

## **SYLLABUS for Course Form**

<b>Basic of course data</b>	
Academic unit:	Faculty of Physical Education and Sports
Title of the course:	The long-term development of the athlete
Level:	Master studies
Case Status:	O
Year of study:	I
Number hours per week:	2 + 1
Value in credits - ECTS:	ECTS:
Time / location:	Theory; Class of lesson:
Course Teacher:	Prof.Dr. Hazir Salihu
Contact Details:	e-mail: <a href="mailto:hazir.salihu@uni-pr.edu">hazir.salihu@uni-pr.edu</a>
<b>Description of the subject:</b>	
	<p>This course will familiarize students with the theory, practice, methodology, concept, primary tasks, training plans in varied conditions, then basic principles, methods, subject study, how we should prepare to prepare athlete. The concept, purpose, tasks, factors of influence, conditions and circumstances in which the training process takes place, means, principles, methods, advantages, shortcomings and research methodology addressed by different Methods, then the teaching structure in relation to other subjects. Applied, basic, practical, methodological, auxiliary disciplines devoted to long-term training methodology and overall curricula. The main specific goal lies in the long-term preparation of the athlete by using the most modern methods for further achievement of advanced achievements.</p> <p>The main purpose of the course is to train students in a theoretical and practical way to develop the training process over different time periods. For this purpose, the subject has the following competencies:</p> <p>Students are trained to acquire theoretical and practical knowledge in planning and preparation of long-term training methods and training process. To provide students with theoretical-practical content of teaching;</p> <p style="padding-left: 40px;">Understand the fundamental values of this field</p> <ul style="list-style-type: none"> <li><input type="checkbox"/> To get acquainted with the general working life in schools, as well as with the duties that arise for the teacher from the subject in question</li> <li><input type="checkbox"/> Notify the students of the most modern training strategy and curriculum strategies as a whole.</li> </ul> <p>Thus, students' qualifications as well as permanent processes and their professional and research acquisition are achieved, based on the most recent teaching, on the work for equipment and the advancement of students. Students will acquire basic and general knowledge, and design the most relevant basic curricula for achieving advanced advances in general. Develop their skills with organizational forms of work, know how to choose the tools, methods, and loads that occur during training sessions for those</p>

	who are oriented to the subject.
<b>Objectives of the course:</b>	<b>Main Purpose</b> - It is for students to be able to obtain information on new theoretical and practical achievements as the basis of the curriculum and the application of the most recent methodology for achieving lasting advances.
<b>Learning Outcomes:</b>	They imply the knowledge, skills and skills they will win the student after the successful completion of the lectures. - Methodological knowledge of teaching on the importance of long-term planning of the training process. - To design and plan the subject matter - To lead and develop the training process - Assess the level of achievement during the transformation process - Schedule and schedule training sessions as well as theoretical-practical work - Demonstrate all the technical elements from different sports ... - Have relevant knowledge on the rules on long-term organizational training activities at different levels.

<b>Contribution to the student's workload (which should correspond to the student's learning outcomes)</b>			
<b>Activity</b>	<b>hour</b>	<b>Day / week</b>	<b>Overall</b>
Lectures	2	15	30
Theoretical / laboratory exercises			
Practical work	2	15	30
Contacts with the teacher / consultants	2	4	8
Field exercises			
Colloquium, seminars	2	2	4
Homework			
Student study time (in library or at home)	2	15	30
Final preparation for the exam	2	10	20
Time spent in assessment (tests, quiz, final exam)	1	1	1
Projects, presentations, etc..	25-30 min.	4	4
<b>Total</b>			<b>127</b>

