

<b>ID</b>	437
<b>Curricular Unit</b>	Dissertation
<b>Regent</b>	N/A
<b>Learning Outcomes</b>	Offer the students an oriented experience in the research domain of Sports Sciences and High Performance Training.
<b>Syllabus</b>	<ol style="list-style-type: none"> <li>1. The Study of the Momentum in Sports Games.</li> <li>2. The Coaches Idea Study.</li> <li>3. The Critical Moments in Sports Games.</li> <li>4. Periodization, Fatigue management and Overtraining.</li> <li>5. Performance and Skills in Swimming.</li> <li>6. Training and Evaluation of Endurance Cycled Activities.</li> <li>7. Performance Modulation.</li> <li>8. Biological maturation and physical activity.</li> <li>9. Flexibility and Strength Training.</li> <li>10. Flexibility Training Intensity.</li> <li>11. Strength Training Diagnosis.</li> <li>12. Effectiveness Analysis and Evaluation of Abdominal Exercises.</li> <li>13. Electromyography of Strength Training Exercises;</li> <li>14. Muscle Upper Limb Evaluation and Analysis;</li> <li>15. Neuromechanics Coordination Process;</li> <li>16. Relationship Coach-Athlete and Sports Talents;</li> <li>17. The Lower Limb Muscle Power;</li> <li>18. Mechanical Impact Evaluation in Running and Cycling.</li> </ol>
<b>Evaluation</b>	Scientific Dissertation with public defense.
<b>Bibliography</b>	To be discussed with the coordinator