

26319 - Sports Training: Theory and Practice

Syllabus Information

Academic Year: 2019/20

Subject: 26319 - Sports Training: Theory and Practice

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: 3

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. A wide range of teaching and learning tasks are implemented, such as lectures, practice sessions, assignments, and interpretation and analysis of the course contents and scientific articles. The student will create a practice notebook as a study material. Additionally, the student will carry out a practical project of athletes' training where they must apply the acquired knowledge, as well as problem-solving.

All sessions can be recorded in any digital format so that the student can review the contents as many times as required. For those students who wish a more exhaustive analysis of the contents, there is a Manual that addresses, among others, all the contents of the course. 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.
- Projects.
- Analysis of scientific articles related to the course contents.

4.3.Syllabus

The course will address the following topics:

- **Topic 1. Training and sports performance.** (2 h practice sessions, 4 h no presencial work).
- **Topic 2. The training stimulus.** (4 h practice sessions, 8 h no presencial work).
- **Topic 3. Resistance. Basic principales.** (1 h practice sessions, 1 h no presencial work).
- **Topic 4. Resistance. Continuous efforts of constant intensity.** (11 h practice sessions, 5 h no presencial work).
- **Topic 5. Resistance. Continuous efforts of variable intensity.** (6 h practice sessions, 5 h no presencial work).
- **Topic 6. Resistance. Intermittent effort.** (6 h practice sessions, 5 h no presencial work).
- **Topic 7. Resistance. Measurement and control.** (3,5 h practice sessions, 4 h no presencial work).
- **Topic 8. Strength. Basic principales.** (2,5 h practice sessions, 1 h no presencial work).
- **Topic 9. Determining factors of strength** (2 h practice sessions, 1 h no presencial work).
- **Topic 10. Training methodology for the development of explosive strength** (4 h practice sessions, 1 h no presencial work).
- **Topic 11. Training methodology for the development of resistance strength** (1 h practice sessions, 1 h no presencial work).
- **Topic 12. Strength. Measurement and control.** (6,5 h practice sessions, 4 h no presencial work).
- **Topic 13. Joint mobility. Basic principales and neurophysiological.**(1 h practice sessions, 1 h no presencial work).
- **Topic 14.** Training methodology and measurement of joint mobility.(2,5 h practice sessions, 1 h no presencial work).
- **Topic 15. Motor and informational optimization. Part I** (1h practice sessions, 4 h no presencial work).
- **Topic 16. Motor and informational optimization. Part II** (1h practice sessions, 4 h no presencial work).

When we talk about to no presencial work we refer to; read papers and documents, assimilation question response, training tutorial (individual and groups), test workout and scientific papers analyze.

4.4.Course planning and calendar

In weeks 1-4, depending on the official calendar of each year, lecture will correspond to Topic 1-2. The practice sessions, therefore, will start from week 5-6, alternating theory with practice. At the end of each topic, the student will have two weeks to voluntarily submit the assimilation questions. All the assignment established for the assessment of the course will be presented the same day of the written test.

The student must present all the requirements established in the assessment section on the day of the final test (fixed by the official exam calendar). All the assignments will be presented in CD or DVD format (in all calls).

The student can voluntarily present (in paper format) the assimilation questions of each of the topics. The assimilation questions will be submitted within a maximum period of two weeks after the end of each topic. The questions will not be marked if they are submitted after the deadline. These questions constitute a continuous teacher-student interaction in order to maintain feedback to facilitate the teaching-learning process, but they are not included in the final assessment of the student.

4.5.Bibliography and recommended resources

- Calleja González J. Conceptos y sistemas de desarrollo de la actividad física y del deporte. COE-UCAM, 2019.
- Echeverría Larrea JM, Izquierdo Redín M. Aplicaciones del análisis y evaluación de la técnica. COE-UCAM, 2019.
- García Manso JM. Metodología del entrenamiento para el desarrollo de la resistencia. COE-UCAM, 2019.
- García Verdugo M. Programación del entrenamiento de la resistencia. COE-UCAM, 2019.
- González Badillo JJ, Gorostiaga Ayestarán E. Metodología del entrenamiento para el desarrollo de la fuerza. COE-UCAM, 2019.
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- González Rave JM, Pablos Abella C, Navarro Valdivieso F. Entrenamiento deportivo: teoría y práctica. Panamericana, 2014.
- Gorostiaga Ayestarán E, López Calbet JA. Evaluación del deportista de alto rendimiento deportivo. COE-UCAM, 2019.
- Gorostiaga Ayestarán E, López Calbet JA. Fisiología aplicada a la actividad física y al alto rendimiento deportivo. COE-UCAM, 2019.
- Haff GG, Triplett NT. Essentials of strength training and conditioning. Human Kinetics, 2016.
- Izquierdo Redín M, Echeverría Larrea JM. Bases generales para la evaluación de la técnica deportiva. COE-UCAM, 2019.
- Legaz A. Manual de entrenamiento deportivo. Paidotribo, 2012.
- Mujika I. Endurance training-science and practice. Iñigo Mujika, 2012.

- Ruiz Pérez LM. Análisis de los procesos tácticos y la pericia en el deporte. COE-UCAM, 2019.
- Ruiz Tendero G. Modelos de enseñanza para la optimización de los aprendizajes en la actividad física y en el rendimiento deportivo. COE-UCAM, 2019.
- Sánchez Sánchez F, Gómez López M. Programación del entrenamiento en deportes de equipo. COE-UCAM, 2019.
- Siff MC, Verkhoshansky Y. Superentrenamiento. Paidotribo, 2019.
- Terrados Cepeda N, Fernández García B, Mora R. Fatiga deportiva y métodos de recuperación del entrenamiento y la competición. COE-UCAM, 2019
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