

Master's Degree Program Educational Program Name: "Physical Education and Sport (Coach)" **Approved by the Academic Council:** September 12, 2025 (Protocol №13)

- **Educational Program Name:** Physical Education and Sport (Coach)
- **Level of Higher Education:** Second Level – Master's Degree
- **Qualification Awarded:** Master of Sports (Qualification Code: 1014)

ECTS Credits and Their Distribution

The Master's program includes **120 ECTS credits** (2 academic years, 4 semesters). The academic year is based on a semester principle, with one semester consisting of 19 study weeks. 1 ECTS credit equals 25 hours, which includes both the student's contact time and independent work time (preparation for midterm/final evaluations and homework).

Volume of Study Courses:

- **84 credits** - Mandatory courses in the main field of study
- **6 credits** - Elective courses in the main field of study
- **10 credits** - Practice in specialization
- **20 credits** - Master's Thesis

Language of Instruction: The educational program is taught in **Georgian**.

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Prerequisites for Admission to the Program

Any person holding at least a Bachelor's degree or an equivalent academic degree is eligible to study in the Physical Education and Sport Master's program. Candidates must successfully pass the Unified National Master's Exams and the internal university exam defined by the University of Sport (except in cases established by law).

- Candidates gain the right to participate in the university-defined exams if they pass the minimum competence threshold in at least three of the four sections of the Unified National Master's Exam.
- Internal university exams include exams in **Specialization** (oral) and **English language** (testing, B2 level).
- The minimum passing score for the English test is 51%.

- Candidates providing certificates confirming English proficiency at the B2 level (FCE 160-180; IELTS 5.5-6.0; TOEFL iBT 72-94; TOEIC 785-949) are exempt from the English exam. Graduates of English-language Bachelor's programs are also exempt.

Enrollment Without Unified National Exams: In accordance with Order №224/N of the Minister of Education and Science (Dec 29, 2011), enrollment without these exams is allowed for:

1. Candidates who lived abroad for the last 2 or more years and received a degree there.
2. Candidates enrolled under Article 52, Paragraph 3 of the Law on Higher Education.
3. Students who lived abroad for the last 2 or more years and are studying in a recognized Master's program abroad.

Enrollment is also possible via mobility rules.

Purpose of the Educational Program

The program aligns with the mission of the State University of Physical Education and Sport, its strategic plan, and labor market demands. The goal is to prepare highly qualified coaches equipped with field-specific knowledge and experience whose competence and research skills ensure competitiveness in local and international labor markets. This involves in-depth study of sport-pedagogical, medico-biological, and scientific research aspects.

Learning Outcomes

- **Critically understands** complex principles and methods of training high-qualification athletes; plans and organizes training sessions and competitions while considering hygiene and safety requirements; critically understands sport management.
- **Develops rational approaches** for working with high-qualification athletes based on deep theoretical knowledge in specialization and related disciplines (psychology, physiology, biomechanics, fitness, etc.).
- **Analyzes the relationship** between general and special physical preparation; selects and applies effective exercises.
- **Establishes short- and long-term training plans** considering physical, technical, tactical, psychological, and theoretical aspects; critically understands periodization.
- **Demonstrates technical actions** and tactical designs of the chosen sport methodically, considering refereeing rules and safety; transfers knowledge through various teaching methods.
- **Analyzes video recordings** of training and competitive activities of leading athletes/teams to understand factors of success or failure.
- **Conducts training effectively**, assigning tasks based on athletes' age and functional state, monitors progress, and corrects errors while following ethics principles.

- **Conducts research**, selecting Georgian and English scientific literature and methods to improve the training process.

Teaching and Learning Methods

- **Lectures:** Explanations, presentations.
- **Seminars:** Discussions, debates, brainstorming.
- **Practical Classes:** Performance/demonstration of technical actions, case analysis, synthesis.
- **Independent Work:** Working with books, preparing presentations, practicing technical actions.

Student Knowledge Assessment System

Assessment is based on a **100-point system**, including midterm (max 60 points) and final (max 40 points) evaluations.

- **91-100 (A):** Excellent
- **81-90 (B):** Very Good
- **71-80 (C):** Good
- **61-70 (D):** Satisfactory
- **51-60 (E):** Sufficient
- **41-50 (FX):** Fail (Student needs more work and can retake the exam once)
- **0-40 (F):** Fail (Student must retake the entire course)

Master's Thesis:

- Represents a research-based work summarizing the student's independent research and scientific text preparation skills.
- Must score **51 points or more** to pass.
- A score of 41-50 (FX) allows for resubmission in the following semester.
- A score of 0-40 (F) requires a new topic.

Employment Fields

Graduates can work as:

- Coaches in specific sports (Athletics, Rugby, Football, etc.) in youth sports schools, clubs, national teams, and fitness clubs.
- Specialists in colleges and higher education institutions.

Curriculum Table (Summary)

Course Name	Credits (ECTS)	Semester	Lecturer
English for Specific Purposes	6	I	E. Maruashvili
Sport Psychology	6	I	K. Inasaridze
Sport Biomechanics	6	I	A. Egoian
Specialization I	6	I	Various Specialists
Specialization II	6	II	Various Specialists
Theory and Methodology of Sport Training I & II	6 each	I & II	G. Zubitashvili
Fitness	6	II	G. Gorashvili
Sport Management	6	II	V. Liparteliani
Sport Physiology	6	II	K. Khvedelidze
Sport Biochemistry	6	III	E. Khurtsidze
Mechanisms of Sport Recovery	6	III	K. Beridze
Scientific Research Methods in Sport	6	III	M. Papiashvili
Practice in Specialization	10	IV	-
Master's Thesis	20	IV	-

Program Personnel: Includes 6 Professors, 13 Associate Professors, 3 Assistant Professors, and 5 Invited Teachers (Total 27).

Material Resources: Students have access to university infrastructure including classrooms, sports facilities (gymnastics, swimming, athletics, wrestling, rugby/football stadiums, etc.), and a library with access to electronic databases like BioOne, Sage Premier, and Cambridge Journals Online.

Financial Support: Provided through student tuition fees and the university budget. The program can serve approximately **30 students** at full capacity.