



# Course Outline

## EXSCI3004 TRAINING AND ASSESSMENT OF THE ATHLETE

**Title:** TRAINING AND ASSESSMENT OF THE ATHLETE

**Code:** EXSCI3004

**Formerly:** HM739

**School / Division:** School of Health Sciences

**Level:** Advanced

**Pre-requisites:** (EXSCI1004 or EXSCI1005 or EXSCI1101 or EXSCI1102 or HM514 or HM515 or H

**Co-requisites:** Nil

**Exclusions:** (HM739)

**Progress Units:** 15

**ASCED Code:** 69999

### Objectives:

After successfully completing this course, students should be able to:

#### Knowledge:

- Understand the principles of training and testing athletes
- Identify fitness components and their contribution to sports performance
- Understand the physiological adaptations targeted by various training methods
- Understand the principles of long and short term periodisation of training

#### Skills:

- Analyse sports performance to identify the important fitness components and energy systems
- Apply training principles to the prescription of training to enhance sports performance
- Be able to select and conduct various tests for the purposes of athlete assessment
- Develop a detailed periodised program for an athlete and/or sports team

#### Values:

- Appreciate the role of the physical preparation and assessment of the athlete in sports performance

### Content:

Topics may include:

- Needs analysis of sport. Relative importance of physical qualities: Endurance; Anaerobic capacities (lactic and alactic); Speed; Agility; Strength qualities (maximum strength, speed-strength, strength-endurance); Flexibility



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- Principles of training
- Role of athlete assessment: Guidelines for selection and administration of tests; Laboratory versus Field testing; Presentation and interpretation of test results
- Training and testing of physical qualities, including physiological mechanisms/adaptations and guidelines for training prescription for endurance, anaerobic capacities (lactic and alactic), speed, agility, strength qualities (max strength, speed-strength, strength-endurance), and flexibility.
- Periodisation of training: short and long term; individual and team sport considerations
- Issues in the physical preparation and the assessment of the athlete. eg Overtraining; Altitude training; Heat acclimatization; Adapting programs to injuries; Adapting training and testing to athletes with disabilities

### Learning Tasks & Assessment:

Learning Task	Assessment	Weighting
Attendance	At least 90% attendance in lab/practical sessions	S / U
Plan training assignment	Training assignment proposal	5%
Prepare & write training assignment	Training assignment	25-35%
Plan, prepare & write testing assignment	Testing assignment	25-35%
Attend lectures, study and sit exam	Final exam	30-40%

### Adopted Reference Style:

APA

### Handbook Summary:

To be advised.