

ID	3046
Curricular Unit	Specific Training Methodology - Sports Option
Regent	António Paulo Pereira Ferreira
Learning Outcomes	Models of competitive performance preparation in a sport chosen by the student. Assessment methods, and procedures planned for each case.
Syllabus	Tutorial study of the characteristics of competitive performance and the main factors in sports training modalities chosen by the student.
Evaluation	Written work and oral discussion.
Bibliography	Set by agreement with the coordinator