

MSc International Performance Analysis of Sport



Welcome Guide to Studies

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Welcome

Otto-von-Guericke University of Magdeburg, University of Trás-os-Montes and Alto Douro and the Lithuanian Sports University would like to welcome you to the MSc International Performance Analysis of Sport course.

Each university recruits students to the course to study together during three semesters in each of the European countries. You will already know the course leader of your registered university and during your time on the course you should keep them updated should you have any major concerns or if your personal circumstances change. During your stay at each institution you will have a primary contact for local matters related to the studies undertaken at that institution. Various contact details are listed in this document which you will find of use.

The three MSc IMPAS Course Leaders are Professora Anita Hökelmann of Otto-von-Guericke University of Magdeburg, Professor Nuno Leite of the University of Trás-os-Montes and Alto Douro and Professora Danguole Satkunskiene of the Lithuanian Sports University (LSU). We all look forward to working with you during your course.

During the first year you will undertake two study blocks, one at Otto-von-Guericke University and the other at the University of Trás-os-Montes and Alto Douro. In this year there are four taught modules, two at each university, where each module constitutes 15 European Credit Transfer System (ECTS) units. For each year of study you are required to accrue 60 ECTS units. Year 2 of the course contains two modules at the Lithuanian Sports University (LSU), an applied scientific work placement (10 ECTS credits) and submission of a thesis/ research project (20 ECTS credits). The thesis writing and submission process will be managed by your registered university. By completion of the course you need to have obtained 120 ECTS credits to graduate.

The MSc IMPAS course is an intensive programme where students will not only be studying a multitude of discipline-specific subjects, but also immersing themselves in education and training in an international context. As a result of this you will need to be flexible to the different approaches of study and practice which exist at the various institutions, as these varied experiences will provide you with a valuable learning experience. By remaining open to new methods and opportunities you will get the most from your study experience.

This booklet contains useful information about the study programme, and the universities that cooperate in the IMPAS such as a guide to the local area, the modules delivered (including preparatory and indicative readings), assessment methods and criteria and a list of useful contacts.

OVGU Arrive by: Thursday, 01st October 2015 (induction scheduled for Monday, 05th to Saturday, 10th October). Please have a look at the link below for the academic calendar.

https://www.ovgu.de/unimagdeburg/en/Education/Being+a+student/Academic+Calendar/Academic+Calendar+2015_2016-p-21536.html

Welcome introduction to the IMPAS course has been planned for 8th of October at 9h.

OVGU Depart (no earlier than): 15th February 2016

Welcome from Otto-von-Guericke University of Magdeburg

The first teaching phase of your studies on the MSc International Performance Analysis of Sport course will be conducted at Otto-von-Guericke University of Magdeburg ("OVGU" for short). We look forward to welcoming you to Germany. My colleagues and I hope that you will soon feel at home in Magdeburg and that you take advantage of the various opportunities which our town and surroundings offer, from sports and outdoor activities to other sorts of entertainment and cultural events. Magdeburg is situated in the centre of Germany, which enables you to visit a variety of towns, famous places and national treasures during your stay. The staff of our Institute of Sports Sciences ("ISS") will do their best to make your Magdeburg study period as productive and enjoyable as possible. If at any time you have queries regarding your studies or stay in Germany, then please do not hesitate to contact me or one of the individuals who are listed below. See you in Magdeburg soon!

Kind Regards,

Prof Anita Hökelmann

About Magdeburg

Hardly any other city documents Germany's past as closely as Magdeburg, capital of the state of Saxony-Anhalt. Its 1200 years of turbulent history are reflected in its many well-preserved monuments and relics of bygone ages. Magdeburg started life as a trading post on the borders of the Roman Empire. Under Emperor Otto I (912-973) the town enjoyed both royal and international repute. Over the centuries to come, Magdeburg went through hard times in which it suffered fateful incidents and destruction, for example in the Thirty Years War (17th century) or during World War II. However, the current Magdeburg, accommodating 230,000 inhabitants on the banks of the River Elbe, is a truly pleasant place to live. Since 1990, the year after the German reunification, Magdeburg has been the capital of the newly founded state of Saxony-Anhalt, and has once more become the political centre of a region in which it had played a crucial role for over one thousand years. Also, it is a commercial hub with splendid sports facilities and significant cultural scenery. The city centre, being situated next to the university campus and to the ISS, hosts the Opera House and the drama theatre, a well-reputed puppet theatre which also stages classical dramas, as well as cinemas, a communal library with

an adequate stock of literature and DVDs in English language, nightclubs, bars and restaurants.

Magdeburg is temporary hometown for more than 19,000 students who learn at Otto-von-Guericke University (approx. 13,000 students) and at the University of Applied Sciences (approx. 6,000 students). For relaxation and walking or biking tours, our town provides unique parks, like the City Park Rotehorn, the Herrenkrug Park, Elbauen Park, and the North Park in close vicinity to our university campus.

The city hosts a number of different sporting facilities and teams:

- Magdeburg Football Club ("FCM") at MDCC Arena (<http://www.mdcc-arena.de>)
- Magdeburg Sports Club (<http://www.sc-magdeburg.de/core/home.php>)
 - Magdeburg Handball club at GETEC Arena (<http://www.scm-gliadators.de>)
 - Magdeburg Canoe/Kayaking team (<http://www.sc-magdeburg.de/core/sportarten-ka2.php>)
 - Magdeburg Track and Field section (<http://www.sc-magdeburg.de/core/sportarten-la2.php>)
 - Magdeburg Rowing club (<http://www.sc-magdeburg.de/core/sportarten-ru2.php>)
 - Magdeburg Swimming section (<http://scm-schwimmen.de>)
 - Magdeburg Gymnastics team (<http://www.sc-magdeburg.de/core/sportarten-tu2.php>)
- American Football club, the Magdeburg Virgin Guards (<http://www.virginguards.com>).

