

Global Learning Semesters

Course Syllabus

Course: SPSC-430 Exercise Performance in Young Athletes

Department: Liberal Arts

Host Institution: Intercollege, Nicosia, Cyprus



Course Summary		
Course Code	Course Title	Recommended Credit Hours
SPSC-430	Exercise Performance in Young Athletes	3
Semester Offered	Contact Hours	Prerequisites
Please contact us	42-45	None
Department	Level of Course	Language of Instruction
Liberal Arts	Upper Division	English

Course Description

Young athletes are physically developing, from early childhood to late adolescence. This means that they have different capabilities for, and adaptations to, exercise and for this reason, young athlete training programs should not be just scaled down versions of adult training programs. The primary aim of the course is to academically inform students to the anatomical, physiological and biochemical factors that affect exercise training and exercise performance of young athletes.

Prerequisites

None

Topic Areas

1. Introduction to preparation of kids physically for games
2. Growth rates, bone development and training
3. Skills development
4. Improving performance safely
5. Avoiding repetitive strain injury
6. Endurance training in young athletes
7. Effects of growth on endurance
8. Pubertal status and training
9. Strength training, strength gain, body size and body composition
10. Strength training & exercise performance
11. Strength training & safety
12. Strength training for children and adolescents
13. Overuse Injury
14. Preventative training for young female athletes
15. Nutrition prior to training/competition
16. Recovery nutrition for young athletes

Learning Outcomes

By the end of this course the students should be able to:

1. Clearly understand the anatomical/physiological/biochemical differences between young and mature athletes.
2. Developing core skills

3. Boosting performance
4. Preventing 'Unexplained Underperformance Syndrome' (UPS)
5. Overreaching vs overtraining
6. Avoiding burnout, staleness, and overtraining syndrome
7. Effective endurance training
8. Designing programs
9. Resistance training
10. Relating training to ability
11. Boosting endurance capacity

Assessment

One Mini Essays/Reviews, 1500 words:	(20%)
Midterm Examination, Theory and Practice:	(30%)
Final examination, Theory and Practice:	(50%)

Readings and Resources

Required Textbooks

1. W.J. Kraemer and S.J. Fleck (1992). *Strength Training for Young Athletes* Manufacturer: Human Kinetics.
2. Relevant Instructors' Manual will be provided.

Recommended Textbooks

1. Blimkie, C.J.R. Resistance Training During Preadolescence. *Issues and Controversies. Sports Medicine* 15 (6): 389-407, 1993.
2. Blimkie, C.J.R. Benefits and Risks of Resistance Training in Children. In: *Intensive Participation in Children's Sports*. B.R. Cahill and A.J. Pearl (eds.). American Orthopedic Society for Sports Medicine. Human Kinetics, Champaign, Il., pp. 133-165, 1993.