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| ID | 3094 |
| Curricular Unit | Research Methods on Sport Sciences II |
| Regent | Pedro Vítor Mil-Homens Ferreira Santos |
| Learning Outcomes | <p>Practical experience in research techniques related with Neuromuscular Function and Notational Analysis</p> <p>Basic procedures and interpretation of the results</p> |
| Syllabus | <p>1. Neuromuscular Function</p> <p>Isometric force time curve measurements</p> <p>Dynamic measurement of muscle strength</p> <p>Isokinetic measurements</p> <p>Evaluation of force production in Stretch-Shortening Cycle movements</p> <p>Representation and interpretation of force-time, force-velocity and force-power curves</p> <p>2. Notational Analysis</p> <p>Basics on Notational Analysis</p> <p>Observation systems</p> <p>Data reliability and validity</p> <p>Software: Longomatch, Match Vision Globally and Positioning Sport - SPI PRO tracking system (GPS)</p> |
| Evaluation | <p>The teaching methodology in this unit is strongly "hands-on" (on the lab). For each topic of the program, the students have to collect and process data, for posterior analysis. The evaluation consists in a written report based on the laboratory work.</p> |
| Bibliography | <p>MacDougall, J. D., Wenger, H. A., Green, H. J. (Eds.). Physiological Testing of the High-Performance Athlete (2ª edição). Champaign. IL: Human Kinetics, 1991.</p> <p>Hughes, M., Franks, I. (2008). The Essentials of Performance Analysis: An Introduction. London: Routledge & Francis Group.</p> <p>Procedures Manual for the topic Neuromuscular Evaluation</p> |