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| <b>ID</b>                | 2718   |
| <b>Curricular Unit</b>   | Intervention Models  |
| <b>Regent</b>            | Francisco José Bessone Ferreira Alves  |
| <b>Learning Outcomes</b> | <p>Identification and analysis of performance and conditioning models regarding a competitive sport chosen by the student.</p> <p>Knowledge of procedures for planning and training monitoring of a chosen sport</p>   |
| <b>Syllabus</b>          | <p>Guided study of the performance characteristics and of the main competitive and training factors regarding a sport chosen by the student.</p>   |
| <b>Evaluation</b>        | <p>According to the tutorial nature of the discipline, the teacher advisor proposes a structured network of themes relevant to the training process in the context of a particular sport, proceeding to the discussion supported by the commented reading of recent scientific articles and technical texts of recognized value.</p> <p>This course will operate under continuous evaluation, which is fulfilled through the completion of a written work whose themes and individual development are agreed in advance with the teacher, leading to the provision of an adequate bibliography. In the assessment of the written work, consisting of a literature review of one or more selected topics, it will be valued the ability to summarize and clear statement of the matters referred to, the quality of literature used, the original treatment of the themes and the ability to liaise with the practical requirements of practice of athletic training in the sport chosen.</p> |
| <b>Bibliography</b>      | <p>In agreement with the tutorial nature of the curricular unit, bibliography depends on the sport chosen by the student and the criteria of the teacher in charge.</p>  |