Magdeburg is situated about one hour by car or train journey from the Harz Mountains National Park. The Harz is an area of outstanding natural beauty and home to various outdoor activities such as hiking, mountain biking and rock climbing.

About Otto-von-Guericke University of Magdeburg

Otto-von-Guericke University (www.ovgu.de) is home to nearly 13,800 students of which 1,300 are international students. It has two main campuses, one in the city centre ("Universitätsplatz") and the other, of the Medical School, in the south of the town ("LeipzigerStrasse"). A map of the city centre campus is available at: http://www.fokus-du.de/fokus-du/upload/1_fokus_du/karten/OvGU_Campus.jpg

OVGU was founded in 1993, in a merger of the formerly existing Technical University, the Teacher Training College and the Medical School. OVGU comprises 9 faculties, from the humanities over maths, engineering and natural sciences to economics and medicine, with more than 70 undergraduate and graduate degree courses.

The University is named after Otto von Guericke, Magdeburg's famous son. Otto von Guericke (1602-1686) was active throughout Europe as an esteemed diplomat and politician. Also, he became well-known as the father of experimental physics. His famous "Magdeburg semispheres experiment" proved for the first time ever the existence of the vacuum.

The ISS where you will have most of your courses is in University Building 151, at 9 Brandenburger Strasse; this is not at the city centre campus, but half a mile away, in close vicinity to Magdeburg Hauptbahnhof, the central train station. The city centre campus has a variety of sports and leisure facilities including a gym, tennis courts and a small selection of cafes/restaurants offering reasonably priced food and drink. A public swimming pool (Elbe indoor baths) is next to the ISS.

Travelling to Otto-von-Guericke University Magdeburg

Otto-von-Guericke University is served by national and international transport links. The nearest airports are (1) **Berlin-Tegel** (www.berlin-airport.de, about 140 km east and 2 hour train ride from Magdeburg); (2) **Berlin-Schönefeld** (www.berlin-airport.de, also 150 km east and 2 hour train ride from Magdeburg). Schönefeld is not served by as many airlines as Tegel. From the Schönefeld train station (300 meters from the airport) you reach the train station Berlin-Ostbahnhof or Berlin-Hauptbahnhof. From here you proceed to Magdeburg by regular train of Deutsche Bahn; Another option are numerous bus (low cost) connections from Berlin Zentraler Omnibus Bahnhof (Berlin-ZOB) (3)

Leipzig/Halle (www.leipzig-halle-airport.de, 120

km south of Magdeburg and situated 18 km north-west of the city of Leipzig). The airport hosts a train station with regular, hourly intercity trains running to and from Magdeburg (travel time: 1 hour). (4) **Hannover** (www.hannover-airport.de), ca. 150 km west of Magdeburg, is a regional airport with direct bus and S-Bahn (suburban train, Line 5) connections to Hannover Hauptbahnhof central station. Train connections to Magdeburg are mostly direct; a few require a transfer in Braunschweig. The travel time is about 90 minutes.

Arrivals at other airports like Munich, Hamburg, Düsseldorf or Frankfurt require 3- to 6-hour train/bus journeys to Magdeburg.

For train connections to Magdeburg visit www.bahn.de, for bus connections <https://www.busradar.com/?title=buslinien-fernbus>. Train travel in Germany is quite expensive, price saving options (Sparangebote) are quite rare. Tickets can be booked online in advance, or at ticket terminals at the train station, or at service centres in the stations. A seat reservation from the above four, close airport towns are not necessary; it might be recommendable from the other, more distant towns. Many students currently decide to travel by bus instead.



Otto-von-Guericke University Online Facilities

OVGU provides a comprehensive campus information portal at <https://lsf.ovgu.de>. General information, guidance and forms for students studying at OVGU can be accessed through:

<http://www.ovgu.de/unimagdeburg/en/Education/Students-p-9435.html>

IMPAS course information will reach you at:

<http://www.ispw.ovgu.de/Studium/Studiengaenge/International+MSc.html>

Taught Modules

During your semester at OVGU you will study two taught modules:

1. Motor Control and Learning (15 ECTS credits)
2. Sports Coaching (15 ECTS credits)

Both modules will be delivered in lectures and seminars throughout the week.

Module 1 – Motor Control and Learning

This module aims to provide strong theoretical underpinning of motor control and skill development in conjunction with development of practical skills for the evaluation and analysis of human movement. Monitoring human performance over a variety of disciplines is critical to the coaching process and athlete development. This module will approach motor control and movement analysis from observational, behavioural, neuro-psychological, and neuro-physiological principles such that an in-depth understanding of movement patterns is achieved.

The module will use lead-lectures, applied workshops and practical classes to introduce principles of motor control including conceptual frameworks; use an interdisciplinary research methods approach and mixed-methods experimental designs to capture, assess, analyse and evaluate human movement in a range of activities, including closed- and open-loop skills.

Module Assessment

Oral group presentations relating to data collection analysis and evaluation of findings (40% of module mark).

Written scientific report of data capture, principles and applications (60% of module mark).

Module Indicative Reading List

- Schmidt, R.A. and Lee, T. (2011). Motor Control and Learning. A Behavioural Emphasis. Human Kinetics, Champaign.
- Schmidt, R.A. and Wrisberg, C.A. (2008). Motor Learning and Performance: A Situation-Based Learning Approach. Human Kinetics, Champaign.

