



Náms- og kennsluáætlun - Vorönn 2025

Hraða- og styrktarþjálfun (ESPJ3HS10)

Kennari	Nafn: Milos Petrovic Email: milos.petrovic@fss.is	
Viðtalstími	By appointment on Teams or via email: milos.petrovic@fss.is	
Námsefni	1. Lee E. Brown: Strength Training, Human Kinetics 2017. 2. Zatsiorsky Vladimir, Kraemer, William J. W: Science and practice of strength training, Human Kinetics; Second edition 2016. 3. Ian Jeffreys, Jeremy Moody: Strength and Conditioning for Sports Performance, Routledge 2016. 4. Paul Gamble: Strength and Conditioning for Team Sports: Sport-Specific Physical Preparation for High Performance, second edition, Routledge 2013. 5. Steve McCaw: Biomechanics for dummies, 2014. All books will be provided to the students in FS Moodle.	
Áfangalýsing	The course will consist of 3 major parts: 1. Course components: theoretical learning, practical classes, assignments, quizzes and final exam. 2. Assignments: Assignment 1 will cover strength and power aspects of the assigned sport/activity. Assignment 2 will cover sprinting, agility and change of direction. 3. Test of knowledge: 4 quizzes and practical demonstration of squat, clean & jerk and snatch. 4. Teaching will be conducted on site and in Laugardalshöll (Engjavegur 8, Reykjavík 104).	
Námsmat og vægi námsmatspáttta	Activity	Percents of the grade
	Assignment 1	15%
	Assignment 2	15%
	Quizzes (4 of them)	10%
	Presence	20%
	Practical demonstration of squat, snatch and clean & jerk	10%
	Final exam	30%
	Assignment 1 will cover strength and power aspects of the assigned sport/activity. For this assignment, teacher will give you a sport or activity to analyse. Assignment 2 will cover sprinting, agility and change of direction of the same activity that you were given in the assignment 1.	

	Quizzes will be scheduled one day after the onsite teaching. There will be 4 quizzes (after every Thursday/Friday when there is onsite teaching). They will be open for 24h and the questions will cover the topics that were analysed during Thursday and Friday. Practical demonstration of squat, snatch and clean & jerk. During the last onsite classes, students will have to demonstrate correct technique of these lifting elements. Presence is mandatory for the practical classes. There will be 8 teaching onsite days. Students are obliged to attend minimum 6 days. Missing more than 2 onsite days will disqualify them from the course. Final exam will be in a written form as a combination of the multiple-choice questions and written answers.
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Reglur áfanga	Notkun á snjallsímum er ekki leyfileg í tímum nema með leyfi kennara. Bring your computer to onsite classes Attending onsite classes is mandatory
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Annað sem kennari vill láta koma fram	The classes, examination and all tests will be conducted in English language. The level of English language is not relevant, and students will not be graded by the level of writing or speaking.
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Þekking	Leikni
Nemandi skal hafa öðlast þekkingu og skilning á: • Helstu hugtökum þjálffræðinnar sem tengjast styrktar- og hraðapjálfun. • Mismunandi kröfum sem ólíkar íþróttagreinar gera til líkamlegrar afkastagetu iðkenda. • Þekki ólíkar æfingar tengdar styrktar- og hraðapjálfun. • Helstu aðferðum við afkastagetumælingar. • Grundvallaratriðum við gerð þjálfunaráætlana.	Nemandi skal hafa öðlast leikni í að: • Helstu hugtökum þjálffræðinnar sem tengjast styrktar- og hraðapjálfun. • Mismunandi kröfum sem ólíkar íþróttagreinar gera til líkamlegrar afkastagetu iðkenda. • Þekki ólíkar æfingar tengdar styrktar- og hraðapjálfun. • Helstu aðferðum við afkastagetumælingar. • Grundvallaratriðum við gerð þjálfunaráætlana.
	
Hæfni	
Nemandi skal geta hagnýtt þá þekkingu og leikni sem hann hefur aflað sér til að: • Helstu hugtökum þjálffræðinnar sem tengjast styrktar- og hraðapjálfun. • Mismunandi kröfum sem ólíkar íþróttagreinar gera til líkamlegrar afkastagetu iðkenda. • Þekki ólíkar æfingar tengdar styrktar- og hraðapjálfun. • Helstu aðferðum við afkastagetumælingar. • Grundvallaratriðum við gerð þjálfunaráætlana.	

Virðing, samvinna og árangur

Below are examples of how the course is broken down – i.e. how much time each part of the course students can expect to use on each part. This is a 10 credit course so the total amount should be between 180 – 240 hrs.

Workload	
Lectures	120 hours
Onsite classes	40 hours
Assignment 1	10 hours
Assignment 2	10 hours
Quizzes	20 hours
Total	200 hours

Kennsluvikur	Áætluð yfirferð námsefnis	Skil á verkefnum (due dates)
1. vika 20. – 24. janúar	Online meeting – presence is mandatory	20 th January at 12.00
2. vika 27. – 31. janúar		
3. vika 3. – 7. febrúar		
4. vika 10. – 14. febrúar		
5. vika 17. – 21. febrúar	Onsite teaching in Laugardalshöll	20 th and 21 st February from 12.00-17.00.
	Quiz 1	22 nd February
6. vika 24. – 28. febrúar		
7. vika 3. – 7. mars		
8. vika 10. – 14. mars	Onsite teaching in FS	13 th and 14 th March From 12.00-17.00
	Quiz 2	15 th March
9. vika 17. – 21. mars	Assignment 1	23 rd March
10. vika 24. – 28. mars	Onsite teaching in FS	27 th and 28 th March From 12.00-17.00
	Quiz 3	29 th March
11. vika 31. mars – 4. apríl	Assignment 2	5 th April
12. vika 7. – 11. apríl	Onsite teaching in FS	10 th and 11 th April From 12.00-17.00
	Quiz 4	12 th April

Með fyrirvara um breytingar og von um gott samstarf

Milos Petrovic