

ID	2296
Curricular Unit	Training and Evaluation of Physical Qualities
Regent	Pedro Vítor Mil-Homens Ferreira Santos
Learning Outcomes	<p>Training and Evaluation of Physical Qualities is a discipline that can be classified as intermediate synthesis. Starting from the basic physiological nature of knowledge that students have acquired during my degree, looking at the end of the course the successful students:</p> <ul style="list-style-type: none"> a) Know in depth the fundamentals and methodologies for the development of physical performance; b) Know designing and implementing evaluation and diagnosis of the physical qualities; c) Know interpret and draw methodological conclusions from their results; d) Meet specificities associated methods of training and periodization of training;
Syllabus	<p>Theoretical Course</p> <p>1 - The development of aerobic and anaerobic performance</p> <p>1.1 - Metabolic characterization of the competitive situation and building endurance programs</p> <ul style="list-style-type: none"> · Business analysis and typology of sports. · Presentation and discussion of examples related to the most relevant sports. <p>1.2 - The general preparation of resistance - resistance based on cyclic endurance sports, in speed and power sports and sports acyclic. The dominant aerobic endurance base: control and prescription.</p> <p>1.3 - Specific resistance: means and methods of training.</p> <ul style="list-style-type: none"> · In the substantive disciplines and middle distance · In the disciplines of power and speed · In combat sports · In team sports <p>1.4 - Assessment and prescription of resistance training</p> <ul style="list-style-type: none"> · Aerobic Capacity <p>the Use of the different parameters characterizing the metabolic transition thresholds for individual prescribing training.</p>

Final Exam

Written test on all subjects taught in the theoretical and practical courses. Students with a grade equal to or greater than 9.5 will have access to a compulsory oral examination.

Continuous Assessment

Are exempt from final exam students who cumulatively meet the following requirements:

- Obtaining a grade equal to or higher than 9.5 in each of the two frequencies;
- Obtain favorable information on three of the four reports;
- Register two thirds of attendance in practical classes;

The oral test will always be compulsory for all students. Reports are individual. Your rating will be conducted at three levels: negative, positive and positive with 1 add value to the final average.

Evaluation

Bibliography

- Alves, F., (1996) - Study on the resistance, in, Castle, J., Baker, H., Alves F., Santos, AM, Carvalho, J., & Vieira, J. Methodology of sport training. pp. 323-351, Lisbon: Issues FMH-UTL.
- Baechle, TM and Earle, RW (2000) - Essentials of Strength Training and Conditioning. 2nd ed., NSCA, Human Kinetics.
- Billat, V. (2003). Physiologie et de l'Methodologie entraînement: de la théorie à la pratique. Bruxelles: De Boeck & Larcier.
- Bompa, TO (2005). Training of team sport athletes (trans.). S. Paulo: Editora Phorte.
- Bompa, TO (1999). Periodization: Theory and Methodology of Training. 4th ed. Champaign, Human Kinetics
- Gore, CJ (Eds.) (2000) - Physiological Test for Elite Athletes. Australian Institute of Sport.
- MacDougall, JD, HA Wenger, and HJ Green (1991) - Physiological Testing of the High-Performance Athlete. 2nd ed, Champaign. Human Kinetics.