

26324 - Training at Different Evolutionary Stages

Syllabus Information

Academic Year: 2019/20

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

Training at Different Evolutionary Stages is made up of the following subjects:

Tema 1. Planning. Determining factors (2 h + 4 h no presencial).

Tema 2. Planning structures (3 h + 4 h no presencial).

Tema 3. Planing of an optimal level of specific movements (11 h + 18 h no presencial).

Tema 4. Planing of an optimal level of the season (11 h + 18 h no presencial).

Tema 5. Planning of the most common training objectives in general population; reduction fat mass, muscle hypertrophy, physical test, resistance events... (14 h + 28 h no presencial).

Tema 6. General strength exercise (15 h + 6 h no presencial).

Tema 7. Training plan of children and adolescents (4 h + 6 h no presencial).

The no presencial hours correspond to: paper review, scientific documents analyzed, training test and group and individual final Training at Different Evolutionary Stages work.

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

- Calleja González J. Conceptos y sistemas de desarrollo de la actividad física y del deporte. COE-UCAM, 2019.
- García Verdugo M. Fundamentos de la planificación del entrenamiento deportivo. COE-UCAM, 2019.
- García Verdugo M. Programación del entrenamiento de la resistencia. COE-UCAM, 2019.
- González Badillo JJ. Programación del entrenamiento de la fuerza. COE-UCAM, 2019.
- González Rave JM, Pablos Abella C, Navarro Valdivieso F. Entrenamiento deportivo: teoría y práctica. Panamericana, 2014.
- Haff GG, Triplett NT. Essentials of strength training and conditioning. Human Kinetics, 2016.
- Legaz A. Manual de entrenamiento deportivo. Paidotribo, 2012.
- Mujika I. Endurance training-science and practice. Iñigo Mujika, 2012.
- 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.