

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
		1.	1. ali 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:

prof. dr. Frane Erčulj in prof. dr. Marko Šibila

Jeziki /

Languages:

Predavanja /

Lectures:

Slovenščina/Slovenian

Vaje / Tutorial:

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

Izpolnjevanje pogojev za vpis na doktorski študij Kineziologija.

Prerequisites:

General conditions for enrolment into the Doctoral Programme of Kinesiology

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, tipov igralcev in moštev v polistrukturnih kompleksnih športih.

Content (Syllabus outline):

Topic: Characteristics of the sport training system in poly-structural complex sports and the aspects of their study in the in an international environment and in Slovenia.

Subtopic:

- 1) Characteristics of the subsystem of spatial, temporal, technical and tactical facets of the poly-structural complex sports and the aspects of its study.
- 2) Characteristics of the subsystem of partial or full potential and competitive performance of male and female

- 3) Značilnosti podsistema začetnega vključevanja, selekcioniranja in specializacije igralcev 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 športno prakso.

- athletes in poly-structural complex sports and the aspects of its study.
- 3) Characteristics of the subsystem of initial integration, selection and specialisation of male and female athletes in poly-structural complex sports and the aspects of its study.
 - 4) Characteristics of the subsystem of the training process management in poly-structural complex sports and the aspects of its study.

In all sub-topics, students will be acquainted with research problems related to individual sub-topics, with aspects of their study, with selected special scientific-research technologies and methods, and with the means of transferring results into sport practice.

Temeljni literatura in viri / Readings:

- 1) Bon, M., Perš, J., Šibila, M., Kovačič, S. (2002). Analiza gibanja igralca med tekmo. Ljubljana: Fakulteta za šport.
- 2) Vuleta, D., Milanović, D. i suradnici (2004). Rukomet – znanstvena istraživanja. Zagreb: Kineziološki fakultet Sveučilišta u Zagrebu.
- 3) Pori, P., Šibila, M. (2006). Analysis of high-intensity large-scale movements in team handball = Analiza najintenzivnejših gibanj v rokometu. *Kinesiologia Slovenica : scientific journal on sport*.
- 4) Šibila, M., Pori, P. (2009). Position-related differences in selected morphological body characteristics of top-level handball players = Razlike u određenim morfološkim karakteristikama tijela povezane s pozicijom kod vrhunskih rukometaša. *Collegium antropologicum*.
- 5) Corvino, M., Tessitore, A., Minganti, C., Šibila, M. (2014). Effect of court dimensions on players' external and internal load during small-sided handball games. *Journal of Sports Science and Medicine*.
- 6) Mohorič, U., Šibila, M., Štrumbelj, B. (2021). Positional differences in some physiological parameters obtained by the incremental field endurance test among elite handball players. *Kinesiology : international scientific journal of kinesiology and sport*.
- 7) Erčulj, F. in Supej, M. (2015). Kinematic Analysis of Basketball Shooting. Application of Different Technologies. Hamburg: Kovac.
- 8) Erčulj, F., Zovko, V. (2020). Znanost o metu na koš. Ljubljana: Fakulteta za šport, Inštitut za šport.
- 9) Filippi, A. (2011). Shot Like the Pros. The road to a successful shooting technique. Chicago, IL: Triumph books.
- 10) 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.
- 11) Oliver, D. (2003). Basketball on Paper. Rules and Tools for Performance Anayisis. Washington, D.C.: Potomac Books.

