

<b>ID</b>	3045
<b>Curricular Unit</b>	Periodization Training and Cargo
<b>Regent</b>	Francisco José Bessone Ferreira Alves
<b>Learning Outcomes</b>	<p>Identify and analyze the principles underpinning the periodization of training, discussing the scientific justification of procedures found in the field.</p> <p>The various models of global periodization of the macrocycle as well as the processes of organization and sequencing of loads regional (strength and muscle power, aerobic and anaerobic endurance, speed and flexibility) will be studied.</p> <p>Periodization training is still critically confronted with the optimization processes of training stimulus, dealing with fatigue curves and overcompensation, and promoting dynamic of obtaining maximum peak sporting manner.</p>
<b>Syllabus</b>	<p>1 - Models of Periodization: Classic (Matveiev, Bompa), the intensive loads (Tschien), concentrated loads (Verkhoshansky), tactical models for team sports.</p> <p>2 - Periodization of physical training: a. muscle strength and power, b. speed, agility and coordination; c. aerobic and anaerobic endurance; d. flexibility. Training simultaneously. Training and detraining: specific considerations.</p> <p>3 - Procedures periodization of technical and tactical training: integrated models framing the interaction between the physical capabilities and tasks of cognitive and perceptual-motor dominance.</p> <p>4 - The multi-year cycles and the athlete's career.</p> <p>5 - Strategies modeling of competitive performance: theory of localized optimization of sporty shape and extension of the theory of states of high fashion.</p> <p>6 - Quantitative Models for training, fatigue and performance: boost training (Bannister); models for Endurance Sports (Mujika, Chatard); models for team sports (Bangsbo, Reilly).</p> <p>7 - overtraining,</p>
<b>Evaluation</b>	Written work and oral discussion.

## **Bibliography**

- Bompa, TO (1999). Periodization: Theory and methodology of training. 4th Edition. Champaign: Human Kinetics.
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- Verkhoshansky, Y. (2002). Theory methodology y del entrenamiento deportivo. Barcelona: Ed Paidotribo.
- Baechle TR & Earle RW (2000). Essentials of strength training and conditioning. Champaign: Human Kinetics.
- Viru, A., Loko, J., Harro, M., Volver, A., Laaneots, L., & Viru, M. (1999). Critical periods in the development of performance capacity During childhood and adolescence. European Journal of Physical Education, 4: 75-119.