

## 26319 - Sports Training: Theory and Practice

### Syllabus Information

**Academic Year:** 2020/21

**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 course consists of master classes where the student acquires the basics concepts. These sessions are complemented by seminars in which students debate and solve theoretical and practical issues related to the course program, and with practical sessions where the student experiences, interprets and analyzes the concepts acquired. Given the exceptional situation for this 2020/21 academic year, the way of carrying out the different learning activities is subject to the availability of physical spaces in the Center and to the changing sanitary circumstances. In the case of developing the master classes and/or the seminars and/or the practical sessions synchronously online, teachers and students through the Google Meet virtual room, the contents to be developed and the learning objectives will be the same as if these sessions are developed in person. In the case of telematic teaching, these sessions will be recorded and made available to students through the Moodle platform.

The student has a practice notebook to facilitate the notes and subsequent study. Additionally, the student will carry out a work in order to obtain the necessary training for continuous updating. Specifically, the student must analyze scientific articles associated with the main concepts of the course. For each lesson, the student has assimilation questions that will allow him to check his degree of assimilation of the contents. In addition to the recordings that teachers can make, all sessions may be recorded in any digital format so that the student can review the content as many times as required. For those students who want a more exhaustive analysis of the contents, there is a Manual that covers, among others, all the contents of the course. This Manual is subject to the commercial rights of an Editorial.

#### 4.2.Learning tasks

1. Master sessions.
2. Seminar sessions.

3. Practical sessions.
4. Preparation of content notebook.
5. Analysis of scientific articles associated with the main concepts of the course.

### 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

The master sessions, seminars and practical sessions will take place according to the official course schedule. The compulsory work must be submitted by sending it to the e-mail of the teaching staff the same day of the exam that will take place in each call on the official dates published by the Faculty.

### 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.