Subject information sheet

University: *Comenius University in Bratislava*	
Faculty: *Faculty of Physical Education and Sport*	
Subject code:	**Subject title:** *Theory and Didactics of Sport Specialization IV. – Conditioning Coach*
Type, range and method of educational activities: *1x lecture/ 1x seminar a week* *presents method, online if necessary*	
Number of credits: *5*	
Recommended semester/trimester of study: *4th*	
Degree of study: *1st*	
Course prerequisites: *none*	
Conditions for completing the course: *During the semester:* *• the active participation of the student in lectures and seminars is required,* *• written examination (questions published on the faculty website) a minimum of 24 and a maximum of 40 points* *• seminar work - a 6-week mesocycle for the development of speed and speed-strength skills, mainly for sports games by running, rebound and throwing means. It is necessary to state the attributes of the load and the focus training session, eg: acceleration, maximum speed, speed with changes of direction, rebound force, fast repetitive force, explosive force, means of rebounds, throws, use of obstacles, load lines of segment weights, inclined plane, etc., (it is necessary to state in detail the volume - number of repetitions, number of series; intensity -% of what? from 1RM, justify why you recommend it - and state the source, organization - method, interval and nature of rest; complexity, control and increasing system, methodical remarks - nodal points - what needs to be emphasized from the point of view of dosing, but also the technique of realization of physical activities) minimum 24 and maximum 40 points* *• physical exams consisting of 7 fitness tests (limits and conditions are published on the faculty website) minimum 12 and maximum 20 points* *• Overall rating:* *A - 100 to 92 points, B - 91 to 84 points, C - 83 to 76 points, D - 75 to 68 points,* *E - 67 to 60 points, FX - 59 and less points.* *Credits will not be awarded to a student who:* *• did not attend at least 80% attendance at lectures and seminars during the semester.*	
Learning outcomes: *The student knows the basic theoretical knowledge about the structure of the development of speed skills used in fitness training. He/She masters the knowledge in the field of periodization of the development of speed skills in individual periods (accumulation, intensification, and transformation) in relation to fitness training. He/She can characterize the basic structure and methods of development of speed skills. He/She can apply individual models of development of speed abilities of general and special character. He/She knows the systems of increasing the load with increasing complexity and specificity, towards the requirements of sports training, especially in sports games. He/She can apply elements of modern diagnostics as indicators of training status towards the optimization of training planning. He/She masters the skills and has experience in applying load models of the development of speed and speed-strength skills of youth and women. It is able to diagnose the level of load size. He/She can apply load models aimed at the development of linear acceleration and maximum running speed, frequency speed, speed with changes of direction. He/She masters the elements of rational running techniques. He/She can use in practice as well as proposed corrections in the*	

optimization of rebound and throwing exercise techniques designed to develop speed-strength skills.

Course contents:
Theoretical knowledge, practical experience, skills, and methodological procedures used in the development of speed skills mainly by running drills. Means, forms and methods, stack of exercises focused on reaction speed abilities: simple reaction, selective reaction, acyclic speed abilities: starting speed, rebound speed, throwing speed, player speed, speed of one-off moves, cyclic speed abilities: acceleration speed, maximum speed (running), frequency speed, speed with change of direction. Speed-force abilities - rebound and throwing means, their technique, and didactics.

Recommended literature:
KRAAIJENHOF, H., THOME, M., MANN, B. 2016. What We Need is Speed: Scientific Practice of Getting Fast, Ultimate Athlete Concepts, 130p. ISBN: 0989619893.

BOMPA, T. O, BUZZICHELLI, C. 2019. Periodization - 6th Edition, Human Kinetics. 392 p. ISBN: 9781492544807.

BROWN L., FERRIGNO V.A. 2014. Training for Speed, Agility, and Quickness – Human Kinetics. 312p. ISBN: 1450468705.

NSCA 2013. Developing Speed – Human Kinetics. 224p. ISBN: 0736083286

JONES, P.A., DOS SANTOS, T. 2023. Multidirectional Speed in Sport - Taylor & Francis Ltd. 420p. EAN: 9781032213323ID.

RADCLIFEE, J., FARENTINOS, R. 2015. High-Powered Plyometrics. Human Kinetics, 216p. ISBN: 1450498132.

Language, knowledge of which is necessary to complete the course: *English language*

Notes:

Evaluating history:
Total number of evaluated students: *0*

A	*B*	*C*	*D*	*E*	*FX*

Lecturer:.
Mgr. Michal Králik, PhD., Mgr. Adrián Novosád, PhD.

Last modification: 19.06.2024

Supervisor: *prof. Mgr. Marián Vanderka, PhD., doc. PaedDr. Branislav Antala, PhD.*