

ID	2021
Curricular Unit	Methodology of Training in Rehabilitation
Regent	Francisco José Bessone Ferreira Alves
Learning Outcomes	To discuss methodology of training as a means of rehabilitation of the injured athlete or recreational sportsmen/women. To discuss the influence of exercise on the general health, considering the beneficial role of exercise in different health conditions. To provide the basic principles of training methods in health and disease and to review the training methods in a clinical context
Syllabus	Aerobic training methods, Anaerobic training methods, Strength training methods, Cardiovascular responses, Neuromuscular responses, Exercise and health, Prevention of disease, Epidemiological considerations, Assessment of health parameters, Intervention studies
Evaluation	Written exam
Bibliography	<p>Buller, A., Eccles, C., & Eccles, R. (1960a). Differentiation of fast and slow muscles in the cat hind limb. <i>J Physiol</i>, 150, 399-416.</p> <p>Buller, A., Eccles, C., & Eccles, R. (1960b). Interaction between motoneurons and muscles in respect of the characteristic speeds of their responses. <i>J Physiol</i>, 150, 417-439.</p> <p>Dietz, V., Noth, J., & Schmidtbleicher, D.(1981).Interaction between pre-activity and stretch reflex in human triceps brachii during landing from forwards falls. <i>Journal of Physiology</i>, 311, 113-125.</p> <p>Dietz, V., & Schmidtbleicher, D. (1979). Neuronal mechanisms of human locomotion. <i>J. Neurophysiol.</i>, 42, 1212-1222.</p> <p>Gollhofer, A. (1987). <i>Komponenten der Schnellkrafteleistung im dehnungs.</i> Unpublished Doctoral Thesis, University of Freiburg.</p> <p>Gollhofer, A., Strojnik, V., Rapp, W., & Schweizer, L. (1992). Behaviour of triceps surae muscle-tendon complex in different jump conditions. <i>Eur. J. Appl. Physiol.</i>,64, 283-291.</p> <p>Henneman, E.,& Mendell, L. M.(1981).Functional organization of motoneu</p>