



University of *Ljubljana*  
Faculty *of Sport*

Presentation

Doctoral study programme Kinesiology

## 1. Basic information

The doctoral study programme Kinesiology lasts for four years, totals 240 credit points (CP) and according to the Bologna scheme, it is a third degree programme. The study programme follows the aims of the Bologna Declaration and establishes conditions for a permanent development in the field of kinesiology and for the needs of the profession for staff with higher education.

In the study programme offered, we follow trends of the development of the Slovene and international scientific and research sphere and listen to the needs of the Slovene sport. The study programme is inseparably connected with scientific and research work. The main emphasis of the programme is on independent creative research work of a student who is directed by the supervisor. Special attention is therefore paid to the relationship between the supervisor and the PhD student. This programme encourages interdisciplinarity and offers the possibility of cooperation of renowned domestic and foreign experts. It gives priority to freedom of choice over compulsory forms of study. In order to suitably cover the area of kinesiology that is increasingly diverse, the offer of study contents is great and varied. Freedom of choice offers students a possibility of early planning of their own research career and of the pursuit of the needs of future employers. Through compulsory seminars and incorporation of basic and elective contents, the programme guarantees a suitable breadth of education.

On the recommendations of the European University Association, international student exchange is planned. The programme enables mobility within the framework of the organized forms of study as well as individual research work. In the course of study, the student is expected to take an active part in domestic and international scientific and professional conferences. In this way, the student develops skills of scientific communication, critical judgement of achievements of other people and the results of his/her own research work. Work on the PhD dissertation belongs to the essential obligations of a PhD student. In the PhD dissertation, the candidate shows original contributions to science in the form of at least one article published in a scientific journal as well as the ability to think in a scientific way and the ability to do research work.

Study programme title:	Postgraduate doctoral programme
Type of study programme:	Kinesiology
Degree of study programme:	3rd degree
Duration of study programme:	4 years (8 semesters)
Number of credit points ECTS:	240
Scientific and research discipline:	Social sciences
Professional title:	doktor / doktorica znanosti
Abbreviation of the title:	Dr (in front of the name)

## **2. Aims of the programme and competences**

The doctoral study programme Kinesiology aims at educating independent researchers with wide professional horizons and deep methodological basic knowledge.

### **Basic objectives of the programme**

- Inseparable connections between the study and the scientific, research and developmental work.
- Development of the scientific approach, acquisition of the scientific way of thinking.
- Encouragement of the profound understanding of kinesiology and its integration in the wider scientific context.
- Development of the communication abilities, abilities to report on scientific and research achievements, transfer of knowledge.
- Development of the appropriate and critical attitude towards judging the achievements of others and results of one's own work.
- Education of doctors of philosophy for creative scientific, research and developmental work in the area of kinesiology.

### **General competences gained in the course of the programme:**

- Ability to do independent and creative scientific, research and developmental work in the area of kinesiology.
- Ability to pursue and judge appropriately the most recent achievements in the wider area of kinesiology.
- Critical attitude towards the results of one's own research and developmental work.
- Ability to tackle a scientific and research problem creatively and independently.

### **Course-specific competences gained in the course of the programme:**

A PhD student will develop the ability to use modern kinesiological methods and procedures when solving research and developmental problems, the ability to place kinesiology into a wider social context, the ability to communicate and to report on the work and results to the experts in kinesiology worldwide and to society in general. Additional course-specific competences are enumerated in the presentations of individual courses.

The doctoral study programme Kinesiology lasts for four years, totals 240 credit points (CP) and according to the Bologna scheme, it represents the third-degree programme. The study requirements are in accordance with Articles 36 and 37 of the Higher Education Act and Criteria for Accreditation of Higher Education Institutions and Study Programmes adopted by the Council of the Republic of Slovenia for Higher Education and evaluated in accordance with the European Credit Transfer System (ECTS). This gives a basis for the international student exchange in countries that use the same or comparable credit system.

The study programme consists of the organized part of study totalling 60 CP, while the remaining 120 credit points are intended for research work necessary for a PhD dissertation. An individual year totals 60 CP and an individual semester 30 CP.

