

<b>ID</b>	2582
<b>Curricular Unit</b>	Training Methodology
<b>Regent</b>	António Paulo Pereira Ferreira
<b>Learning Outcomes</b>	<p>1) to dominate the framework of the fundamental concepts in athletic training;</p> <p>2) to understand the various factors of training, the relationship of interaction among themselves and their involvement within the generality of the various sporting disciplines.</p> <p>3) to demonstrate theoretical knowledge about the concepts and methodological rules to the training of physical qualities.</p> <p>4) to locate and interpret the differences between the theoretical knowledge and methodological training and the various sporting disciplines as well as different levels of training.</p> <p>5) to distinguish the level of intervention of the Sports Manager and the Coaches.</p>
<b>Syllabus</b>	<p>Concepts and fundamental notions in Sports Training. Resistance: study of the physical quality. Incidence areas and objectives of the training, forms of manifestation. Resistance training methods. Strength: study of quality physical. Conditioning factors and methodological implications for practice. The various types of external resistors. Methods for the construction and training programs. Speed: study of physical quality. Constraints and different manifestations. Conditioning factors. Methodology training speed. Flexibility: study of quality. Training benefits and forms of manifestation. Conditioning factors. Training methods and load characteristics. Study of the technical and tactical factors. Definitions and conceptual boundaries of technique and tactics. Methodological aspects of the training at different stages of the career of the athlete. Planning and training periodization: intermediate structures and organization of the training load at different levels of preparation.</p>

The teaching methodology is based on classroom lectures and expository. Towards the student acquire a better sense of some operational knowledge of a more practical, some sessions are held in the gym weight training in order to realize the scope of some methods and evaluation forms submitted. The continuous evaluation process has three components:

## Evaluation

- (1) the personal presence of at least 2/3 of classes,
  - (2) two theoretical tests with a schedule date and each with a rating higher than 9.5;
  - (3) a report of a working group based on the topic of Spaces of Sport Training Management, or as an option, an oral test.
- The final evaluation scheme is intended to carry out a theoretical and an oral examination. Access to oral is achieved with a rating higher than 9.5.

## Bibliography

Castelo, J.; Barreto, H.; Alves, F.; Mil-Homens, P.; Carvalho, J.; Vieira, J. (1996). Metodologia do Treino Desportivo. Lisboa, Edições FMH.

Bompa, T. (1990). Theory and methodology of training. The key to athletic performance. Iowa, Kendall/Hunt Publs.

Gambetta, V. (2007). Athletic development. The art & science of functional sports conditioning. Champaign, Illinois, Human Kinetics Publs.

Bompa, T.O. (1995). From childhood to champion athlete. Toronto: Veritas Publishing Inc.

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