Module 2 –Sports Coaching

This module (lecture, seminar/exercises) aims to develop the students' ability to:

- adopt various approaches to the study of the coaching process, drawing on literature and current research into areas such as pedagogy, psychology and sociology;
- critically evaluate models of coaching; the social aspects of coaching; the coaching contexts; the role of the coach and others within the coaching process; coaching styles and strategies; leadership skills, the management of the coaching process, and coach education;
- implementation of knowledge into sports practice: support of a training process in different sport disciplines and teams (pedagogical and psychological diagnostic, evaluation and intervention)

Module Assessment

Oral group presentations relating to data collection analysis and evaluation of findings (40% of module mark).

Written scientific report about pedagogical, sociological and psychological approaches of the coaching process (60% of module mark).

Module Indicative Reading List

- Cross, N. & Lyle, J. (eds.), (2005). *The Coaching Process: principles and practice for sport*. Oxford: Butterworth-Heinemann.
- Lee, M. (Eds.), (2003). *Coaching Children in Sport. Principles and practice*. London, New York: Spon Press.
- Lyle, J. (2002). *Sports Caching Concepts: A Framework for Coaches' Behaviour*. London, New York: Routledge.
- Cassidy, T. Jones, R. & Potrac, P (2004). *Understanding Sports Coaching: The social, cultural and pedagogical foundations of coaching practice*. London, New York: Routledge.
- Jones, R. L.; Hughes, M. & Kingston, K. (2008). *An Introduction to Sports Coaching. From science and theory to practice*. New York: Routledge.
- Jones, R., Kingston, K. & Hughes, M. (eds.), (2007). *An Introduction to Coaching*. London: Routledge.
- Williams, J. M. (eds), (2010). *Applied Sport Psychology*. Boston: McGraw Hill.

Postgraduate Mark Scheme

Table 1.1 Module Mark Scheme

Mark	Classification
1	Very Good
2	Good
3	Satisfactory
4	Sufficient
5	Unsatisfactory (Fail)
6	Insufficient (Fail)

Possible subdivisions: 1.3; 1.5; 1.7; 2.3; 2.5; 2.7; etc.

OVGU Student Voice

Otto-Von-Guericke University	
Things to take with you:	Rain Jacket, winter gear. Hiking clothes, and sports equipment as there are many ways to participate in sport during your stay. Basic necessities are cheap and could spare you the additional luggage weight. Course material will be important, but a large amount of their library database is written in English.
Things to definitely do or try while you are there:	Elbauen Park in the beginning of the stay as their exhibition will change for the winter time and your coursework will increase to the end. The Elbe river is a great place to wander with many parks surrounding it. The HasselbachPlatz is your typical student area with various bars and cafes, where you can watch football matches. Plan some group trips, especially to Berlin on the weekend. There is a special Wochenende ticket for a group where you pay €8 each to Berlin and back. It's a city you don't want to miss.
Great places to eat and drink:	HasselbachPlatz. There are various hidden places throughout the city with art, music in a relaxed environment. The Christmas Market or Weihnachtsmarkt will provide opportunities to experience traditional German food and, of course, Glühwein.
Best thing about your time in Germany:	Getting acquainted with the students in our group and working together on the projects.
Most difficult part of the German experience:	Learning to live and work alongside each-other and bond as a group.

Important Contact Details

The following people should be contacted in relation to various queries during your time at Otto-von-Guericke University Magdeburg.

Associated Matters	Contact Name	Email	Office Telephone
Primary Contact OVGU (timetable, study rooms)	Prof Anita Hökelmann (IMPAS Course Leader at OVGU)	anita.hoekelmann@ovgu.de	(+49.391)67 14727
Module 1	Prof. Anita Hökelmann	anita.hoekelmann@ovgu.de	(+49.391)67 14727
Module 2	Prof. Dr. Elke Knisel	christine.stucke@ovgu.de	(+49.391)67 16722
Study abroad modules (ERASMUS)	MA Sylvia Zabel (OVGU International Office)	sylvia.zabel@ovgu.de	(+49.391)67 18779

The second semester starts: February 1st 2016. Please have a look at the link below for the academic calendar.

<http://side.utad.pt/cursos/cdesporto/calendario/grafico/>

Welcome week to IMPAS students at UTAD has been planned for the week - January 25th to 29th 2016.

UTAD Depart (no earlier than): 31st May 2016

Welcome from University de Trás-os-Montes e Alto Douro

The second teaching phase of your studies on the MSc International Performance Analysis of Sport course will be conducted at University of Trás-os-Montes e Alto Douro ("UTAD" for short). We look forward to welcoming you to Portugal. My colleagues and I hope that you will soon feel at home in Vila Real and that you take advantage of the various opportunities which our town and surroundings offer, from sports and outdoor activities to other sorts of entertainment and cultural events. Vila Real is situated in the North-East Interior of Portugal, which enables you to visit a variety of rural landscapes, famous places and national treasures during your stay. The staff of our University will do their best to make your Vila Real study period as productive and enjoyable as possible. If at any time you have queries regarding your studies or stay in Portugal, then please do not hesitate to contact me or one of the individuals who are listed below. See you in Magdeburg soon!

