

26319 - Sports Training: Theory and Practice

Syllabus Information

Academic year: 2024/25

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

The first goal of the subject is that the student is able to establish coherently the training of any athlete of any sport modality. The second goal is for the student to understand the importance of the continuous scientific updating.

This subject is placed in the third year due to the importance of previous knowledge associated with physiology applied to exercise. It constitutes the basic subject for the understanding of more specific subjects associated with sports training : Training in the Different Evolutionary Stages, Optimization of Performance in the Different Modalities Sports.

It is recommended to have passed the course Physiological Fundamentals of Physical Activity and Sport.

2. Learning results

- To understand the different conditional, motor and informational factors associated with the improvement of sport performance.
- Differentiate the performance factors of the different sports modalities.
- Establish the most appropriate training methods for each sport modality.
- To understand the importance of a continuous scientific education for the development of the professional work associated with sports training.

3. Syllabus

Unit 1. Training and sports performance.

Unit 2. The training stimulus.

Unit 3. Optimization of resistance.

Unit 4. Optimization of strength.

Unit 5. Mobility optimization.

Unit 6. Motor and informational optimization.

4. Academic activities

- Lectures: sessions in which the subject syllabus will be explained. 25 h.
- Seminars: sessions in which theoretical and practical aspects of the subject will be solved. 15 h.
- Practical: sessions of experience, interpretation and analysis of the concepts acquired. 20 h.
- Work on the analysis of scientific articles: 20 h.
- Study of the subject, seminar and practice notebook and answers to assimilation questions: 70 h.

- Assessment tests. 2 h.

5. Assessment system

The evaluation will be global through the following activities:

- Written exam (100% of the grade). Individual theory test of 60 multiple-choice questions on the contents of the subject.

Each question has four possible answers of which only one is correct. For each wrong question, 25% of the grade for a correct question is deducted.

Scientific article analysis assignment. The student must select all journals with an impact factor included in Sport Sciences in the Journal Citation Reports, organized by impact factor and indicating the quartile of each journal. Subsequently, the student must choose four articles related to different themes of the subject that have been published in first and second quartile journals in the year that the academic course begins. For these articles, a brief analysis must be conducted, answering what had not been investigated, what objectives the authors pursue, what subjects have been assessed, what evaluation methodology has been used, what the main conclusion is, what limitations the study has, and what associated research works related to the article would be interesting to carry out. Appropriate selection of journals and articles, consistency between the answers and what is written in the articles, and the level of reflection and contribution of ideas for future studies will be evaluated.

In order to pass the subject, a grade higher than 5.0 must be obtained in the exam and in the work. The paper only scores for students with a grade higher than 5.0 on the written exam: (20% of the grade). In case of no-show at any of the evaluation tests, the student will be considered as a no-show in the evaluation. Partial grades will not be saved for the following calls. Up to one additional point may be earned for answers to questions associated with the seminars and internships.

Fraud or total or partial plagiarism in any of the evaluation tests will result in not passing the subject with the minimum grade, in addition to the disciplinary sanctions adopted by the Guarantee Committee for these cases.