- 12) Fontanella, J. J. (2006). The physics of basketball. Baltimore: The Johns Hopkins University Press.
- 13) Kim J, James N, Parmar N, Ali B and Vučković G (2019). The Attacking Process in Football: A Taxonomy for Classifying How Teams Create Goal Scoring Opportunities Using a Case Study of Crystal Palace FC. *Front. Psychol.* 10:2202. doi: 10.3389/fpsyg.2019.02202
- 14) Jongwon Kim, Nic James, Nimai Parmar, Besim Ali & Goran Vučković (2019). Determining unstable game states to aid the identification of perturbations in football, *International Journal of Performance Analysis in Sport*, 19:3, 302-312, DOI: 10.1080/24748668.2019.1602439
- 15) Milanović, Z., Vučković, G., James, N., Hughes, M., Murray, S., Perš, J. & Sporiš, G. (2014). Does SAQ training improve the speed and flexibility of young soccer players? A randomized controlled trial. *Human Movement Science*, 38, 197-208. doi: <http://dx.doi.org/10.1016/j.humov.2014.09.005>
- 16) Rhys M. Jones, Christian C. Cook, Liam P. Kilduff, Zoran Milanović, Nic James, Goran Sporiš, Bruno Fiorentini, Fredi Fiorentini, Anthony Turner, Goran Vučković. (2013). Relationship between Repeated Sprint Ability and Aerobic Capacity in Professional Soccer Players, *The Scientific World Journal*, vol. 2013, Article ID 952350, <https://doi.org/10.1155/2013/952350>
- 17) Reeser, J.,C., Bahr, R. (2017). *Handbook of Sports Medicine and Science. Volleyball – Second Edition*
- 18) *International Journal of volleyball research: The Official Journal of USA Volleyball's Sports Medicine and Performance Commission*
- 19) Skazalski, C., Whiteley R., Bahr, R. (2018). High jump demands in professional volleyball-large variability exists between players and player positions. *Scand J Med Sci Sports*.
- 20) Skazalski, C., Whiteley R., Hansen, C., Bahr, R. (2018). A valid and reliable method to measure jump-specific training and competition load in elite volleyball players. *Scand J Med Sci Sports*.
- 21) Damji, F., MacDonald, K., Hunt, M.,A., Taunton, J., Scott, A. (2021). Using the VERT wearable device to monitor jumping loads in elite volleyball athletes. *Plos One*.
- 22) Komi, P. V. (2003). *Strength and Power in Sport (Second Edition)*. Oxford: Blackwell Science.
- 23) Baechle, T.,R., Earle, R.,W. (2008). *Essentials of strength training and Conditioning*. Champaign, IL: Human Kinetics.
- 24) *The essentials of performance analysis: an introduction*. (2008). Ed.: Mike Hughes, Ian. M. Franks. New York: Routledge.
- 25) 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:

To educate students to identify research problems with the possibility of application in practice, conducting research (experiment) and designing a scientific work (article) in poly-structural 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:
Recognize and understand the importance of scientific research in poly-structural complex sports and the use thereof in training process of athletes.

--	--

Metode poučevanja in učenja:

Predavanja, seminarji, individualno/mentorsko delo s študenti.

Learning and teaching methods:

Lectures, seminars, individual/mentoring work with students.

Načini ocenjevanja:

Način (ustno izpraševanje, naloge, projekt):

Ocena kakovosti znanstveno-raziskovalne seminarske naloge in njenega zagovora.

Delež (v %) /

Weight (in %) /

Assessment:

Type (examination, oral, coursework, project):

Preparation and presentation of a scientific-type seminar work.

Reference nosilca / Lecturer's references:

prof. dr. Frane Erčulj, rojen 13. 2. 1967 v Ljubljani

Izobrazba: doktor kinezoloških znanosti, 1998, UL, Fakulteta za šport.

Zaposlitev: UL, Fakulteta za šport, profesor.

Raziskovalna področja/problemi:

uspešnost v košarki, ekspertno modeliranje, morfologija - sestava telesa košarkarjev, motorika, struktura košarkarske igre, kinematična analiza tehnike gibanja v košarki, obremenitve in napor košarkarja med tekmo in treningom.

Osebna bibliografija od leta 1993 do 2021:

https://bib.cobiss.net/bibliographies/si/webBiblio/bib201_20210826_113428_a4126051.html

prof. dr. Marko Šibila, rojen 5. 3. 1962 v Mariboru

Izobrazba: doktorat, 1995, UL, Fakulteta za šport.

Zaposlitev: UL, Fakulteta za šport, profesor.

Raziskovalna področja/problemi:

uspešnost v rokometu, ekspertno modeliranje, morfologija - sestava telesa rokometša, motorika, struktura rokometne igre, obremenitve in napor rokometša med tekmo in treningom.

Osebna bibliografija: [Dr. Marko Šibila \[10064\] \(cobiss.net\)](#)