



IDENTIFYING DATA

Methodology & planning of sports training 1

Subject	Methodology & planning of sports training 1			
Code	P02G050V01502			
Study programme	(*)Grao en Ciencias da Actividade Física e do Deporte			
Descriptors	ECTS Credits	Choose	Year	Quadmester
	6	Mandatory	3rd	1st
Teaching language	Spanish			
Department				
Coordinator	García García, Óscar			
Lecturers	García García, Óscar			
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General description				

Competencies

Code	
A7	(*)Capacidade para planificar, desenvolver e controlar o proceso de adestramento nos seus distintos niveis
A8	(*)Capacidade para aplicar os principios fisiolóxicos, biomecánicos, comportamentais e sociais, durante o proceso do adestramento deportivo
A9	(*)Capacidade para promover e avaliar a formación de hábitos perdurables e autónomos de práctica actividade físico-deportiva na poboación que realiza adestramento deportivo
A10	(*)Capacidade para identificar os riscos, que se derivan para a saúde dos deportistas, da práctica de actividades físicas inadecuadas no contexto do adestramento deportivo
A11	(*)Capacidade para planificar, desenvolver e controlar a realización de programas de adestramento deportivo
A12	(*)Capacidade para seleccionar e saber utilizar o material e equipamento deportivo, adecuado para cada tipo de actividade de adestramento deportivo
B5	(*)Coñecemento e comprensión dos efectos da práctica do exercicio físico sobre a estrutura e función do corpo humano
B10	(*)Coñecemento e comprensión dos fundamentos do deporte
B13	(*)Hábitos de excelencia e calidade no exercicio profesional
B14	(*)Utilización da información científica básica aplicada á actividade física e ao deporte nas súas diferentes manifestacións
B24	(*)Actuación dentro dos principios éticos necesarios para o correcto exercicio profesional
B26	(*)Adaptación a novas situacións, á resolución de problemas e á aprendizaxe autónoma

Learning aims

Expected results from this subject	Training and Learning Results	
Capacity to schedule, develop and control the process of training in his distinct levels	A7	B5 B10 B13 B14 B26
Capacity to apply the physiological principles, *biomecánicos, *comportamentais and social, during the process of the sportive training	A8	B5
Capacity to promote and evaluate the training of habits *perdurables and autonomous of practical physical activity-sportive in the population that realises sportive training	A9	B5 B26
Capacity to identify the risks, that derive for the health of the sporty, of the practice of unsuitable physical activities in the context of the sportive training	A10	B5

Capacity to select and know use the material and sportive equipment, adapted for each type of activity of sportive training	A12	B13 B14
Capacity to schedule, develop and control the realisation of programs of sportive training	A11	B5 B10 B13 B14
Performance inside the necessary ethical principles for the correct professional exercise		B24

Contents

Topic	
(*)Wool adaptation in him depose you	(*)*Concept of *entrenamiento sportive* Concept of adaptation in him depose you*He process of sportive adaptation*Mechanism *general of adaptation**Sindrome *general of Dynamic*adaptation of @el process of *entrenamiento sportive: I stimulate, *fatiga, recovery, *supercompensación, adaptation*sensitive Phases in wool adaptation
The load of training	Concept of load of training Typology of loads of *entrenamientoAspectos that determine the load of training: content, magnitude, organisation of the load
The sportive form	Concept of *formafactores that determine the performance *deportivocaracterísticas of the form *deportivaTipos of form *deportivaFases of the state of *formaSíntomas of the state of *formaEvaluación of the sportive form
The principles of the training	Concept and *clasificaciónPrincipios *biológicosprincipios *pedagógicosprincipios of planning and organisation
Foundations, structure and methods of the training of the Strength	Concept factors that determine the production of *fuerzaprocesos of adaptation in the training of the strength: structural, neuromuscular *mecánicasManifestaciones of the strength: active and reactivates.Methods of training of the demonstrations of the *fuerzaFases sensitive for the development of the strength
Foundations, structure and methods of the training of the speed	*Conceptosfactores Of which depends the *velocidadmanifestaciones of the speed: reaction, *aceleración and *deceleración, speed of an isolated movement, speed of a continuous movement *cíclico, speed of a movement *continuo acyclic.The resistance to the *velocidadLa resistance to the maximum *velocidadMétodos of training of the demonstrations of the *velocidadDesarrollo of the potential of *velocidadLa barrier of *velocidadla agility
Foundations, structure and methods of the training of the resistance	*ConceptoFactores That determine the *resistenciaProcesos of adaptation to the training of resistance *aeróbicaProcesos of adaptation to the training of resistance *anaeróbicaManifestaciones of the *resistenciaMétodos of the training of the resistance
Foundations, structure and methods of the training of the flexibility	*Conceptofactores That determine the mobility *articularTipología of mobility *articularBeneficios of the training of the flexibility with regard to other capacities *condicionalesMétodos of the training of the flexibility
Detection and selection of sportive talents	Concept Specificity of the process of adaptation of the boy to the sportive training Indicators for the detection and selection of the sportive talent Methods and models of detection and selection of the sportive talent

