



IDENTIFYING DATA

Methodology & planning of sports training 2

Subject	Methodology & planning of sports training 2			
Code	P02G050V01604			
Study programme	(*)Grao en Ciencias da Actividade Física e do Deporte			
Descriptors	ECTS Credits	Choose	Year	Quadmester
	6	Mandatory	3rd	2nd
Teaching language	Galician			
Department				
Coordinator	Tourinho González, Carlos Francisco			
Lecturers	Tourinho González, Carlos Francisco Vila Suarez, Maria Elena			
E-mail	tourinog@gmail.com			
Web				
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
A17	(*)Capacidade para planificar, desenvolver e controlar a realización de programas de actividades físico-deportivas orientada á saúde
A22	(*)Capacidade para coñecer e aplicar o marco xurídico do ámbito profesional

Learning aims

Expected results from this subject	Training and Learning Results
(*)	A7 A8 A9 A10 A11 A17 A22

Contents

Topic	
(*)SUBJECT 2. Foundations, structure and methods of the training of the Technical capacities-*coordinativas	(*)- The analysis of the sportive technician- Development of the technical map-*coordinativo of the sportive specialities
(*)SUBJECT 3: Foundations, structure and methods of the training of the Tactical capacities- the sportive specialities *decisionales	(*)- The sportive tactics- Development of the tactical map-*decisional of

(*)SUBJECT 4. The means of the training and the methodologies of training.	(*)- The exercises of training. Classifications. Levels of approximation- The means of basic and specific training- The methodologies of training.- The integrated training
(*)SUBJECT 5. The temporary structures in the *periodización of the training	(*)- Microestructuras. Units of training, sessions, *microciclos. Types and design- *Mesoestructuras. Cycles and periods. Types and design- *Macroestructuras. *Macro ciclo And season. Types and design- *Megaestructuras. Cycle *plurianual
(*)SUBJECT 6. Models of planning of the training.	(*)- Historical evolution of the models of planning.- Traditional planning. Designs with linear and regular loads- contemporary Planning. Designs with loads concentrated. *Microestructuración- Special models of planning. Organisation of the training in function of the sport.
(*)SUBJECT 7. □ The design of the plan of training-competition.	(*)- General foundations of the programming of the sportive training.- Planning of the competition. Types and characteristic.- Preparation of the competition: *Taper.
(*)SUBJECT 8: The Control of the process of training-competition	(*)- The subsystem control- Control of the loads of training- Control of the programming- Control of the contents of the training-competition
(*)SUBJECT 9: Prevention of injuries	(*)- Model of evaluation and prevention of injuries.- The model *multifactorial of injuries. Intrinsic factors and *extrínsecos- The cycle of the prevention- Factors and measures of prevention of injuries- Implementation of the programs of prevention

Planning

	Class hours	Hours outside the classroom	Total hours
Tutored works	8	0	8
Laboratory practises	18	0	18
Master Session	22	28	50
Long answer tests and development	2	0	2
Reports / memories of practice	0	18	18
Jobs and projects	0	38	38
Case studies / analysis of situations	0	14	14
Short answer tests	2	0	2

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

Methodologies

	Description
Tutored works	Evaluation of the works of the students in reduced groups.
Laboratory practises	In the time of practices of laboratories will develop tasks and exercises directed pole professor on aspects presented in the theoretical kinds.
Master Session	It Will employ the exhibition by part of the professor how main means of teaching.

Personalized attention

Methodologies	Description
Tutored works	It will attend the educational needs of the students in the time of tutorials.
Tests	Description
Reports / memories of practice	It will attend the educational needs of the students in the time of tutorials.
Jobs and projects	It will attend the educational needs of the students in the time of tutorials.

Assessment

	Description	Qualification
Tutored works	Realization of one work of planning of a season elected by the student. Develop of previous sportive life the said planning.	40
Laboratory practises	Active participation of the students in the practices realized during the course.	10
Long answer tests and development	Answer of two questions envelope to subject	20
Short answer tests	Answer of six questions envelope to subject	30

Other comments on the Evaluation

The approved notes obtained in the first announcement will be accepted to the second.

Sources of information

Recommendations

Subjects that continue the syllabus

Specialisation in group sports/P02G050V01906

Specialisation in individual sports/P02G050V01907

Psychology of sports training/P02G050V01911

Subjects that are recommended to be taken simultaneously

Biomechanics of sports techniques/P02G050V01903

Subjects that it is recommended to have taken before

Physiology: Exercise physiology 1/P02G050V01104

Physiology: Exercise physiology 2/P02G050V01401

Methodology & planning of sports training 1/P02G050V01502
