

**DEMOCRITUS UNIVERSITY OF THRACE**  
**DEPARTMENT OF PHYSICAL EDUCATION & SPORT SCIENCE**

*UNDERGRADUATE PROGRAM OF STUDY*

**COURSE TITLE:**

Principles of Planning and Guidance of Athletic Training
--

**COURSE CODE:**

N316
------

**ECTS CREDITS**

7
---

**RESPONSIBLE FOR THE COURSE:**

NAME	Chatzinikolaou Athanasios		
POSITION	Lecturer		
SECTOR	Athletic training		
OFFICE	B3-6		
TEL. / E-MAIL	+3025310 39632	<a href="mailto:achatzin@phyed.duth.gr">achatzin@phyed.duth.gr</a>	
CO-INSTRUCTORS	Kampas Antonios (Assistant Professor) Fatouros Ioannis (Assistant Professor)		

**SEMESTER:**

1ST     2ND     3RD     4TH   
5TH     6TH     7TH     8TH

**COURSE TYPE:**

OBLIGATORY   
DIRECTION   
SPECIALIZATION   
PREREQUIZITE FOR SPECIALIZATION   
ELECTIVE (*OPEN*)

**HOURS (per week):**

2
---

**DIRECTION**

*(only for 3<sup>rd</sup> & 4<sup>th</sup> year courses)*

Sports training	
-----------------	--

**SPECIALIZATION** *(only for 3<sup>rd</sup> & 4<sup>th</sup> year courses)*

--

**LANGUAGE OF TEACHING:**

GREEK

ENGLISH

### **AIM OF THE COURSE** (*content and acquired skills*)

The course of “Principles of Planning and Guidance of Athletic Training” is the second course of athletic training during the undergraduate program and taught in the fourth year of study. Include it in Sports Training direction. Aim of the course is the students are able to develop athletic training and periodization plans

### **COURSE CONTENTS** (*outline – titles of lectures*)

1. Theory of sports training - . General elements of planning and guidance of sports training.
2. Testing and evaluation of athletic performance and the role of them on planning of sports training.
3. Periodization of sports training.
4. Planning and guidance of strength training.
5. Planning and guidance of muscle power training.
6. Planning and guidance of endurance (aerobic and anaerobic) training.
7. Planning and guidance of flexibility training.
8. Planning and guidance of speed and agility training.
9. Planning and guidance of technical skills and tactics.
10. Planning and guidance of training in pre-adolescent and adolescent athletes.
11. Example of year round condition program of one team and one individual sport.
12. Over training.
13. Special issues of sports training.

### **TEACHING METHOD** (*lectures – labs – practice etc*)

Lectures and practical applications

### **ASSESSMENT METHOD(-S)**

- Team work progress up to “Needs Analysis” in sport of each one student specialization and develop of year round program. (20% of total score).
- Individual work progress. Develop of pre-season training (40% of total score)
- Final exams (20% of total score).

### **LEARNING OUTCOMES**

Upon the completion of this course the student will be able to:			
<ul style="list-style-type: none"> <li>• Select and evaluate the data outcomes from exercise tests.</li> <li>• Develop long term condition programs (e.g. year round program)</li> <li>• Develop short term condition programs (e.g. microcycle).</li> </ul>			
<i>Learning Outcomes</i>	<i>Educational Activities</i>	<i>Assessment</i>	<i>Students Work Load ( hours)</i>
1. Students will be able to identify the appropriate tests of their athletes and use the tests results.	Lectures and practical applications on older tests.	Team work on test selection	40
2. Students will be able to understand the role and the application of periodization , also to describe the main phases of the traditional periodization model.	Lectures and workshops on periodization of sports training.	Individual work on development of pre-season training plans	60
3. Students will be able to understand and use effectively all the training methods for strength and conditioning. In addition will be able to develop periodization plans for strength, endurance, flexibility, speed and agility.	Lectures and workshops on periodization.	Individual work on development of periodization plans	60
4. Student will be able to planning and guiding the training of technical skills and tactics for both team and individuals sports	Lectures	Individual work.	50
		<b>TOTAL</b>	<b>210</b>

#### **OBLIGATORY & SUGGESTED BIBLIOGRAPHY:**

1. Fleck St. και Kraemer W. (2006). *Essentials of Strength and Conditioning Training*. Medical publishes. Paschalidis, Athens.
2. Martin, D. Carl, K., Lehnertz K. (1993). *Manual of Conditioning Training*. Alphabeto Komotini.
3. Grosser M. & Starischka S. (1998). *Conditioning Training*. Salto, Thessaloniki.
4. Grosser M. (1991). *Speed Training*. Salto, Thessaloniki.
5. Bompa, T.O. (1999). *Periodization. Theory and Methodology of Training*. Champaign, IL: Human Kinetics.