Planning

	Class hours	Hours outside the classroom	Total hours
Troubleshooting and / or exercises	4	8.8	12.8
Case studies / analysis of situations	4	8.7	12.7
Laboratory practises	22.5	45	67.5
Master Session	22	33	55
Long answer tests and development	1	0	1
Practical tests, real task execution and / or simulated.	0.5	0	0.5
Troubleshooting and / or exercises	0.5	0	0.5

*The information in the planning table is for guidance only and does not take into account the heterogeneity of the students.

Methodologies

Description
Troubleshooting and / or They will formulate problems or exercises related with the sportive training. The student has to develop the most suitable solution and justify it

Case studies / analysis of situations	Analysis of cases related with the sportive training to know them, interpret them, *reflexionar on them and propose alternative solutions.
Laboratory practises	Acquisition of basic skills and of procedures related with the sportive training. They develop in spaces with *equipamento skilled (track of athletics. Sportive pavilion, straight of speed, room of *fitness)
Master Session	Exhibition by part of the professor of the contents on the matter object of study, theoretical bases and scientific knowledge updated.

Personalized attention

Methodologies	Description
Troubleshooting and / or exercises	In the destined schedule to *tutorias *atendera to the peculiarities that each present student regarding the *asignatura
Laboratory practises	In the destined schedule to *tutorias *atendera to the peculiarities that each present student regarding the *asignatura

Assessment

	Description	Qualification
Laboratory practises	*Sera Necessary assist at least to 80% of the practices to be able to surpass the *asignatura. The assistance involves the active execution of the same.	0
Long answer tests and development	*Consistira In the development of 5 ask referents to the theoretical and practical contents developed in the *asignatura. *sera Necessary approve it to be able to surpass the *asignatura	80
Practical tests, real task execution and / or simulated.	The proof *consistira in the resolution and practical execution of a *susuesto of training linked to the contents realised in the practices of the *asignatura. *sera Necessary approve it to be able to surpass the *asignatura	20

Other comments on the Evaluation

The evaluation in successive announcements will realise of equal form that the posed initially

Sources of information

Nacleiro, F. (2011). Entrenamiento deportivo. Fundamentos y aplicaciones. Barcelona: Editorial médica-panamericana.

Jiménez Gutiérrez, A. (coord) (2008). Nuevas dimensiones en el entrenamiento de la fuerza: aplicación de nuevos métodos, recursos y tecnologías. Barcelona: INDE.

Matveev, L. P. (2001). Teoría general del entrenamiento deportivo. Barcelona: Paidotribo.

Verkhoshansky, Y. (2002) Teoría y metodología del entrenamiento deportivo. Barcelona: Paidotribo.

Weineck, J. (2005). Entrenamiento total. Barcelona: Paidotribo

Recommendations

Subjects that continue the syllabus

Methodology & planning of sports training 2/P02G050V01604

Specialisation in group sports/P02G050V01906

Specialisation in individual sports/P02G050V01907

Subjects that are recommended to be taken simultaneously

Assessment and prescription of physical activity for health/P02G050V01503

Subjects that it is recommended to have taken before

Anatomy: Human anatomy for movement/P02G050V01101

Anatomy: Human anatomy & kinesiology/P02G050V01201

Physiology: Exercise physiology 1/P02G050V01104

Physiology: Exercise physiology 2/P02G050V01401