

1.1. Course teacher	<b>Prof. Mario Kasović, PhD</b>	1.6. Year of the study programme	4
1.2. Name of the course	<b>TRIATHLON</b>	1.7. Credits (ECTS)	2
1.3. Associate teachers	Prof. Vesna Babić, Ph.D.	1.8. Type of instruction (number of hours L + S + E + e-learning)	30 (18L+12E)
1.4. Study programme (undergraduate, graduate, integrated)	Integrated	1.9. Expected enrolment in the course	15-20
1.5. Status of the course	Elective	1.10. Level of application of e-learning (level 1, 2, 3), percentage of online instruction (max. 20%)	2
<b>2. COURSE DESCRIPTION</b>			
2.1. Course objectives	<ul style="list-style-type: none"> <li>- to introduce the student with the basic characteristics of triathlon</li> <li>- correct mastering of moving structure techniques in all three compounding sports of triathlon</li> <li>- acquiring teaching methods for instructing specific techniques of all three compounding sports of triathlon</li> <li>- to acknowledge biomechanical movement principles in all three compounding sports of triathlon</li> <li>- acquire basic theoretical knowledge of triathlon</li> </ul>		
2.2. Course enrolment requirements and entry competences required for the course	Each student has to own his/her own bicycle which is required for the practical classes. Enrolment requirements: successfully passed final exam of Track and field – walking and running course and Swimming course.		
2.3. Learning outcomes at the level of the programme to which the course contributes	<p>To implement knowledge, skills and theoretical knowledge for the purpose of developing triathlon as a sport. To educate and explain, by introducing multistructural activities such as triathlon, the importance of physical activity in everyday life. To identify and analyse the possibilities of organizing triathlon competitions with the purpose of sports tourism development. Practical implementation of acquired knowledge and skills through participation in the adjusted forms of triathlon competitions.</p>		
2.4. Learning outcomes expected at the level of the course (4 to 10 learning outcomes)	<p>Students will be able to:</p> <ul style="list-style-type: none"> <li>- understand the role and significance of each event in triathlon</li> <li>- implement acquired knowledge and skills in teaching beginners</li> <li>- analyse performance of certain movement structures</li> <li>- participate in the organization of triathlon competitions</li> <li>- autonomously conduct modified forms of triathlon competitions</li> <li>- understand the rules and functioning systems of competitions in triathlon</li> </ul>		
2.5. Course content broken down in detail by weekly class schedule (syllabus)	<p><b>Theoretical lectures</b> (each topic is covered with 1 class)</p> <ol style="list-style-type: none"> <li>1. Triathlon – general information</li> <li>2. Cycling – general information</li> <li>3. Specificities of cycling in triathlon</li> <li>4. Transition T1 and T2</li> <li>5. Specificities in swimming and running in triathlon</li> <li>6. Recovery methods in triathlon</li> </ol>		

	<b>Theoretical-practical lectures</b> (each topic is covered with 1 class) 1. Training programmes for basic aerobic endurance, speed and speed endurance development in swimming 2. Training programmes for basic aerobic endurance, speed and speed endurance development in cycling 3. Training programmes for basic aerobic endurance, speed and speed endurance development in running 4. Training programmes – transitions T1 and T2 5. Strength training in triathlon 6. Flexibility – stretching in triathlon 7. Periodization in triathlon 8. Training process planning in triathlon 9. Mental preparation – preparation for the competition 10. The importance of food and fluid intake during trainings and competitions 11. Heart rate and load determination for each particular event in triathlon 12. differences in training process for particular types of triathlon (sprint – Olympic – long triathlon)  <b>Exercises</b> (each topic is covered with 1 class) 1. Open water group swimming - deep water mass start - mass pontoon jump start (of the platform) 2. Orienteer swimming – buoy in the open water - individually - in group 3. T1 – leaving water and entering the transition zone T1 4. T1 – jumping onto the bicycle and leaving the transition zone T1 5. T2 – leaving the bicycle and entering transition zone T2 6. T1+T2 – transitions 7. Bicycle – pack ride - individual overtaking - parallel overtaking 8. Bicycle – hill climbing cycling technique and turning technique 9. Running – standard continuous 500m-2,5 km running after bicycle ride 10. Variable continuous 2,5 km run 11. Super sprint triathlon (250 m swimming, 6,5 km cycling, 1,25 km running) 12. Sprint triathlon (750 m swimming, 20 km cycling, 5 km running)					
2.6. Format of instruction:	<input checked="" type="checkbox"/> lectures <input type="checkbox"/> seminars and workshops <input checked="" type="checkbox"/> exercises <input type="checkbox"/> on line in entirety <input type="checkbox"/> partial e-learning <input checked="" type="checkbox"/> field work		<input type="checkbox"/> independent assignments <input type="checkbox"/> multimedia and the internet <input type="checkbox"/> laboratory <input type="checkbox"/> work with mentor <input checked="" type="checkbox"/> participation in modified triathlon competition		2.7. Comments:	
2.8. Student responsibilities						
	Class attendance	0.2	Research		Practical training	0.6
	Experimental work		Report		(other)	

2.9. Screening student work (name the proportion of ECTS credits for each activity so that the total number of ECTS credits is equal to the ECTS value of the course )	Essay		Seminar essay		(other)	
	Tests		Oral exam	0.6	(other)	
	Written exam	0.6	Project		(other)	
2.10. Grading and evaluating student work in class and at the final exam	Active participation on classes 10% Tests – practical training 30% Written exam 30% Final – oral exam 30%					
2.11. Required literature (available in the library and via other media)	Title				Number of copies in the library	Availability via other media
	1. Friel, J. (2004). The triathletes Bible (2. izd). Velo Press.					
	2. Dallam, G., Jonas, S. (2008). Championship Triathlon Training. Champaign, IL: Human Kinetics.					
	3. Hobson, W., Campbell, C., Vickers, M. (2001). Swim, bike, run. Champaign IL: Human Kinetics.					
2.12. Optional literature (at the time of submission of study programme proposal)	1. Cecil M. Colwin (1998). Plivanje za 21. stoljeće, Gopal. 2. Chambers, K. (2007). ITU Competative Coaching Course Manual. ITU. 3. Evans, M. (1997). Endurance athlete's edge. Champaign IL: Human Kinetics. 4. Mierke, K. (2005). Triathlon Training Running. A&C Black Ltd. 5. Santos, S. (2008). ITU Competitive Coaching Course, 3 – 10 October, Medulin, 2008.					
2.13. Quality assurance methods that ensure the acquisition of exit competences	Anonymous student survey.					