

ID	3130
Curricular Unit	Dissertation
Regent	N/A
Learning Outcomes	Offer the students an oriented experience in the research domain of Sports Sciences and High Performance Training.
Syllabus	<ol style="list-style-type: none"> 1. The Study of the Momentum in Sports Games. 2. The Coaches Idea Study. 3. The Critical Moments in Sports Games. 4. Periodization, Fatigue management and Overtraining. 5. Performance and Skills in Swimming. 6. Training and Evaluation of Endurance Cycled Activities. 7. Performance Modulation. 8. Biological maturation and physical activity. 9. Flexibility and Strength Training. 10. Flexibility Training Intensity. 11. Strength Training Diagnosis. 12. Effectiveness Analysis and Evaluation of Abdominal Exercises. 13. Electromyography of Strength Training Exercises; 14. Muscle Upper Limb Evaluation and Analysis; 15. Neuromechanics Coordination Process; 16. Relationship Coach-Athlete and Sports Talents; 17. The Lower Limb Muscle Power; 18. Mechanical Impact Evaluation in Running and Cycling.
Evaluation	Scientific Dissertation with public defense.
Bibliography	To be discussed with the coordinator