Kind Regards,

Professor Nuno Leite

About Vila Real

Vila Real is situated in the North-East Interior of Portugal and stands at an average altitude of 460 metres above sea level, on the right bank of the River Corgo, tributary of the River Douro. It is located 85 kilometres from the Atlantic Ocean (West), 18 kilometres from the Douro (South) and 65 kilometres from the nearest international border – with the Spanish region of Galicia (North). The city is the capital of a province called Trás-os-Montes and Alto Douro (translates to Behind the Mountains and Upper Douro Valley), and lies between two rivers, the Cabril and the Corgo, whose deep gorges and steep cliffs give the area both beauty and grandeur. It nestles between the mountains of the Marão and Alvão ranges, on whose peaks snow can often be seen in the cold season. During the winter, the temperate continental climate can push temperatures below zero to a minimum of (-5°C), while in summer the weather can be extremely hot (+37°C). The city has a population of around 50 000 and is essentially a centre for commercial, agricultural and service activities.

The origins of Vila Real are lost in time, but we know that the area was already inhabited in the Palaeolithic period, and there is evidence of both Celt-Iberian and Roman settlements (pagan sanctuary of Panóias). During the Barbarian and Arab invasions the region was abandoned. In the 12th century peoples gradually began to settle, but it was only in 1289 that King D. Dinis presented the city with its charter.

Financially and culturally, the region around Vila Real reflects both the economic development of its wine sector, with the production of highly appreciated red wines and the world renowned Port wine; as well as that of what is known as the "Cold Land" (Terra Fria). The economy is mostly based on livestock, forestry and natural resources, which are the region's greatest source of wealth – the rivers and wind generate electricity for the whole country, the geology provides spring, mineral and heated spa waters of the highest quality, and there are enormous reserves of granite and other ornamental rocks and minerals to be quarried. The Trás-os-Montes and Alto Douro region possesses some of the most spectacular scenery in Portugal, with extensive vineyards and impressive country residences that can be found in the valleys of the Douro and its tributaries – which together constitute the Port Wine Demarcated Region, recognized as World Heritage in 2001.



The natural beauty and contrasts of an unpolluted landscape – fertile verdant lowlands, lofty mountains, terraced valleys, olive and almond groves, deep forests, majestic rivers and gushing

streams – all infuse the region with a charm, grace and peacefulness that leave no visitor unmoved. It is a region that combines centuries-old traditions – historical and archaeological heritage, traditional handcrafts and folklore, as well as varied and appetising cuisine – and an openness that encapsulates both the traditional hospitality of the region and its willingness to adapt to the challenges of today. All this endows the region with great tourist potential, and a privileged environment for pursuing academic studies.

About the University of Trás-os-Montes e Alto Douro

The University of Trás-os-Montes and Alto Douro became a fully-fledged University in 1986. Today, after years of commitment to high quality teaching, research and community extension, UTAD has earned its rightful place among the new generation of Portuguese universities, and is striving to make a name for itself at both national and international levels as a centre for academic excellence and innovation.

One of the University's key challenges in the last few years was to adapt its undergraduate and postgraduate courses portfolio to the Bologna Declaration proposals and to the rapidly changing requirements of the labour market, the shifts in economic and social priorities at national and EU levels, and to the teaching and research opportunities provided by new technologies. UTAD is a high level institution oriented towards the creation and dissemination of culture, knowledge and science by merging teaching, scientific research and experimental development. Its core

objectives are high quality Teaching, Research and Community Outreach, achieved by developing scientific activity that seeks to address issues of global, national or regional scope.

UTAD has an ability to adapt to new situations, balancing the resources available with modern teaching methods, and being able to propose new ways of learning and distributing scientific knowledge. UTAD inspires students to exploit their potential to the fullest, developing their academic and personal skills in order to respond to the changing needs of the labour market. This flexibility is irrefutable proof of the University's vitality, which justifies its assertion within the Portuguese University System.

The campus, built on the site of a number of adjacent former farm estates, houses most of the Schools and Departments. It is located near the city centre and has bus connections to any city corner. There is also an academic unit close to the centre – a complex containing CIFOP (the Education Department), the Department of Arts and Crafts and the Department of Physical Education and Sports. UTAD also has facilities in the city of Chaves, to the north of Vila Real, near the border with Spain's province of Galiza. Both the Cultural and Social Animation and Tourism degrees are housed there.

How to reach Vila Real from Oporto

From the Airport to Oporto's city centre	
Subway/ Underground (METRO)	<ul style="list-style-type: none"> At the airport (<i>Aeroporto</i>) take the <i>Linha Violeta</i> (Purple line) in the direction of Estádio do Dragão (Dragão Stadium); Get out at <i>Trindade Stop</i> (28 minutes) and walk to <i>Passos Manuel</i> or <i>Alexandre Herculano</i> Bus Stations which are close by. <p>Metro timetable: 06h00 - 01h30 Ticket: 1.80 € (one way. VAT included) More information at: www.metrodoporto.pt</p>
Bus	<p>From <i>Aeroporto-Maia Av.:</i></p> <ul style="list-style-type: none"> Walk to bus stop <i>Ponte de Moreira</i> (travel time 4min) Get in Bus nº 602 – <i>Cordoaria</i> (Waiting time: 6 min) Get out at <i>Trindade Stop</i> and walk to <i>Passos Manuel</i> or <i>Alexandre Herculano</i> Bus Stations which are close by. <p>Buses of the 601, ZA, 602 and 604 Line link various parts of the city to the airport. Ticket: 1.80 € (one way. VAT included) More information at: www.stcp.pt</p>
Taxi	<p>Take a taxi at the airport and ask to be taken to <i>Passos Manuel</i> or <i>Alexandre Herculano</i> Bus Stations.</p> <p>Note: The fare on the taxi meter should read 3.25 € (daytime pick-up). Outside city limits, fares are charged per kilometre (km=0.47€). 1.60€ is charged for the transportation of luggage or animals. Before taking a taxi, be sure to inquire about the fare (An additional 20% is charged for services on Saturdays, Sundays and holidays and for night time service from 9pm to 6am)</p> <p>You can get more info and purchase a Taxi Voucher at the Tourism Information Counter in the airport's Arrivals Hall. Source: www.antral.pt</p>

