



Náms- og kennsluáætlun - Vorönn 2026

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: 3 quizzes and practical demonstration of squat, clean & jerk and snatch.															
Námsmat og vægi námsmatspátta	<table><tr><th>Activity</th><th>Percents of the grade</th></tr><tr><td>Assignment 1</td><td>15%</td></tr><tr><td>Assignment 2</td><td>15%</td></tr><tr><td>Quizzes (3 of them)</td><td>10%</td></tr><tr><td>Presence</td><td>20%</td></tr><tr><td>Practical demonstration of squat, snatch and clean & jerk</td><td>10%</td></tr><tr><td>Final exam</td><td>30%</td></tr></table>	Activity	Percents of the grade	Assignment 1	15%	Assignment 2	15%	Quizzes (3 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 3 quizzes.
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	Practical demonstration of squat, snatch and clean & jerk. During the last onsite classes, students will have to demonstrate correct technique of these lifting elements. I would also like to highlight an important point from the outset regarding attendance. A minimum attendance of 80% is required for this course. As the course includes 8 meetings, this means that you must attend at least 6 classes. Unfortunately, missed onsite classes cannot be compensated. Failure to meet the minimum attendance requirement will require re-enrolment in the course next year. 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 (80%)
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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 hraðaþjálfun. • Mismunandi kröfum sem ólíkar íþróttagreinar gera til líkamlegrar afkastagetu iðkenda. • Þekki ólíkar æfingar tengdar styrktar- og hraðaþjálfun. • Helstu aðferðum við afkastagetumælingar. • Grundvallaratriðum við gerð þjálfunaráætlana.	Nemandi skal hafa öðlast leikni í að: • Helstu hugtökum þjálffræðinnar sem tengjast styrktar- og hraðaþjálfun. • Mismunandi kröfum sem ólíkar íþróttagreinar gera til líkamlegrar afkastagetu iðkenda. • Þekki ólíkar æfingar tengdar styrktar- og hraðaþjálfun. • 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 hraðaþjálfun. • Mismunandi kröfum sem ólíkar íþróttagreinar gera til líkamlegrar afkastagetu iðkenda. • Þekki ólíkar æfingar tengdar styrktar- og hraðaþjálfun. • 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 (including reading material)	120 hours
Onsite classes	42 hours
Assignment 1	10 hours
Assignment 2	10 hours
Quizzes	20 hours
Total	202 hours

Áætluð yfirferð námsefnis	Skil á verkefnum (due dates)
Online meeting – presence is mandatory	12 th January 21:00-21:30
Onsite teaching in FS	16 th February from 9:00-16:00.
Onsite teaching in FS	17 th February from 12:00-16:00.
Onsite teaching in FS	18 th February from 9:00-16:00.
Onsite teaching in FS	19 th February from 12:00-16:00.
Quiz 1	20 th February
Onsite teaching in FS	17 th March from 12:00-16:00
Onsite teaching in FS	18 th March from 9:00-16:00
Onsite teaching in FS	19 th March from 12:00-16:00
Onsite teaching in FS	20 th March from 9:00-16:00
Quiz 2	21 st March
Assignment 1	23 rd March
Assignment 2	5 th April
Quiz 3	12 th April

Með fyrirvara um breytingar og von um gott samstarf

Dr Milos Petrovic