



Course Code SPRT-401	Course Title Human Performance Management	ECTS Credits 6
Department Hospitality ,Tourism and Sports Management	Semester Fall / Spring	Prerequisites None
Type of Course Compulsory/Elective	Field Sports Management	Language of Instruction English
Level of Course 1 st Cycle	Year of Study Second-Fourth	Lecturer(s) Dr. Marios Hadjicharalambous
Mode of Delivery face-to-face	Work Placement N/A	Co-requisites None

Objectives of the Course:

The main objectives of the course are to:

- Provide an overview of the different sport scientific principles that may contribute to positive or negative influence on athletes' performance
- Enhance critical evaluation skills of the students in regards to different legal or illegal methods offered and distinguish between ethical and unethical ways for enhancing sport's performance
- Impart the basic principles of successful coaching
- Provide the role of each member of the team/club and how these members (head coach, assistant coach, trainer, physiotherapist, administrative members, executive board members) influence the athletes' performance

Learning Outcomes:

After completion of the course students will be expected to be able to:

1. Have basic knowledge about the Anatomy and Physiology of the human body and understand its functions at rest and during exercise
2. Understand the different scientific methods that may support the athletes' performance (exercise physiology, fitness testing, sport nutrition, sport psychology, sport medicine)
3. Critically evaluate the different legal and illegal supporting methods offered for enhancing performance (ergogenic supplements or performance enhancing drugs)
4. Distinguish between ethical and unethical ways of performance enhancement
5. Know the function and contribution of sports academies in professional sports and the role of sport scientists in this level
6. Understand the basic principles of successful coaching
7. Understand how the athlete's performance is influenced by members of the team/club

coaching, training and administrative personnel

Course Contents:

1. Human anatomy and Physiology
2. Sports Medicine and its role in supporting sport performance
3. Fitness assessment, performance evaluation and their role in the overall team/club performance
4. Human Performance Labs and cooperation with scientific personnel
5. Sports Nutrition and Sports/ Exercise performance (the role macronutrients and micronutrients)
6. Sport Supplements, Ergogenic aids and exercise performance
7. Doping/performance enhancing drugs and their implications on athletes health and sports ethics
8. Athletes' psychology and the importance of psychological support on performance
9. Fundamental principles of successful coaching (Team coaching and building, coaching skills, fair play, code of conduct and behavior)

Learning Activities and Teaching Methods

Lectures, Students' Presentations, Tutorials, Assignments, Movies and Videos

Assessment Methods:

Homework, Assignments, Mid term Exam, Final Exam

Required Textbooks/Reading

Authors	Title	Publisher	Year	ISBN
Hajdicharalambous M.	Human Performance Management: Lecture Notes		2009	

Recommended Textbooks/Reading

Authors	Title	Publisher	Year	ISBN
McArdle Katch and Katch	Exercise Physiology-Energy, Nutrition&Human Performance (6 th edition)	Lippincott, Williams&Wilkins	2007	9780781749909 (ISSN) 0781749905
Powers, Scott and Edward Howley	Exercise Physiology:Theory and Application to Fitness and Performance: Exercise Physiology, 6/e	McGraw-Hill	2007	0073028630
Weinberg R.S., and	Foundations of	Human Kinetics	2007	0736064672

Gould D	Sport and Exercise Psychology			
Bloomfield J., Fricker, P.A. and Fitch, K.D	Textbook of science and medicine in sport	Wiley Blackwell	1999	0867931612
Robyn L. Jones, Mike Hughes, Kieran Kingston	An Introduction to Sports Coaching: From Science and Theory to Practice	Routledge: Taylor and Francis	2007	978-0-415-41131-8
Frederic H. Martini, Edwin F Bartholomew	Essentials of Anatomy & Physiology	Benjamin Cummings	2008	0321570073