	From Oporto to Vila Real	Additional Information
By Car	Follow the direction Porto – Vila Real (A4 highway) then take Vila Real (IP4 Main Road).	
By Bus	<p>With "Rodonorte" company departing from Travessa Passos Manuel, Porto This company operates at Vila Real, and it is the best way to get to the city.</p> <p>Address: Travessa Passos Manuel 4000 Porto</p>	<p>Ticket Price - 9 € (one way) For more information please call + 351 222 005 637 – Porto + 351 259 340 710 – Vila Real www.rodonorte.pt</p>
By Bus	<p>With "Rede Expressos" bus company. Departing from Garagem Atlântico</p> <p>Address: Rua Alexandre Herculano 366, Porto</p>	<p>Price ticket - 9 € (one way) For more information please call +351 222052459 – Porto www.rede-expressos.pt/</p>

How to reach Vila Real from Lisbon

From the Airport to Lisbon's city centre	
Subway/ Underground (METRO)	<ul style="list-style-type: none"> There is a metro connection near the airport that can take you to the city centre or directly to the <i>Oriente</i> train and bus stations Fare: 1.40€ (one hour); 6€ (all day pass) <p>Metro timetable: 06h30 - 01h00 More information about the Metro at: www.metrolisboa.pt More information about public transport in Lisbon: www.transporlis.sapo.pt</p>
Bus	<p><u>Carris buses:</u> Nº 91 (Aerobus) - makes the run between Lisbon Airport and the city Centre, with stops at <i>Estação Oriente</i> Bus Station and <i>Sete Rios</i> Bus Station.</p> <ul style="list-style-type: none"> The carris/metro combined tickets and passes can now be bought at Lisbon Airport at the CTT post Office). Service begins at 7:05 am and ends at 11 pm. Bus passes every 20 minutes. The ticket may be purchased from the driver as you board the bus. Ticket for all-day travel: 5.00€ <p>More information at: www.carris.pt</p>
Taxi	<ul style="list-style-type: none"> Take a taxi at the airport and ask to be taken to <i>Estação Oriente</i> or <i>Sete Rios</i> Bus Stations. There are two taxi stands within the perimeter of the airport, one at arrivals and the other at departures. <p>Note: The fare on the taxi meter should read 3.25 € (daytime pick-up). Outside city limits, fares are charged per kilometre (km=0.47€). 1.60€ is charged for the transportation of luggage or animals. Before taking a taxi, be sure to inquire about the fare (An additional 20% is charged for services on Saturdays, Sundays and holidays and for night time service from 9pm to 6am)</p> <p>You can get more info and purchase a Taxi Voucher at the Tourism Information Counter in the airport's Arrivals Hall. Source: www.antral.pt</p>

	From Lisbon to Vila Real	Additional Information
By Car	Follow the direction Norte - Porto (A1 highway), then Porto - Vila Real (A4 Highway), and finally take the Vila Real Road (IP4 Main Road).	
By Bus	<p>With "Rodonorte" company departing from Gare do Oriente, Lisbon This company operates at Vila Real, and it is the best way to get to the city.</p> <p>Address: Gare do Oriente 1700 Lisboa Or "Santos Viagens Turismo, Lda". Gare do Oriente - Bilheteira (ticket booth) nº 7 1700 Lisboa</p> <p>With "Rede Expressos" bus company. Departing from Sete Rios, Lisbon.</p> <p>Address: Terminal Rodoviário de Sete Rios 1500-423 Lisboa</p>	<p>Ticket Price - 20.50€ (one way)</p> <p>For more information please call +351 968 561 734 (Gare do oriente) Or Santos Viagens Turismo, Lda. - Gare do Oriente - Ticket Office nº7 Phone: +351 218 956 850 www.rondonorte.pt</p> <p>Ticket Price - 21.00€ (one way) For more information please call +351 222052459 - Porto www.rede-expressos.pt/</p>

	From Lisbon to Oporto	Additional Information
By Train	<p>Take the train at Santa Apolónia Station (you can reach it by metro, bus or taxi) to the Porto-São Bento train station in Oporto</p> <p>After Arriving in Oporto, go to <i>Passos Manuel</i> or <i>Alexandre Herculano</i> Bus Stations (by bus or taxi), and take a bus to Vila Real (see "from Oporto to Vila Real")</p>	<p>Timetable: between 0h00 / 24h00</p> <p>Ticket Price: Executive Class - 42.40€ Economy Class - 24.30€ to 35.90€ www.cp.pt</p>

University of Trás-os-Montes and Alto Douro Online Facilities

UTAD provides a comprehensive campus information portal at <https://utad.pt>. General information, guidance and forms for students studying at UTAD can be accessed through:

http://www.utad.pt/vEN/Area2/study/educational_offer/Pages/educ_offer.aspx

Taught Modules

During your semester at UTAD you will study two taught modules:

3. Advanced Research Topics in Performance Analysis (15 ECTS credits)
4. Applied Performance Analysis (15 ECTS credits)

Both modules will be delivered in lectures and seminars throughout the week.

Module 1 – Advanced Research Topics in Performance Analysis

This module aims to provide a critical understanding on advanced topics in performance analysis. Furthermore, students will develop a comprehensive knowledge of how these advanced topics in performance analysis are used to improve decision-making in the coaching process. Contemporary issues at the forefront of performance analysis research will be discussed and explored with the view to facilitate key M-Level skills. Specifically, a range of pertinent topics - from cognitive, biological or physiological - will be covered that will extend current knowledge and allow students to formulate innovative research ideas and evaluate current methodologies.

