

Academic Year/course: 2021/22

## 26324 - Training at Different Evolutionary Stages

### Syllabus Information

**Academic Year:** 2021/22

**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

### 2. Learning goals

### 3. Assessment (1st and 2nd call)

### 4. Methodology, learning tasks, syllabus and resources

#### 4.1. Methodological overview

The course consists of master classes where the student acquires the basic concepts. These are complemented by case-solving sessions and practical sessions where the student experiences, interprets and analyzes the acquired concepts. 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. In the case of developing the master classes and/or the case-solving sessions 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. Additionally, the student will carry out a practical training project for athletes where they must apply the acquired knowledge, as well as face problem solving. In addition, in order to provide the necessary instruments for continuous updating, the student must search for and analyze scientific articles associated with the main concepts of the course. All sessions may be recorded in any digital format so that the student can review the content as many times as required.

#### 4.2. Learning tasks

1. Master sessions.
2. Sessions of case resolutions.
3. Practical sessions.
4. Carrying out theoretical/practical work projects.
5. Analysis of scientific articles associated with the main concepts of the course.

#### 4.3. Syllabus

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.

#### **4.4. Course planning and calendar**

During the first weeks the student must select the training objective for the development of group and individual work. These works must be exposed during the last three weeks of teaching the course or, failing that, the day of the written exam. Three collective tutoring sessions will be held in each call to answer any questions regarding the development of the work. All assignments must be sent to the teacher's e-mail on the date set during the course or, failing that, on the day of the written exam.

#### **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.