

Global Learning Semesters

Course Syllabus

Course: SPRT-401 Human Performance Management

Department: Management

Host Institution: University of Nicosia, Nicosia, Cyprus



Course Summary		
Course Code	Course Title	Recommended Credit Hours
SPRT-401	Human Performance Management	3
Semester Offered	Contact Hours	Prerequisites
Fall, Spring	42	Junior or Senior Standing
Department	Level of Course	Language of Instruction
Management	Upper Division	English

Course Description

The broad aim of the course is to familiarize students with the principles of Human Performance Management by developing a critical perspective. The course will increase the awareness and understanding of the critical factors and scientific support mechanisms for maximising human performance. Concepts that will be covered include the origins of performance preparation analysis, elite sport delivery systems, recruitment selection and talent identification planning and ethics and performance standards.

Instructor

Marios Hadjicharalambous

Course Aims and Objectives

By the end of the course the student should be able to:

- Understand the different scientific disciplines that can contribute to the maximization of athletes' performance e.g. sports nutrition, sports psychology, sports medicine etc.
- Critically evaluate the different support schemes provided for increasing performance, e.g. doping, performance enhancing drugs etc
- Develop a strategic development plan for the provision of scientific support services for human performance management in sports organizations – the concept of managing sports performance

Course Teaching Hours

42 hours. The course is delivered during the Fall and Spring semesters in 14-weeks (3 hours/week).

Evaluation and Grading

Homework and Assignments: 30%
Class Activities: 20%
Midterm + Final Exam: 50%

Readings and Resources

Required Textbook(s)

Instructors' manual will be provided