### Course Specifications

**Valid in the academic year 2016-2017**

Specific Study of Training and Training Methodology (D012318)

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**Course size**  
(nominal values; actual values may depend on programme)

<table>
<thead>
<tr>
<th>Credits</th>
<th>Study time</th>
<th>Contact hrs</th>
</tr>
</thead>
<tbody>
<tr>
<td>4.0</td>
<td>120 h</td>
<td>45.0 h</td>
</tr>
</tbody>
</table>

**Course offerings and teaching methods in academic year 2016-2017**

<table>
<thead>
<tr>
<th>A (year)</th>
<th>Dutch</th>
<th>lecture</th>
<th>30.0 h</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td>seminar</td>
<td>15.0 h</td>
</tr>
<tr>
<td></td>
<td></td>
<td>group work</td>
<td>3.75 h</td>
</tr>
</tbody>
</table>

**Lecturers in academic year 2016-2017**

- Claeys, Julie  
  GE25  
  staff member
- De Geyter, Johan  
  GE25  
  staff member
- Devriendt, Mieke  
  GE25  
  staff member
- Mertens, Benoit  
  GE25  
  staff member
- Mostaert, Mireille  
  GE25  
  staff member
- Roelandt, Filip  
  GE25  
  staff member
- Vanden Hautte, Jan  
  GE25  
  staff member
- Van de Voorde, Joeri  
  GE25  
  staff member
- Van Renterghem, Bart  
  GE25  
  staff member
- Lenoir, Matthieu  
  GE25  
  lecturer-in-charge
- Deconinck, Frederik  
  GE25  
  co-lecturer

**Offered in the following programmes in 2016-2017**

- **Master of Science in Physical Education and Movement Sciences**  
  (main subject Sports Training and Coaching)

<table>
<thead>
<tr>
<th>crdts</th>
<th>offering</th>
</tr>
</thead>
<tbody>
<tr>
<td>4</td>
<td>A</td>
</tr>
</tbody>
</table>

**Teaching languages**

- Dutch

**Keywords**

- Training methodics and guidelines, sport, training planning, periodisation, performance

**Position of the course**

This course handles the advanced methodical principles and training guidelines in the specific sport discipline as chosen by the student (choice between swimming, track and field, soccer, team handball, basketball, volleyball, gymnastics, dance, also another sport discipline on condition that application has been approved). The choice of the discipline must be inspired by a personal motivation and by advanced technical and tactical skills. The trainer abilities have to be proven before the start of the academic year (VTS or bachelor-related courses).

This course is complementary to the topic Training period in sports training: (inter-)national competition including a competence-oriented portfolio, and builds upon Specific Training Methodics in the first Master year.

This course intends to give insight talent identification, talent development and in the appropriate methodical structures and training guidelines for the chosen sport discipline at national level, and insight in the performance related physical characteristics.

This course contributes within the general competence model of the education programme to the professional competencies, especially to the sports training educational skills.

**Contents**

Theory on advanced technical and tactical skills and methodical principles and training guidelines at (inter-)national level in the sport discipline as chosen by the student.

(Approved)
Initial competences

This course builds upon the competencies acquired in Specific Training Methodics
Trainer B diplom of the Flemish Trainer School or equivalent competences

Final competences

1. Critically discuss general and sport specific principles of talent identification and development
2. Critically discuss scientific literature on talent identification and development
3. Explain general and sport-specific principles of training based upon scientific insights
4. Discuss training methods at inter-) national level in the sport discipline chosen
5. Relate training methods for different physical characteristics to each other
6. Construct training schemes (for physical, technical, and tactical components) according to the sport-specific characteristics and training methods
7. Integrate scientific information in the guidance process of athletes at youth and regional level in a critical manner in the sport discipline chosen

Conditions for credit contract

Access to this course unit via a credit contract is determined after successful competences assessment

Conditions for exam contract

This course unit cannot be taken via an exam contract

Teaching methods

Group work, lecture, seminar

Learning materials and price

Vrijens J; Bourgois J; Lenoir M, 2007, Basis voor verantwoord trainen, Gent: Publicatiefonds voor de Lichamelijke Opvoeding, 466p. (price 35 euro, Dutch)
Syllabus Talent Identification consisting of research papers from our own lab and from international literature on talentidentification (price approx. 10 eur)
Syllabus or handbooks for the chosen sport discipline (price variable)
Syllabus on sport specific parts of the courses Trainer B/TrainerA of the Flemish Trainer School (Vlaamse Trainersschool), dependent on the chosen sport discipline.

References

- Vrijens J; Bourgois J; Lenoir M, 2007, Basis voor verantwoord trainen, Gent: Publicatiefonds voor de Lichamelijke Opvoeding, 466p. (prijs 35 euro, Nederlands)
- Syllabus of handboeken uit de gekozen sportdiscipline (prijs variërend)
- Syllabus van specifiek gedeelte Initiator / Instructeur B / Trainer B/Trainer A van de Vlaamse Trainersschool.

Course content-related study coaching

Titularis:
Prof. dr. Matthieu.Lenoir (Matthieu.Lenoir@UGent.be)
Contact for appointment via e-mail

Talent
- Prof dr Roel Vaeyens (Roel.Vaeyens@UGent.be)
- Prof. dr. Matthieu Lenoir (matthieu.lenoir@UGent.be)
with appointment.

Sportspecific coaching
- Track and field: Linde Content (Linde.Content@ugent.be)
- Gymnastics: Jan Van den Hautte (Jan.VandenHautte@UGent.be)
- Swimming: Filip Roelandt, filip.roelandt@UGent.be
- Basketball: Benny Mertens, benny.mertens@UGent.be
- Volleyball: Julie Claeyss (Julie.Claeys@UGent.be)
- Soccer: Bart Van Renterghem, bart.vanrenterghem@UGent.be
- Handball: Joeri Vandevoorde, Joeri.vandevoorde@UGent.be
- Dance: Mieke Devriendt, mieke.devriendt@UGent.be

(Approved)
The teachers can be contacted before and after the practical lessons, or after appointment.

**Evaluation methods**
- end-of-term evaluation and continuous assessment

**Examination methods in case of periodic evaluation during the first examination period**
- Written examination, oral examination

**Examination methods in case of periodic evaluation during the second examination period**
- Written examination, oral examination

**Examination methods in case of permanent evaluation**
- Portfolio, participation, skills test, job performance assessment

**Possibilities of retake in case of permanent evaluation**
- Examination during the second examination period is possible in modified form

**Extra information on the examination methods**
- Frequency: Evaluation during practica (attendance and practical report)

**Calculation of the examination mark**
- Special conditions: Final score is the combination of the score on the general non-sport specific theory (50%) and the sport specific theory (50%). Passing both parts is mandatory in order to obtain the credit.
- Participation at practica is obligatory.

**Addendum**
- This course is open for incoming mobility students (Erasmus)