

26324 - Training at Different Evolutionary Stages

Información del Plan Docente

Academic Year	2018/19
Subject	26324 - Training at Different Evolutionary Stages
Faculty / School	229 - Facultad de Ciencias de la Salud y del Deporte
Degree	295 - Degree in Physical Activity and Sports Science
ECTS	6.0
Year	4
Semester	First semester
Subject Type	Compulsory
Module	---

1.General information

1.1.Aims of the course

1.2.Context and importance of this course in the degree

1.3.Recommendations to take this course

2.Learning goals

2.1.Competences

2.2.Learning goals

2.3.Importance of learning goals

3.Assessment (1st and 2nd call)

3.1.Assessment tasks (description of tasks, marking system and assessment criteria)

4.Methodology, learning tasks, syllabus and resources

4.1.Methodological overview

The methodology followed in this course is oriented towards achievement of the learning objectives. The course consists on lectures where the student get the basic concepts of the course. These are complemented with practice sessions where the student experiences, interprets and analyzes the acquired concepts. The student will create a practice notebook and it will be used as a study material. Additionally, the student will carry out a practical project of athlete training where they must apply the acquired knowledge, as well as face the solving of problems. Other learning and teaching tasks include the search and analysis of scientific articles associated with the main concepts of the course. For each session, the students have assimilation questions that will allow them to check their degree of assimilation of the contents.

All sessions can be recorded in any digital format so that the student can review the contents as many times as required.

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For those students who wish a more exhaustive analysis of the contents, there is a Manual that addresses, among others, all the course contents. This Manual is subject to the commercial rights of an Editorial.

4.2.Learning tasks

The course includes the following learning tasks:

- Lectures.
- Practice sessions.
- Workbook.
- Theoretical/practical projects.
- Analysis of scientific articles related to the main concepts of the course.

4.3.Syllabus

The course will address the following topics:

- **Topic 1. Progame training methodology.** 1 ECTS = 25 h: (10 h lectures and practice sessions, 5 h questions of assimilation and study, 5 h analysis of scientific articles, 5 h case study).
- **Topic 2. Training in children and adolescents.** 2 ECTS = 50 h: (20 h lectures and practice sessions, 10 h assimilation and study questions, 10 h analysis of scientific articles, 10 h case study).
- **Topic 3. Detection of sports talents.** 1 ECTS = 25 h: (10 h lectures and practice sessions, 5 h questions of assimilation and study, 5 h analysis of scientific articles, 5 h case study).
- **Topic 4. Training in adulthood: case studies.** 2 ECTS = 50 h: (20 h lectures and practice sessions, 10 h assimilation and study questions, 10 h analysis of scientific articles, 10 h case study).

4.4.Course planning and calendar

The schedule sessions will be adjusted to the official calendar. During the first two weeks the student must select from the list provided by the teacher two specific cases of athletes in order to plan their training. This assignment must be presented during the last three weeks of course classes.

The student must present all the requirements established in the evaluation system on the day of the final test (fixed by the Faculty). During the last three weeks of the course, the student must make a class presentation of their work on the specific cases.

The student will be able to present voluntarily (in paper format) the assimilation questions of each topic. The assimilation questions will be submitted within a maximum period of two weeks after the end of each topic. The correction of the questions will not be made if the documents are submitted after the deadline. These questions constitute a continuous teacher-student interaction in order to maintain a feedback that facilitates the teaching-learning process, but they are not marked for evaluation.

4.5.Bibliography and recommended resources