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| <b>ID</b>                | 3865   |
| <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  |