Module Assessment

Oral group presentations relating to data collection analysis and evaluation of findings (40% of module mark).

Written scientific report of data capture, principles and applications (60% of module mark). This indicates the type and weighting of assessment elements in the module).

Module Indicative Reading List

- Baker, J., & Davids, K. (2006). Genetic and environmental constraints on variability in sport performance. In K. Davids, S. Bennett, & K. Newell (eds.). *Movement System Variability*. Champaign, IL: Human Kinetics, 109-129.
- Carling, C., Reilly T. & Williams, A. M. (2009) *Performance Assessment for Field Sports: Physiological, Psychological and Match Notational Assessment in Practice*. Routledge, London.
- Carling, C., Williams, A. M. & Reilly T. (2005) *Handbook of Soccer Match Analysis. A Systematic Approach to Improving Performance*. Routledge, London.

- Grehaigne, J-F., Bouthier, D. & David, B. (1997). Dynamic-system analysis of opponent relationships in collective actions in soccer. *Journal of Sports Sciences*, 15, 137-149.
- Hughes, M. & Franks, I. (2004) *Notational Analysis of Sport: Systems for Better Coaching and Performance in Sport*. Routledge, London.
- Hughes, M. & Franks, I. (2008) *The Essentials of Performance Analysis: An Introduction*. Routledge, London.
- Lidor, R., Côté, J., & Hackfort, T. (2009). ISSP Position Stand: To test or no to test?. The use of physical skill tests in talent detection and in early phase of sport development. *International Journal of Sport and Exercise Psychology*, 7, 31-146.
- O'Donoghue, P., Sampaio, J. & McGarry, T. (2012) *Handbook of Sports Performance Analysis*. Routledge, London.
- McGarry, T., Anderson, D.I., Wallace, S.A., Hughes, M.D. and Franks, I.M. (2002). Sport competition as a dynamical self-organising system. *Journal of Sports Sciences*, 20, 771-781.
- O'Donoghue, P. (2005). Normative profiles of sport performance. *International Journal of Performance Analysis in Sport*, 5, 104-119.

Module 2 – Applied Performance Analysis

This module aims to provide strong practical competencies in numerous performance analysis systems, specifically, those designed for match, motion and technique analysis. The applied nature of the module provides a unique opportunity for students to gain sufficient experience to demonstrate autonomy across a number of computerised software packages. This module also aims to enhance the student's ability to develop and critically appraise analytical systems across a variety of sports. Furthermore, students will develop the capacity to synthesise and interpret large quantitative data sets using advanced statistical techniques.

Module Assessment

Critical appraisal of computerised notation systems (Poster presentation format - 50% of module mark).

Proficiency assessment of computerised systems (50% of module mark).

Module Indicative Reading List

- Hughes, M. And Bartlett, R. (2002). The use of performance indicators in performance analysis. *Journal of Sports Sciences*, **20**, 739-754.
- Hughes, M. and Franks, I.M. (2004). *Notational Analysis for Sport: Systems for Better Coaching and Performance in Sport*. Routledge: London, UK.
- Hughes, M. and Franks, I.M. (2008). *The Essentials of Performance Analysis: An Introduction*. Routledge: London, UK.
- O'Donoghue, P. (2007). Reliability issues in performance analysis. *International Journal of Performance Analysis in Sport*, **7**, 35-48.
- Carling, C., Reilly T. & Williams, A. M. (2009) *Performance Assessment for Field Sports: Physiological, Psychological and Match Notational Assessment in Practice*. Routledge, London.
- Carling, C., Williams, A. M. & Reilly T. (2005) *Handbook of Soccer Match Analysis. A Systematic Approach to Improving Performance*. Routledge, London.

- O'Donoghue, P., Sampaio, J. & McGarry, T. (2012) Handbook of Sports Performance Analysis. Routledge, London.

Postgraduate Mark Scheme

Table 1.1 Module Mark Scheme

Mark	Classification
1	Very Good
2	Good
3	Satisfactory
4	Sufficient
5	Unsatisfactory (Fail)
6	Insufficient (Fail)

Possible subdivisions: 1.3; 1.5; 1.7; 2.3; 2.5; 2.7; etc.

UTAD Student Voice

University of Trás-os-Montes e Alto Douro	
Things to take with you:	Rain Jacket, winter gear. Hiking clothes, and sports equipment as there are many ways to participate in sport during your stay. Basic necessities are cheap and could spare you the additional luggage weight. Course material will be important, but a large amount of their library database is written in English.
Things to definitely do or try while you are there:	Visit the Douro landscapes and get amazed by its beauty. Vila Real has amazing cultural places to see and due to its location it's pretty easy to travel to one of the most important cities in Portugal – Oporto - and to see all the cultural gifts from the North of the country.
Great places to eat and drink:	Cardoso Restaurant it's quite famous in Vila real due to a typical dish from the North of Portugal «Francesinha». Vila Real it's quite known by its bakeries and the traditional sweets of the region. "Pioledo" is the spot in the city where all the bars are, where all the people get together to spend some leisure time.
Best thing about your time in Portugal:	Getting acquainted with the students in our group and working together on the projects.
Most difficult part of the Portugal experience:	Learning to live and work alongside each-other and bond as a group.

Important Contact Details

The following people should be contacted in relation to various queries during your time at University of Trás-os-Montes e Alto Douro.

