

26324 - Training at Different Evolutionary Stages

Syllabus Information

Academic year: 2024/25

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

General Information

The first goal of the subject is that the student is able to establish coherently the training of any person, regardless of age and performance objective. The second goal is that the student continues to understand and acquire the necessary resources for the search and analysis of the main sources of scientific documentation in order to be independent for its continuous updating on the emerging knowledge of all sciences related to training. Finally, the third goal is that the student should be able to know the technical execution of the main exercises of work with overloads as well as being able to teach correctly those exercises considered as basic.

This subject is placed in the fourth year, after having previously taken the course Theory and Practice of Sports Training . The previous basic training allows this subject to directly focus the acquired knowledge to the training of different population groups: children, youngsters and adults.

It is recommended to have passed the subject Theory and Practice of Sports Training.

2. Learning results

- To understand the various conditional, motor and informational factors associated with improved performance in children, youth and adults.
- Establish the appropriate training and evaluation programs according to age and the specific objectives pursued by the different segments of the population.
- To understand the importance of a continuous scientific training for the development of the professional work associated with training.
- Execute and teach the main exercises of overload training. In addition to visualizing the most obvious errors and suggesting tasks for their correction.

3. Syllabus

Unit 1. Determining factors in planning.

Unit 2. Planning structures.

Unit 3. Planning for an optimal level of performance at specific times.

Unit 4. Planning for an optimal level of performance during most of the season.

Unit 5. Planning for the most common training goals in the general population: fat mass reduction and muscle hypertrophy.

Unit 6. Planning of training exercises with greater application to the general population.

Unit 7. Training planning for children and adolescents.

Unit 8. Training evaluation and control.

4. Academic activities

- Lectures: sessions in which the course syllabus will be explained. 15 h.
- Problem and case solving: sessions in which case studies will be presented regarding the most appropriate training planning for different sports and population groups. 20 h.
- Practical: sessions of experience, interpretation and analysis of exercises with overloads and different tests of evaluation of the athlete. 25 h.
- Individual work: 40 h.
- Study of the subject: 50 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 of a correct question will be deducted.
- Practical examination. Correct explanation and execution of the exercises with overloads worked in the practices.
- Individual work. Carry out and present in class the planning of a season for an athlete or group of athletes.

In order to pass the subject, a grade higher than 5.0 must be obtained in the two exams and in the work. The exam practical exam and individual work will only count for students with a grade higher than 5.0 in the written exam: practical exam (15% of the grade) and individual work (35% of the grade). Failure to attend any of the tests of evaluation will be considered as a "no-show" in the evaluation. Partial grades will not be kept for the following convocatories. Excellent individual work can compensate for the content of parts of the written exam. Up to one additional point may be obtained for the answers to the questions associated with the internship and for the reports of the work submitted by the rest of the students.

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.

6. Sustainable Development Goals

3 - Good Health & Well-Being