<b>Teaching methodology:</b>	Theoretical, practical, professional work, method of training the training process, seminars, discussions, individual work, groups etc..
<b>Assessment methods:</b>	Participation and engagement in learning: 10% Practical work and seminars 20% Intermediate Tests (Semestral and Semi-Semestral) 30% Theoretical and practical final exam 40% Final Evaluation Results 100%
<b>Literature</b>	
<b>Basic Literature:</b>	A.Kulloli; Sports psychology. 2011. Tirana. H.Saliu: Basketball-Game Techniques.Teaching textbook.FFES.2006.UP.Prishtina. H.Saliu: Measurements-evaluation tests in the chosen sport. Script. Msc.stud.2011.Prishtina. H.Saliu: Inclusive Sports Strategies. Script. Msc.stud. 2015. Prishtina. H.Saliu: The basics of teaching planning in health and well-being. Script. Bch.stud.2017. Prishtina. H.Saliu: Concepts and methodology of teaching in planning and programming physical education and sports. Script. Msc.stud. 2017. Prishtina. H.Saliu: Basketball tactics. University textbook. FFC. 2017. UT. Tetovo. H.Saliu: Communication and presentation skills. Script. Bch.stud. 2018. Prishtina.
<b>Additional Literature:</b>	Internet Resources: <a href="http://www.chess.edu.rs/wpcontent/uploads/2012/03/becej-23.02.pdf">www.chess.edu.rs/wpcontent/uploads/2012/03/becej-23.02.pdf</a> .. <a href="https://1.he/-studiopsikologjie.al/cfare-ofrojme-psikologjia/sportiv/...">https://1.he/-studiopsikologjie.al/cfare-ofrojme-psikologjia/sportiv/...</a> <a href="http://sportsscientists.com/2015/04/long-term-athlete-development-foundations-challenges...">sportsscientists.com/2015/04/long-term-athlete-development-foundations-challenges...</a> <a href="http://www.humankinetics.com/./long-term-athlete-development-follows-sev...">www.humankinetics.com/./long-term-athlete-development-follows-sev...</a> <a href="https://dspace.abac-edu.net/.../03e62e31-e785-40b2-8c08-7b8f8785...">https://dspace.abac-edu.net/.../03e62e31-e785-40b2-8c08-7b8f8785...</a> <a href="https://.hu/wp-content/./lanifikimi/shumevjecari..stervitjes.p..nocalbania.org/wp-content/uploads/2014/06/Mjebes..-Sportive.pdf">https://.hu/wp-content/./lanifikimi/shumevjecari..stervitjes.p..nocalbania.org/wp-content/uploads/2014/06/Mjebes..-Sportive.pdf</a> <a href="https://skolasporta.sportsonheweb.net/index.php..dugorocni-sportski-raz..">https://skolasporta.sportsonheweb.net/index.php..dugorocni-sportski-raz..</a> <a href="https://www.brian-mac.co.uk/1.ta/d.htm">https://www.brian-mac.co.uk/1.ta/d.htm</a>

**The designed learning plan:**

<b>Week</b>	<b>Lecture to be held</b>
First week:	Sports-physical activity needs to stay healthy
Second week:	Psychology and its impact on sports
Third week:	Learn to Train - Theoretical-Practical Concept
Fourth week:	The advantage of children who develop later
Fifth week:	Increase the intensity of activity and competition
Week Six:	Basic principles of sportsman training
Week Seven:	Bazat e periodizimit dhe planifikimi i procesit stërvitor
Eighth week:	How to help the overwhelmed spotter - overcrowded
Ninth week:	Periodicizing the planning and programming of sports training
Tenth week:	Semi - semester evaluation
Eleven week:	Long-term planning and programming of the exercise
Twelfth week:	"Anemia sports" - unexpected deaths to athletes
Thirteen week:	The role of a long-standing, progressive trainer.
Fourteenth week:	Repetition of realized units
Fifteen week:	Intermediate, semiannual tests ..

**Academic Policies and Rules of Conduct:**

Regular attendance in practical and theoretical lectures and codes of conduct such as: Entry into time learning, keeping quiet in learning, 'PROHIBITION' of using mobile phones, etc..