

1. GENERAL INFORMATION			
1.1. Course teacher	Assoc. Prof. Luka Milanović, Ph.D.	1.6. Year of the study programme	4
1.2. Name of the course	PHYSICAL CONDITIONING OF CHILDREN AND YOUNG ATHLETES	1.7. Credits (ECTS)	2
1.3. Associate teachers		1.8. Type of instruction (number of hours L + S + E + e-learning)	30 (15L+15S)
1.4. Study programme (undergraduate, graduate, integrated)	Integrated	1.9. Expected enrolment in the course	80
1.5. Status of the course	Elective	1.10. Level of application of e-learning (level 1, 2, 3), percentage of online instruction (max. 20%)	0%
2. COURSE DESCRIPTION			
2.1. Course objectives	The goal of the course is enabling students to acquire knowledge about the specificities of physical conditioning of children and young athletes in accordance to the bio-psycho-social characteristics of growth and development. These acknowledgements are important for proper planning, programming, conducting and controlling of physical conditioning training with the young populations.		
2.2. Course enrolment requirements and entry competences required for the course	No enrolment requirements.		
2.3. Learning outcomes at the level of the programme to which the course contributes	Students will be qualified to: - implement knowledge and comprehension of physical abilities development principles in children and young athletes - implement knowledge and comprehension of methodological and program procedures specificity of physical conditioning of children and young athletes		
2.4. Learning outcomes expected at the level of the course (4 to 10 learning outcomes)	Students will be able to: - understand the bio-psycho-social characteristics of physical abilities development of children and young athletes - understand the specificities of talent directing procedures, selection procedures and sports preparation procedures of children and young athletes - understand the specificities of methodological procedures in the physical conditioning of children and young athletes in particular age categories - design physical conditioning training programme for children and young athletes		
2.5. Course content broken down in detail by weekly class schedule (syllabus)	Lectures and seminars: 1. Specificities of talent directing procedures, selection procedures and sports preparation procedures of young athletes (2L+2S) 2. Bio-psycho-social characteristics of physical abilities development of children and young athletes (2L+2S) 3. Acknowledge chronological and biological age in the training and selection processes (2L+2S) 4. The development of primary motor and functional abilities in accordance with the sensitive phases of development (2L+2S) 5. Physical conditioning in universal sports kindergartens and universal sports schools (2L+2S) 6. Methodological procedures specifics in the physical conditioning of children and young athletes (2L+2S) 7. Planning and programming specifics in the physical conditioning of children and young athletes (2L+2S) 8. Specifics of physical conditioning in different phases of sports development (1L+1S)		
2.6. Format of instruction:	<input checked="" type="checkbox"/> lectures	<input type="checkbox"/> independent assignments	2.7. Comments:
	<input checked="" type="checkbox"/> seminars and workshops	<input type="checkbox"/> multimedia and the internet	
	<input type="checkbox"/> exercises	<input type="checkbox"/> laboratory	
	<input type="checkbox"/> on line in entirety	<input type="checkbox"/> work with mentor	

	<input type="checkbox"/> partial e-learning <input type="checkbox"/> field work	<input type="checkbox"/> (other)			
2.8. Student responsibilities	Regular class attendance and active class participation.				
2.9. Screening student work (name the proportion of ECTS credits for each activity so that the total number of ECTS credits is equal to the ECTS value of the course)	Class attendance	0.2	Research	Practical training	
	Experimental work		Report	Active participation in class	0.4
	Essay		Seminar essay	1.4	(other)
	Tests		Oral exam		(other)
	Written exam		Project		(other)
2.10. Grading and evaluating student work in class and at the final exam	Class attendance 10% Seminar essay 70% Active participation in class 20%				
2.11. Required literature (available in the library and via other media)	Title		Number of copies in the library	Availability via other media	
	1. Bompa, T. (2000). Cijelokupni trening za mlade pobjednike, Hrvatski košarkaški savez.		10	Yes	
	2. Jukić, I., Milanović, D., Šimek, S. (ur.) (2005). Zbornik radova Međunarodnog znanstveno-stručnog skupa: Kondicijska priprema sportaša. Zagreb: Kineziološki fakultet Sveučilišta u Zagrebu, Zagrebački športski savez.		50	Yes	
	3. Milanović, D., Jukić, I. (Ur.) (2003). Zbornik radova Međunarodnog znanstveno-stručnog skupa: Kondicijska priprema sportaša. Zagreb: Kineziološki fakultet Sveučilišta u Zagrebu, Zagrebački športski savez.		50	yes	
2.12. Optional literature (at the time of submission of study programme proposal)	1. Crisfield, P. (2001). The Young Athletes Handbook. Champaign, IL.: Human Kinetics. 2. Drabik, J. (1996). Children and sports training. Stadion publishing company. 3. Kurz, T. (2001). Science of Sports Training. Stadion Publishing Company, Inc. 4. Malina, R.M., Bouchard, C. (1991). Growth, Maturation and Physical Activity. Champaign, IL, Human Kinetics.				
2.13. Quality assurance methods that ensure the acquisition of exit competences	Anonymous student survey.				