

MINOR HAN SPORT & EXERCISE

# PERFORMANCE DEVELOPMENT IN YOUNG ATHLETES



Are you interested in maximizing the potential of talented young athletes for future elite sport performance? Register for the minor Performance Development in young athletes offered at HAN University of Applied Sciences.

## INTRODUCTION

In this minor you will contribute to talent identification and talent development in a professional sports organization by using knowledge from the areas of sport physiology, sport psychology and technical/tactical sport skills.

You will make use of literature and conduct tests in a group of talented athletes to solve a practical problem put forward by the sports organization. You will translate the results in a practical advice for the sports organization, which helps this organization to enhance its processes of talent identification and talent development.

## SUBJECTS

- Talent identification & development
- Sport physiology
- Sport psychology
- Technical and tactical sport skills
- Motor learning
- Professional development

## ASSESSMENT

In this minor you will be assessed on the following products:

1. Written exam: application of knowledge of sport physiology, sport psychology and technical/tactical sport skills
2. Advisory report: description of the solution to the problem
3. Defense: reflection on the advice and your professional development

OPEN UP NEW HORIZONS.

**HAN** UNIVERSITY  
OF APPLIED SCIENCES

## TEACHING METHODS

In order to help you to acquire the content knowledge and successfully complete the practical assignment, we employ a variety of teaching methods, including (guest) lectures, workshops, practical sessions, seminars and lessons aimed at professional development. The time that you will spend on attending classes, self-study and working on the practical assignment request a full-time investment and a high degree of motivation and autonomy.

## FOR WHOM?

- You are interested in competitive sports and you like to contribute to the process of identification and development of talented young athletes.
- You are enrolled in a relevant study, such as Physical Education Teacher, Applied Sport Science, Physiotherapy or Sports and Exercise Sciences.

## PRACTICAL INFORMATION

The minor Performance development in young athletes takes 1 semester and successful completion results in 30 EC. The minor is taught in English during semester 1 (September-January) and in Dutch in semester 2 (February-June). Lessons are planned on three days per week. On the remaining two days, you will spend time on self-study and the practical assignment at the sports organization.

Various sports organizations in our network have put forward a unique practical problem to solve, but you are also free to propose your own sports organization with a relevant question. At the start of the semester teachers and students will discuss who will take responsibility for each assignment.

## INFORMATION

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