

UČNI NAČRT PREDMETA / COURSE SYLLABUS

Predmet:	Kineziologija v polistrukturnih kompleksnih športih
Course title:	Kinesiology in Poly-structural Complex Sports

Študijski program in stopnja Study programme and level	Študijska smer Study field	Letnik Academic year	Semester Semester
Doktorski študijski program		1	1 ali 2
Doctoral study program		1	1 or 2

Vrsta predmeta / Course type Izbirni/elective

Univerzitetna koda predmeta / University course code:

Predavanja Lectures	Seminar Seminar	Vaje Tutorial	Klinične vaje work	Druge oblike študija	Samost. delo Individ. work	ECTS
30	15			30		5

Nosilec predmeta / Lecturer: izr. prof. dr. Frane Erčulj

Jeziki / Predavanja / Lectures: Slovenski/Slovene
 Languages: Vaje / Tutorial:

Pogoji za vključitev v delo oz. za opravljanje študijskih obveznosti:

Izpolnjevanje pogojev za vpis na doktorski študij Kineziologija in teoretične in praktične izkušnje iz enega od polistrukturnih kompleksnih športov (igre z žogo, igre z loparji, borilni športi,...). Ocena najmanj 8 pri enem izmed predmetov Košarka, Rokomet, Odbojka, Nogomet, Igre z loparji ali Borilni športi, pri študentih, ki so na diplomskem ali magistrskem študiju poslušali te predmete.

Prerequisites:

General conditions for enrolment into the Doctoral Programme of Kinesiology And theoretical and practical experience in one of the polystructural complex sports (ball games, racquet sports, martial arts etc.). Grade at least 8 in one of the courses: Basketball, Handball, Volleyball, Football, Racquet Sports or Martial Arts; for students who attended these lectures in undergraduate or graduate study.

Vsebina:

Tema: Značilnosti sistema športnega treniranja v polistrukturnih kompleksnih športih ter vidiki njegovega preučevanja v svetu in pri nas

Podteme:

- 1) Značilnosti podsistema prostorskih, časovnih, tehničnih in taktičnih razsežnosti polistrukturnih kompleksnih športov.
- 2) Značilnosti podsistema delnega ali celotnega potenciala in tekmovalne uspešnosti igralcev (borcev), tipov igralcev in moštev v polistrukturnih kompleksnih športih.

Content (Syllabus outline):

Theme: Characteristics of the sport training system in polystructural complex sports and aspects of its study in the world and in Slovenia.

Sub-themes:

- 1) Characteristics of the subsystem of spatial, temporal, technical and tactical dimensions in polystructural complex sports.
- 2) Characteristics of the subsystem of partial or full potential and competitive performance of players (fighters), types of players and teams in polystructural complex sports.

- 3) Značilnosti podsistema usmerjanja, selekcioniranja in specializacije v polistrukturnih kompleksnih športih.
- 4) Značilnosti podsistema upravljanja vadbenega procesa v polistrukturnih kompleksnih športih.

V vseh podtemah bodo študenti seznanjeni z raziskovalnimi problemi, ki so povezani s posameznimi podtemami, z vidiki njihovega preučevanja, z izbranimi specialnimi znanstveno-raziskovalnimi tehnologijami in metodami ter z načini prenosa izsledkov v kakovostno prakso

- 3) Characteristics of the subsystem of guidance, selection and specialisation in polystructural complex sports.
- 4) Characteristics of the subsystem of management of the training process in polystructural complex sports.

In the framework of all these sub-themes, students will learn about the study problems associated with individual sub-themes, the aspects of their study, selected special scientific research technologies and methods as well as the methods for transferring the findings into high-quality practice.

References and sources:

Bon, M., Perš, J., Šibila, M., Kovačič, S. (2002). *Analiza gibanja igralca med tekmo*. Ljubljana: Fakulteta za šport.

The essentials of performance analysis: an introduction. (2008). Ed.: Mike Hughes, Ian. M. Franks. New York: Routledge.