Associated Matters	Contact Name	Email	Office Telephone
Primary Contact UTAD (timetable, study rooms)	Prof. Dr. Nuno Leite	nleite@utad.pt	+351259350893
Module 1	Prof. Dr. Jaime Sampaio	ajaime@utad.pt	+351259350894
Module 2	Prof. Dr. Nuno Leite	nleite@utad.pt	+351259350893
Study abroad modules (ERASMUS)	Lúcia Fernandes	grim.coord@utad.pt	+351259350407 Fax: +351259350629

LSU Arrive by: Monday, 29th August 2016 (The Orientation Week for incoming students is scheduled from Tuesday, 30th August to Friday, 2nd September, 2016).

The IMPAS course at the LSU (Year 2) is planned to start from the 5th of September, 2016.

The academic calendar:

Autumn semester: September 5, 2016 – January 31, 2017

Christmas holidays: December 26, 2016 – January 3, 2017

Winter examination session: January 4 – 31, 2017

LSU Depart (no earlier than): 27th January, 2017

About Kaunas



Kaunas is the second largest city in Lithuania with a population of over 306,000. The city is situated in the centre of Lithuania at the confluence of two longest Lithuanian rivers the Nemunas and the Neris. A lively student city with seven universities located in the heart of Lithuania, Kaunas is also known as the capital of Lithuanian basketball with a legendary basketball club Žalgiris.

The city and its castle were first mentioned in historical chronicles in 1361. Between the World Wars of the 20th century Kaunas was the provisional capital of a short-lived Republic of Lithuania. This interwar period was marked by prosperity and is considered the Gold Age of the city. Kaunas Old Town is a remarkable archaeological monument and an architectural masterpiece incorporating Gothic, Renaissance and Baroque styles. It is a concentration of the ancient architectural monuments, such as the remnants of the 13th century stone castle, the impressive Town Hall, popularly known as the White Swan, and Vilnius street, a characteristic trade street of the Middle Ages. Kaunas has perhaps the largest number of museums and art galleries situated in a single city in Lithuania, including famous M. K. Čiurlionis' Art Gallery. Annual traditional and modern musical and show events such as International festival Kaunas Jazz and Pažaislis Classical Music Festival make city life vital and colourful. In the end of May towns people and guests come together to celebrate the birthday of Kaunas – Kaunas City Day.

About Lithuanian Sports University



Lithuanian Sports University (LSU), founded in 1934, is a specialised public higher education institution that has developed its unique traditions in sport, leisure and health sciences.

With its mission to contribute to the sustainable development of society through international-level research and academic excellence, LSU is known as a leading academic and research centre in sports science in the Baltic Sea region. Starting with the enrolment of 100 students, the LSU has developed and expanded over the years and decades into an institution with nearly 2000 students.

The LSU offers 19 degree study programmes at all three study cycles (8 undergraduate, 9 Master's and 2 PhD), mainly in sport science, where studies, research and practice are closely interconnected. Among the LSU graduates, there are many distinguished scientists, world-renowned coaches, famous athletes, and prominent public figures.

A great number of the LSU students and graduates have become champions and prize-winners of the Olympic Games, world and European championships, among them are the twice European boxing champion Algirdas Šocikas, the winner of the Olympic gold medal and world basketball champion Modestas Paulauskas, the winners of the Olympic gold medals discus thrower Virgilijus Alekna and basketball players Voldemaras Chomičius and Rimantas Kurtinaitis.

Travelling to Kaunas

International students and visitors are usually met upon their arrival. It is therefore important that you contact the International Relations Office trs@lsu.lt and inform us about the date, time and place of your arrival at least a week in advance.

The city of Kaunas is located in the centre of Lithuania, 100 km north-west of Vilnius. The city can easily be reached by plane, train or coach.

By plane

Kaunas Airport is a small, modern airport situated in Karmélava, about 12 km north from the centre of Kaunas. Low fare airlines Ryanair and AirBaltic operate between Kaunas and over 20 different European cities. You can take a City bus No 29, a minibus No 120 or a taxi to get to the centre of Kaunas. If you arrive to Kaunas on a late night flight, City bus No. 29E is for your convenience. Every day the bus leaves the Airport for the city centre only after the last flight has arrived. www.kaunas-airport.lt

Vilnius Airport is the main international airport in Lithuania situated 5km from the

centre of Vilnius where central train and bus stations are located. Thus, you will have to take a train, a City bus No 1 or a taxi to reach Vilnius Train or Bus Stations (stations are located in a walking distance from each other) where you will have to take a train or coach to Kaunas. www.vilnius-airport.lt

By train

If you choose to travel by train, there is a direct connection from Vilnius to Kaunas. Train tickets can be purchased at the station or in train. The journey takes approx. 1.5 hours. For routes and timetable of trains please visit the website: www.litrail.lt

Kaunas Railway Station (*geležinkelio stotis*) is located right in the city centre, a 15-minute walk from the Old Town. Lithuanian Sports University can be reached by buses No 3, 38, 43, departing from the bus stop on Vytautas street which will take you to the stop on Sporto street (the 3rd bus stop from Vytautas street). Then, you should go through the square in front of you about 200 metres to the University's central building.

By coach

There is a direct bus connection from Vilnius to Kaunas. The journey takes 1.5-2 hours. For the coach timetables please visit the website: www.autobusubilietai.lt

Kaunas Bus Station (*autobusų stotis*) is close to the railway station. Thus, the same buses and minibuses departing from the bus stop on Vytautas Street will take you to Lithuanian Sports University.