Key;

B: basic, P: professional, E: elective, C: compulsory, M: mobility

### Year 1: (organized form of study 30 CP)

1st semester		2nd semester	
	CT		CT
Basic course (B, C)	5	Elective basic course (B, E)	5
Seminar (Presentation of the PhD topic) (P, C)	5		
Individual research work	20	Individual research work	25
<b>Total</b>	<b>30</b>	<b>Total</b>	<b>30</b>

### Year 2: (organized forms of study 10 CP)

3rd semester		4th semester	
	CP		CP
Individual research work	15	Individual research work	20
Elective course 1 (P, E )	5		
Elective course 2 (P, E, M)	5		
Elective course 3 (P, E, M)	5		
		Topic of PhD dissertation (C)	10
<b>Total</b>	<b>30</b>	<b>Total</b>	<b>30</b>

### Year 3: (organized forms of study 20 CP)

5th semester		6th semester	
	CP		CP
Individual research work	30	Individual research work	30
<b>Total</b>	<b>30</b>	<b>Total</b>	<b>30</b>

### Year 4: (organized forms of study 20 CP)

7th semester		8th semester	
	CP		CP
Individual research work	30	Individual research work	10
		PhD dissertation (C)	20
<b>Total</b>	<b>30</b>	<b>Total</b>	<b>30</b>

### Basic courses

Methods of kinesiological research 1

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Kinesiological aspects of research:	Module 1:	Natural science contexts of kinesiology
	Module 2:	Social contexts of kinesiology

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### Elective courses

Modelling of the processes of practice of speed

Methods for studying long-lasting exertion

Optimization of practice processes in endurance sports activities

Practical training of neuromechanics

Research methods and modelling in biomechanics of sports movements

Kinesiology in polystructural complex sports

Kinesiology in monostructural sports

Kinesiology in polystructural conventional sports

Isokinetics – testing the muscular strength, interpretation and applicability of measurements

Cognitive and physiological aspects of psychic processes in sport

Competence in the area of sport

Biopsychosocial contexts of kinesiology

Sociology of sport

Media aspect of research in sport

Special sports activity

Management in sport

Philosophy of sport

Developmental psychology in sport

Methods of kinesiological research 2

Each year 5-6 elective courses are offered upon the decision of the COMMISSION ON SCIENTIFIC, RESEARCH AND DEVELOPMENT WORK AND DOCTORAL STUDIES.

Please find description of each subject (syllabus) in Slovenian and English language: <https://www.fsp.uni-lj.si/en/study/doctoral-study-3rd-level/kinesiology/list-of-subjects/>

### **Organization of study**

The organized forms of study comprise: professional courses, basic courses, seminar and work on the PhD dissertation. Two basic courses are compulsory, whereas the others are elective. Together with his/her supervisor, the student chooses three professional courses which he/she takes in the 3rd semesters. The seminar in the 1st semester is compulsory and should be attended by all PhD students of Kinesiology. This is how the breadth of the study programme and the interaction among the PhD students are guaranteed. The organized forms of study are also the presentation of the topic of the PhD dissertation (in the 4th semester) and the PhD dissertation with defence (in the 8th semester).

### **Supervision**

The student must choose his/her supervisor before or at the enrolment on the basis of his/her own judgement and on the basis of his/her research orientation. The task of the supervisor is to direct the student in the course of the study (selection of the courses, seminars, outline and preparation of the dissertation) and to make sure that the student can work on research equipment, as a rule in the supervisor's laboratory. The student has the right to change the supervisor but not later than the beginning of the third semester of the study. The student must inform

the previous supervisor and the vice-dean for scientific and research work in writing about the change of the supervisor and the new supervisor must agree with this. After the beginning of the third semester, the Committee for the Postgraduate Study discusses the change of the supervisor on the basis of a well founded request submitted by the student. The co-supervision is recommended in cases of interdisciplinarity or multi-institutional research. The Committee for the Postgraduate Study decides if co-supervision is needed.

### **Professional courses**

The Faculty of Sport of the University of Ljubljana offers a wide range of professional courses that are rich in contents. As regards contents, they are prepared by chairs. Together with his/her supervisor, the student chooses two to four courses out of the professional courses offered. The courses supplement the student's research work. Each course totals 5 CP.

