

<b>ID</b>	3459
<b>Curricular Unit</b>	Specific Training Methodology - Sports Option
<b>Regent</b>	António Paulo Pereira Ferreira
<b>Learning Outcomes</b>	Models of competitive performance preparation in a sport chosen by the student. Assessment methods, and procedures planned for each case.
<b>Syllabus</b>	Tutorial study of the characteristics of competitive performance and the main factors in sports training modalities chosen by the student.
<b>Evaluation</b>	Written work and oral discussion.
<b>Bibliography</b>	Set by agreement with the coordinator