Application procedure

General information, guidance and application forms for students can be accessed through: <http://www.lsu.lt/en/studies/exchange-students>

Application deadline: May 15, 2016

Accommodation

LSU offers accommodation for its international students at the Students' Dormitory. It is situated in the University campus; 5 minute walk from the city centre. The monthly rate is € 65.00 per person. A refundable deposit of € 60 must be paid upon arrival. Rooms are double and if a student prefers to live in it alone, he/she has to pay an extra fee of € 65.00, under the condition that there are free rooms available.

For more information and the application form for accommodation please visit: <http://www.lsu.lt/en/studies/practical-information/student-housing>

Taught Modules

During your semester at OVGU you will study two taught modules:

5. Biomechanical Analysis of Sport Techniques (15 ECTS credits)
6. Research methods and Empirical Observation (15 ECTS credits)

Both modules will be delivered in lectures and seminars throughout the week.

Module 5 - Biomechanical Analysis of Sport Techniques

This module aims to develop the students' ability to select techniques and assessment tools to define a study related to sports biomechanics; to classify and analyse different kinetic and kinematic variables; and to develop their experience in practical sport biomechanics, applications and diagnostic tools.

After studying this module you should be able to: develop a critical understanding of the theoretical basis of sport biomechanics analysis; critically evaluate techniques used in motion analysis, segmental inertia determination and computer simulation models; apply a range of computer programs and computer devices and be familiar with modern electronic systems; evaluate information gathered to provide constructive feedback to coaches, athletes and researchers for technique improvement and injury prevention.

Module Assessment

Written formal report of biomechanical analysis of sports technique (50% of module mark).

Oral presentation of technique analysis with application to the coaching process for performance analysis (20% of module mark).

Written examination (30% of module mark).

Module Indicative Reading List

- Bartlett, R., and Bussey, M. (2013). Sports biomechanics: reducing injury risk and improving sports performance. Routledge.
- Caldwell, G et al. (2004) Research Methods in Biomechanics. Human Kinetics. Champaign, Illinois.
- Federolf, P. et al. (2014). The application of principal component analysis to quantify technique in sports. Scandinavian journal of medicine & science in sports, 24(3), 491-499.

Module 6 – Research Methods and Empirical Observation

This module aims to provide a philosophically, ethically and methodologically sound framework for research and applied work; define and explain the research paradigms involved in performance analysis, human movement analysis and notational analysis; present principles surrounding the design of the research that are specific to these fields; develop further students experimental assessment toolkit; increase students capacity to study, interpret and analyse research projects in the most important lines of research, within their relevant field.

The module will be presented through a series of lectures and formal tutorials that will be supplemented by seminars, practical laboratory classes, and presentations, and guided independent study.

Module Assessment

Research review (ca. 5,000 words) (70% of module mark).

Oral presentation (30% of module mark).

Module Indicative Reading List

- Thomas, J.R.; Nelson, J.K. (2005). *Research methods in physical activity*. 5th Ed. Champaign, Illinois: Human Kinetics.
- Vincent, W.J. (2005). *Statistics in kinesiology*. 3rd Ed. Champaign, Illinois, Human Kinetics.

- Hughes, M., Cooper, S-M., Nevill, A. And Brown, S. (2003). An example of reliability testing and profiling using non-parametric data from performance analysis. *International Journal of Computers in Sport Science*, **2**, 34 – 56.
- Hughes, M., Cooper, S-M. And Nevill, A. (2002) Analysis procedures for non-parametric data from performance analysis. *EJPAS International Journal of Performance Analysis Sport (Electronic)*, **2**, 6 – 20.
- Hughes, M., Evans, S. And Wells, J. (2001). Establishing normative profiles in performance analysis. *eJPAS*, **1**, 4 – 27.
- Nevill, A., Atkinson, G., Hughes, M. And Cooper, S-M. (2002). Statistical methods for analysing discrete, categorical data recorded in sport performance and notation analyses. *Journal of Sports Science*, **20**, 829 - 844.

LSU grading system

A ten-point grading scale, with 1 as the lowest and 10 as the highest grade is used for the assessment of examinations, projects, homework, tests and other tasks at the Lithuanian Sports University.

LSU grading scale:

Result	LSU Grade	Short description in Lithuanian	Performance description
Pass	10	puikiai	Excellent performance, outstanding knowledge and skills (excellent)
	9	labai gerai	Strong performance, good knowledge and skills (very good)
	8	gerai	Above the average performance, knowledge and skills (good)
	7	vidutiniškai	Average performance, knowledge and skills with unessential shortcomings (highly satisfactory)
	6	patenkinamai	Below average performance, knowledge and skill with substantial shortcomings (satisfactory)
	5	silpnai	Knowledge and skills meet minimum criteria (sufficient)
Fail	4	nepatenkinamai	Knowledge and skills do not meet minimum criteria/below minimum criteria (insufficient)
	3		
	2		
	1		

Important Contact Details

The following people should be contacted in relation to various queries during your time at Lithuanian Sport University.

Associated Matters	Contact Name	Email	Office Telephone
Primary Contact LSU (timetable, study rooms)	Assoc. Prof. Dr. Danguolė Satkunskienė	danguole.satkunskiene@lsu. lt	+370 6817424
Module 5	Assoc. Prof. Dr. Danguolė Satkunskienė	danguole.satkunskiene@lsu. lt	+370 6817424
Module 6	Assoc. Prof. Dr. Miglė Bacevičienė	migle.baceviciene@lsu.lt	+370 302638
Incoming/outgoing students (application, accommodation, study abroad modules)	Ms Vaida Dainauskaitė Student Mobility Coordinator	erasmus@lsu.lt	+370 37 302 672