Miller, S. (2007). Proceedings of the 3rd ITF International Congress on Tennis Science & Technology. London: International Tennis Federation.

Trninić, S. (2006). *Selekcija, priprava i vođenje košarkaša i momčadi*. Zagreb: Vikta – Marko d.o.o.

Stone, N. (2007). Physiological response to sport-specific aerobic interval training in high school male basketball players. Auckland, IN: Auckland University of Technology, School of Sport and Recreation.

Verdenik, Z. (1999). *Model igre slovenske nogometne reprezentance*. Ljubljana: Fakulteta za šport, Inštitut za šport.

Vuleta, D., Milanović, D. i suradnici (2004). *Rukomet – znanstvena istraživanja*. Zagreb: Kineziološki fakultet Sveučilišta u Zagrebu.

Baechle, T.,R., Earle, R.,W. (2008). *Essentials of strength training and Conditioning*. Champaign, IL: Human Kinetics.

Oliver, D. (2003). *Basketball on Paper. Rules and Tools for Performance Anayisis*. Washington, D.C.: Potomac Books.

Fontanella, J. J. (2006). *The physics of basketball*. Baltimore: The Johns Hopkins University Press.

Doktorske disertacije avtorjev, ki so preučevali probleme v polistrukturnih kompleksnih športih.

Cilji in kompetence:

Usposobiti študente za prepoznavo raziskovalnih problemov z možnostjo aplikacije v prakso, izvedbo raziskave (eksperimenta) in oblikovanjem znanstvenega dela (članka) v polistrukturnih kompleksnih športih.

Objectives and competences:

Train students to identify research problems with the possibility of practical application, implementation of a piece of research (experiment) and compiling of a scientific work (article) in polystructural complex sports.

Predvideni študijski rezultati:

Znanje in razumevanje:
Spoznati in razumeti pomen znanstveno-raziskovalnega dela v polistrukturnih kompleksnih športih in uporabo le-tega v trenerskem delu oz. trenažnem procesu športnikov.

Intended learning outcomes:

Knowledge and understanding:
Learn about and understand the meaning of the scientific-research work in polystructural complex sports and its application in the coaching work and/or athletes' training process.

Metode poučevanja in učenja:

Predavanja, seminarji individualno/mentorsko delo s kandidati.

Learning and teaching methods:

Lectures, seminar work, individual/mentoral work with candidates

Načini ocenjevanja:	Delež (v %) / Weight (in %)	Assessment:
Način (ustno izpraševanje, naloge, projekt)	50%	Type (examination, oral, coursework, project):
Ocena kakovosti znanstveno-raziskovalne seminarske naloge in njenega zagovora.	50%	Evaluation of the quality of scientific-research seminar paper and its defence.

Reference nosilca / Lecturer's references:

ERČULJ, Frane, SUPEJ, Matej. Impact of fatigue on the position of the release arm and shoulder girdle over a longer shooting distance for an elite basketball player. Journal of strength and conditioning research, ISSN 1064-8011, 2009, vol. 23, no. 3, str. 1029-1036.

ERČULJ, Frane, BLAS, Mateja, ČOH, Milan, BRAČIČ, Mitja. Differences in motor abilities of various types of European young elite female basketball players. Kinesiology, ISSN 1331-1441. [English ed.], 2009, vol. 41, no. 2, str. 203-211.

ERČULJ, Frane, BLAS, Mateja, BRAČIČ, Mitja. Physical demands on young elite European female basketball players with special reference to speed, agility, explosive strength and take-off power. Journal of strength and conditioning research, ISSN 1064-8011, 2010, vol. 24, no. 11, str. 2970-2978.

PODMENIK, Nadja, LESKOŠEK, Bojan, ERČULJ, Frane. The impact of introducing a lighter and reduced-diameter basketball on shot performance in young female basketball players. Kinesiology, ISSN 1331-1441. [English ed.], 2014, vol. 46, no. 1, str. 61-68.