### **Seminars**

The seminars are led by the supervisors. There is only one seminar which is evaluated by 5 CP and it is compulsory. At the seminars, the PhD student reports on the results of his/her research work and is acquainted with the research results of other students. The student presents the results of his/her work in written and oral forms. At the seminar, the student must be present when other students give presentations and must take part in discussions. This is how the study can widen beyond the narrow field of the student's PhD dissertation and the interaction among the PhD students is guaranteed.

At the seminar, the PhD student reports on the progress in the preparation of the topic of the PhD dissertation. This is how additional time control and an early approach to the planning of the outline of the PhD dissertation are guaranteed. The student analyses the outline, justifies it and supports it with initial results by the end of the second year.

### **Electiveness**

Among the organized forms of study, 1/3 (33.33 %) totalling 20 CP are elective courses. One basic course (5 CP), one seminar (5 CP), the preparation of the topic of the PhD dissertation (10 CP) and PhD dissertation (20 CP), totalling 40 CP, are compulsory.

Together with the supervisor, the PhD student chooses courses from a given list totalling 20 CP (33.33 %). The student chooses one module (5 CP) within the elective courses offered and three courses (at least 15 CP – 25 %) out of the elective professional courses offered. The professional courses are chosen depending on the research field of the PhD dissertation. Courses up to 10 CP can also be chosen from the curricula of the comparable programmes of domestic and foreign universities that have the programmes evaluated according to the ECTS or other systems that enable an evaluation comparison.

## **Mobility**

In agreement with their supervisors, PhD students can choose courses offered by other programmes of the University of Ljubljana and comparable programmes offered by other universities totalling up to 10 CP (16.67 %). In the course of the study, the student can study at some other university (up to 60 CP) for a maximum of two semesters, which means that he/she can fulfil up to 1/3 (33.33 %) of his/her study obligations elsewhere.

## **Research work needed to prepare for the PhD dissertation**

Research work is aimed at preparing and writing the PhD dissertation totalling 120 CP. This is an individual scientific and research work directed by the supervisor. Within the framework of research work, the student is expected to take an active part in domestic and international conferences. The student has to publish an article as the first author in a journal with the impact factor.

The final stage is the PhD dissertation which represents an original contribution to science and must be prepared in accordance with the university rules and regulations concerning the preparation of the PhD dissertation. Other limitations regarding the registration of the topic of the PhD dissertation are determined by the Rules and Regulations Concerning PhD Dissertations of the University of Ljubljana.

## **PhD dissertation**

The PhD dissertation consists of research work (120 CP) and work on the PhD dissertation (30 CP). The preparation and presentation of the topic of the PhD dissertation totalling 10 CP (4th semester) and the work on the dissertation and its public defence (6th semester) totalling 20 CP belong to the organized forms of the study within the framework of the work on the PhD dissertation. The PhD dissertation is an original contribution to science that must be written in accordance with the rules of the Statute of the University of Ljubljana and the rules concerning the PhD study.

## **Enrolment**

The candidates meeting the following criteria can enrol into the university doctoral study of Kinesiology in accordance with the last paragraph of Article 38a of the Higher Education Act (ZViS-UPB3) and Article 16 of the Act Amending the Higher Education Act (ZViS-E):

- Graduates of the master's degree study programmes of the Faculty of Sport.
- Graduates of the master's degree study programmes of other specializations if they pass a special test. The contents and scope of the test are determined by the Committee for the Postgraduate Study of the Faculty of Sport and depend on the type of the candidate's previous university programme and on the professional field of the doctoral study.
- Graduates of the old master's study programmes following the university degree in kinesiology. The fulfilled study obligations total 60 CP.



- Graduates of the old bachelor's study programmes who obtained the title 'sports education teacher'.
- Graduates of other domestic and foreign universities in accordance with conditions described in the previous paragraphs. Comparability of education achieved abroad is checked in the process of recognition of foreign education for the continuation of education in accordance with Article 121 of the Statute of the University of Ljubljana.