practical exercises as well as interactive teaching methods and practical work at the laboratory
Assessment methods:	Attendance 15% Seminar 15% Kolokvium 70%

Literature

Basic Literature:	1. Australian Institue of Sport (2013). Physiological Tests for Elite Athletes. Second edition. Human Kinetics 2. G. Gregory Haff, Charles Dumke (2012). Laboratory Manual for Exercise Physiology. Human Kinetics. 3. National Strength and Coditioning Association (2012). NSCA's Guide to Test and Assessments. Human Kinetics.

Additional Literature:	1.

Designed learning plan:	
Week	**Lecture**
Week One:	Rationale of Exercise Assessment
Week Two:	Ethics in Exercise Testing
Week Three:	Health and Fitness Appraisal
Week Four:	Psychological issues in exercise testing and goal setting
Week Five:	Methodical Issues / Testing Procedures / Test Design and Protocols
Week six:	Pretest Environment and Athlete Preparation
Week Seven:	Blood lactate thresholds
Week eight:	Sport specific physiological tests
Week Nine:	Assessing Cardiorespiratory Fitness
Week ten:	Assessing Muscular Fitness
Week Eleven:	Physical Fitness and Activity Assessment in Youth
Week Twelve:	Psychological Measurement in Sports and Exercise
Week thirteen:	Assessing Coordinative Tasks and Motor Skills
Week Fourteen:	Basic Principles and Guidelines for Exercise Prescription
Week Fifteen:	Personalized Exercise Prescription for Aerobic Fitness, Muscular Fitness (strength, power, muscular endurance), Flexibility, Speed and Agility, Weight Management, Low-back-care

Academic policies and rules of conduct:

- Each student has the right to ask questions and comments when given the que;
- No one has the right to intervene when it has another;
- Allowed "debates" work when students works in groups;
- Not allowed disturbing the silence or interupting the teacher or the students presented work;
- No cell phones are allowed;
- Not allowed late arrival or exit without reasonable cause
- It is prohibited any form of copying or counterfeiting tests