

26341 - Optimising Performance in Different Sports Disciplines

Syllabus Information

Academic year: 2023/24

Subject: 26341 - Optimising Performance in Different Sports Disciplines

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:

Semester: Second semester

Subject type: Optional

Module:

1. General information

The general objective of the subject is to develop in the student a critical and coherent sense regarding the optimization of performance in any sport modality and context through an adequate choice of the resources to be used for the training. To this end, priority will be given to the approach of theoretical-practical contents, as well as the implementation of real sports situations and/or scientific experiments on which to reflect.

These approaches and objectives are aligned with the following Sustainable Development Goals (SDGs) of the United Nations Agenda 2030 (<https://www.un.org/sustainabledevelopment/es/>), so that the acquisition of the learning results of the subject provides training and competence to contribute to some extent to their achievement: Health and wellness, Quality education.

2. Learning results

In order to pass this subject, the students shall demonstrate they has acquired the following results:

1. Define the concept of performance as a global concept where the different factors are interrelated in different ways depending on the sport modality and the athlete.

2. Identify the different conditional, motor and informational factors associated with the improvement of sports performance.

Differentiate the performance factors of the different sports modalities and apply the most appropriate training methods

3. Obtain, select, analyse, understand and synthesize the most updated scientific information on the main transversal factors that allow the optimization of performance in most sports modalities.

3. Syllabus

The program offers the students help to achieve the expected results and comprises the following activities:

Unit 1: The training process and sport performance: internal and external load markers in sport.

Unit 2: Determining factors of sports performance in the different modalities: Racquet and paddle sports.

Topic 3: Determining factors of sports performance in different sports modalities Individual sports and performance (cycling, athletics, triathlon...).

Unit 4: Determining factors in strength training and evaluation.

Unit 5: Determining factors in the training and evaluation of speed in cyclic and acyclic sports.

Unit 6: Determining factors in the training and evaluation of jumps.

Unit 7: Determining factors in training and evaluation in aquatic sports.

Unit 8: Optimization of training in special situations: altitude, heat, cold, time change.

Unit 9: Latest trends in training optimization.

4. Academic activities

Master classes: 18h

Special practical classes: 20h

Practical laboratory classes: 10h

Problem solving and case studies: 5h

Assessment 4h

The program and the schedule of the theoretical and practical sessions, as well as the key dates for the delivery of assignments and tests will be specified and communicated to the students at the beginning of the subject.

5. Assessment system

Global Evaluation. The overall test will consist of a single test composed of multiple-choice questions, developmental questions and short questions.

Continuous Assessment. In order to be eligible for continuous evaluation, it will be necessary to attend a minimum of 85% of the practical classes.

The continuous evaluation will consist of:

Personal workbook (20%): It will be based on weekly work based on visualization of trainings, research, analysis of articles, case studies, visualization of specialization lectures, etc. These works will follow the thread of the subject and will allow the development of a reflective and critical spirit towards the topics exposed to the student.

Theoretical exam (30%): Theoretical test in which the knowledge of the different theoretical and practical concepts covered during the term will be evaluated.

Work (50%): Delivery and presentation of a paper on performance indicators on a sport discipline , previously agreed with the teacher. This must be defended and justified in writing and orally.

All evaluation tests must be passed with at least a 5 to pass the subject. In addition, those students who actively participate during the sessions and attend a minimum of 85% of the theoretical sessions, will be entitled to an extra 0.5 pt on the final grade.

Fraud or total or partial plagiarism in any of the evaluation tests will result in the failure of the course with the minimum grade, in addition to the disciplinary sanctions that the guarantee committee adopts for these cases. For a more detailed knowledge about plagiarism and its consequences, please consult: <https://biblioteca.unizar.es/propiedad-intellectual/intellectual-property-plagiarism#What>