

<b>ID</b>	758
<b>Curricular Unit</b>	Training the Young Athlete
<b>Regent</b>	Anna Georgievna Volossovitch
<b>Learning Outcomes</b>	<p>The central objective of the teaching of the discipline is to give the students the necessary for the organization of the training process in the juvenile sport theoretical knowledge.</p> <p>The course aims to achieve the following specific objectives:</p> <ol style="list-style-type: none"> <li>1. Provide students knowledge about the age peculiarities of young practitioners at different stages of development.</li> <li>2. Generate powers of organization and conduct of the training process to ensure proper progression in the content that should go following the evolution of young practitioners.</li> <li>3. ensure the articulation of knowledge and skills acquired by students in other disciplines with the specific objectives of training in child and adolescent sport.</li> </ol>
<b>Syllabus</b>	<ol style="list-style-type: none"> <li>1. Objectives of juvenile sport. Benefits and risks of the sport in the pediatric age. Stages of human development. Development of bone, muscle and cardiovascular systems. Motor development. Maturation. Effects of sports training on the processes of growth and maturation. Chronological age vs. biological age.</li> <li>2. Motor performance and aging. Muscle development in the pediatric age. Anaerobic performance and maturation. Aerobic performance and maturation. Maturation and competitive success.</li> <li>3. Readiness Concept motor-sports. Trainability and maturation. Periods susceptible to the development of various performance factors. Retention of functional and motor adaptations vs age.</li> <li>4. Workout of coordinative abilities ( skills acquisition ) with children and youth.</li> <li>5. velocity training with children and young people.</li> <li>6. Strength training with children and young people.</li> <li>7. Resistance training with children and young people.</li> <li>8. Preparing long term in the juvenile sport. Early specialization to</li> </ol>

Types of assessment: Continuous assessment and final assessment

Rating System:

Continuous assessment:

Students may choose one of the following alternative models reviewed

Continuous assessment involves:

- 1) assist the student at least 2/3 of the classes actually implemented;
- 2) completion of a written test (minimum score of 9.5) (70% of final grade) and
- 3) conducting a literature review 4-5 papers centered on the theme of childhood sport (30% of final grade).

Final evaluation. For students who did not opt for continuous assessment or who have failed in different moments of this, consisting of:

- 1) final exam (minimum score of 10 points);
- 2) conducting a literature review of 4-5 scientific papers centered on the theme of childhood sport (30% of final grade) ;

## Evaluation

## Bibliography

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Encyclopaedia of Sports Medicine, vol XIII. Oxford: Blackwell Publishing.

Sobral, F. (1988). Teenage athlete. Lisbon: Horizonte.

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