ID  3452

Curricular Unit  Training of Technical and Tactical Sports

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Learning Outcomes

To master the theoretical and methodological foundations of tactics in training sports, where this training factor would be predominant. To conceive the training in a framework of a relationship between the training of the various factors and the priority that technique and tactic assume in the context of the activities, in which they are determinants of the Performance. To know the research lines, means and methods preferably used in the study of the dimensions of Technique and Tactics in sports.

At the end of the course, students should master:

1. Theoretical-methodological requirements of the technique training and its influence on the competitive performance.
2. Theoretical and methodological requirements of tactics training in sports games and / or sports in which this factor would be predominant.
3. The articulation between the training of the different factors of the training and the priority that the technique and tactics assume in the context of the sports games.
4. The planning and evaluation of the technical and tactical training in the macro and the microstructure of the training.
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**Team Sports**

*Continuous assessment*, according to the following guidelines:

* Students must attend at least 2/3 of the classes actually held.
* Performing a written test and a practical work (each with a minimum of 10 values).
* Definition of Practical Work – delivery of documentary work and presentation to the teachers of the discipline. Application of the principles of tactical training. The practical presentation supposes the communication, in a practical lesson, of the application of the methodological principles of the tactical training to the training of the chosen tactical circulation. The presentation of the work should include:
  1. Prerequisites for introduction of the selected tactical circulation that will be the target of intervention.
  2. Elaboration of the methodological sequence of 3-5 situations/exercises (tasks) oriented to the learning, improvement or automation of the chosen tactical circulation – 20 minutes.
  3. Modification/adjustment of the tasks, depending on the quality of the performance of the practitioners, observed during the execution of the proposed exercises.

**Evaluation**

* Final grade – 40% Test + 60% Practical work

*Final Exam*

- The student carries out a written test (with a minimum of 10 values) and an oral test (with a minimum of 10 values).
- Achievement of success: minimum final score 10 values.

**Individual Sports**

*Continuous assessment*, according to the following guidelines:

* Students must attend at least 2/3 of the classes held.
* Performing a written test (with a minimum of 10 values).
* Practical Work – application of the principles of technical training (4 works developed), depending on the subject and the individual sports activities.

* Final Grade – 40% Test + 60% Practical work

*Final Exam:*

The student carries out a written test (with a minimum of 10 values) and an oral test (with a minimum of 10 values).
Global Program


Team Sports Program


Individual Sports Program