



GENERAL EXERCISE AND TRAINING SCIENCE

In the subject “General Exercise and Training Science” we provide you with generally applicable in-depth knowledge on the topics listed below, which we will also refer to in the specialisation subject. At the end of the course, you should be able to understand correlations and transfer them to your type of sport.

Topics:

- Scientific correlations between performance in sports / performance structure and sports training / training structure
- Influences on the long-term development of performance in sports caused by biological, psychological/mental and motor peculiarities within ontogenesis
- The concept of external and internal load; load principles; guidelines on performance development; long-term performance development
- The process of motor learning /technique training and methodical consequences for sports training in competitive sports
- Fundamentals and methodology of training selected personal performance prerequisites

- In relation to competitive sports:
 - endurance ability
 - strength ability
 - speed ability
 - coordinative abilities