



## IDENTIFYING DATA

### Planning and methodology in sports training I

Subject	Planning and methodology in sports training I			
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				
Department				
Coordinator	García García, Óscar			
Lecturers	García García, Óscar			
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Web				
General description				

## Competencies

Code	
B1	Conceptualization and identification of the object of study of the Sciences of the Physical Activity and the Sport.
B2	Knowledge and comprehension of the scientific literature of the area of the physical activity and the sport.
B5	Knowledge and comprehension of the effects of the practice of the physical exercise on the structure and function of the human body.
B8	Knowledge and comprehension of the structure function and development of the different manifestations of the motricity humanizes.
B11	Knowledge and comprehension of the ethical beginning necessary for the correct professional exercise.
B13	Habits of excellence and quality in the professional exercise.
B14	Managing of the scientific basic information applied to the physical activity and to the sport in his different manifestations.
B17	Aptitude to plan, to develop and control the process of training in his different levels.
B26	Adjustment to new situations, the resolution of problems and the autonomous learning.
C7	Aptitude to plan, to develop and control the process of training in the different levels
C8	Aptitude to apply the physiological biomechanical, comportamental and social principles, during the process of the sports training
C9	Aptitude to promote and evaluate the formation of lasting and autonomous habits of practical physical and sports activity in the population who realizes sports training
C10	Aptitude to identify the risks, which stem for the health of the sportsmen, of the inadequate practice of physical activities in the context of the sports training
C11	Aptitude to plan, to develop and to control the accomplishment of programs of sports training
C12	Aptitude to select and to be able to use the material and sports equipment adapted for every type of activity of sports training

## Learning outcomes

Expected results from this subject	Training and Learning Results	
The student will be able to propose the suitable development to the needs of the sporty of the different conditional capacities, and his control inside the process of training to achieve a concrete effect	B5	C7
	B8	C11
	B14	
	B17	

The student will be able to apply the physiological principles, *biomecánicos, *comportamentales and social, to justify the effect that causes the sportive training	B2 B5 B8 B14	C8
The student will be able to identify the risks, that derive for the health of the sportsmen, of the unsuitable practice of exercises and methods of sportive training	B5 B8 B14 B17 B26	C9 C10
The student will be able to select and know use the material and sportive equipment, adapted to develop each conditional capacity inside the process sportive training	B2 B5 B26	C12
The student will be able to propose and execute exercises or tasks with his indicators of control of the load inside each conditional capacity to guarantee in the sportsmen a determinate effect of the training	B5 B14 B17 B26	C11
The student will be able to act inside the necessary ethical principles for the correct professional exercise	B1 B11 B13	

## Contents

Topic	
The adaptation in the sport	Concept of sportive training Concept of adaptation in him depose you He process of sportive adaptation general Mechanism of adaptation *Sindrome general of Dynamic adaptation of him process of sportive training: I stimulate, fatigue, recovery, *supercompensación, adaptation sensitive Phases in the adaptation
The load of training	Concept of load of training Typology of loads of training Appearances that determine the load of training: content, magnitude, organisation of loads it concurrent Training and interferences in the training
The sportive form	Concept of form factors that determine the characteristic sportive performance of the sportive form Types of sportive form Phases of the state of form *Sintomas of the state of form Evaluation of the sportive form
The principles of the training	Concept and classification biological Principles pedagogical principles principles of planning and organisation
Foundations, structure and methods of the training of the Strength	Concept factors that determine the production of strength processes of adaptation in the training of the strength: structural, neuromuscular mechanical Demonstrations of the strength: active and reactive. Methods of training of the demonstrations of forces it sensitive Phases for the development of the strength
Foundations, structure and methods of the training of the speed	Concepts factors of which depends the speed demonstrations 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 speed The resistance to the maximum speed Methods of training of the demonstrations of the speed Develop of the potential of speed The barrier of speed the agility

Foundations, structure and methods of the training of the resistance	Concept Factors that determine the resistance Processes of adaptation to the training of aerobic resistance Processes of adaptation to the training of anaerobic resistance Demonstrations of the resistance Methods of the training of the resistance
Foundations, structure and methods of the training of the flexibility	Concept factors that determine the articular mobility Typology of articular mobility Profits of the training of the flexibility with regard to other conditional capacities Methods 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 exercises	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	Training and Learning Results
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	B5 C8 B13 C10 B26 C11 C12
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	B1 C7 B2 C9 B5 C11 B8 B17

Practical tests, real task execution and / or simulated.	The proof *consistira in the resolution and practical execution of exercises 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	B5 B8 B14 B26	C7 C10 C12
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### Other comments on the Evaluation

The evaluation in successive announcements will realise of the same forms that the posed initially

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### 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

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### Recommendations

#### Subjects that continue the syllabus

Planning and methodology in sports training II/P02G050V01604

Specialisation in group sports/P02G050V01906

Specialisation in individual sports/P02G050V01907

#### Subjects that are recommended to be taken simultaneously

Evaluation and prescription of physical exercise for health/P02G050V01503

#### Subjects that it is recommended to have taken before

Anatomy: Human anatomy for movement/P02G050V01101

Anatomy: Human Anatomy and kinesiology/P02G050V01201

Physiology: Exercise physiology I/P02G050V01104

Physiology: Exercise physiology II/P02G050V01401