



IDENTIFYING DATA

Planning and methodology in sports training 1

Subject	Planning and methodology in sports training 1			
Code	P02G050V01502			
Study programme	Grado en Ciencias de la Actividad Física y del Deporte			
Descriptors	ECTS Credits	Choose	Year	Quadmester
	6	Mandatory	3rd	1st
Teaching language	Spanish Galician			
Department				
Coordinator	García García, Óscar			
Lecturers	García García, Óscar			
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General description				

Training and Learning Results

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.
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 inadegute 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

Expected results from this subject

Expected results from this subject	Training and Learning Results	
The student will be able to propose the development of the different conditional capacities adecuándolas to the needs of the sportsman, and establish the control of the load inside the process of training to achieve a concrete effect	B5 B8 B14	C7 C11
The student will be able to apply the physiological principles, biomechanics, cognitive 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 B26	C7 C9 C10
The student will be able to select and know use the material and felicitous sportive equipment 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 B26	C7 C11
The student will be able to act inside the necessary ethical principles for the correct professional exercise	B1 B11 B13	

Contents

Topic

FOUNDATIONS OF THE SPORTIVE TRAINING	<p>Subject 1. 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</p> <p>Subject 2. The adaptation in the sport: The effect of the sportive training 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 the process of sportive training: I stimulate, fatigue, recovery, *supercompensación, adaptation sensitive Phases in the adaptation</p> <p>Fear 3. 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</p> <p>Fear 4. The principles of the Sportive Training Concept and classification biological Principles pedagogical principles principles of planning and organisation</p>
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FOUNDATIONS, STRUCTURE And METHODS OF THE TRAINING OF THE CONDITIONAL CAPACITIES	<p>Subject 5. Foundations, Structure and Methods of the Training of Forces it</p> <p>Concept</p> <p>factors that determine the production of strength</p> <p>processes of adaptation in the training of the strength: structural, neuromuscular, mechanical, etc.</p> <p>Demonstrations of the strength: active and reactive.</p> <p>Methods of training of the demonstrations of forces it</p> <p>sensitive Phases for the development of the strength</p> <p>Fear 6. Foundations, Structure and Methods of the Training of the Speed</p> <p>Concepts</p> <p>factors of which depends the speed</p> <p>demonstrations of the speed: reaction, *aceleración and *deceleración, speed of an isolated movement, speed of a continuous movement *cíclico, speed of a movement *contínuo acyclic.</p> <p>The resistance to the speed</p> <p>The resistance to the maximum speed</p> <p>Methods of training of the demonstrations of the speed</p> <p>Develop of the potential of speed</p> <p>The barrier of speed</p> <p>the agility</p> <p>Fear 7. Foundations, Structure and Methods of the Training of the Resistance</p> <p>Concept</p> <p>Factors that determine the resistance</p> <p>Processes of adaptation to the training of aerobic resistance</p> <p>Processes of adaptation to the training of anaerobic resistance</p> <p>Demonstrations of the resistance</p> <p>Methods of the training of the resistance</p> <p>Fear 8. Foundations, Structure and Methods of the Training of the Flexibility</p> <p>Concept</p> <p>factors that determine the articular mobility</p> <p>Typology of articular mobility</p> <p>Profits of the training of the flexibility with regard to other conditional capacities</p> <p>Methods of the training of the flexibility</p>
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Planning

	Class hours	Hours outside the classroom	Total hours
Case studies	3	7	10
Laboratory practical	22.5	45	67.5
Project based learning	3	3	6
Flipped Learning	2	8	10
Lecturing	22	33	55
Essay questions exam	1	0	1
Laboratory practice	0.25	0	0.25
Objective questions exam	0.25	0	0.25

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

Methodologies

	Description
Case studies	Analysis of cases related with the sportive training to know them, interpret them, and propose alternative solutions.
Laboratory practical	Acquisition of basic skills and of procedures related with the sportive training. They develop in spaces with equipment skilled (track of athletics. Sportive pavilion, straight of speed, fitness room)
Project based learning	Will formulate problems or concrete exercises related with the selection of conditional capacities, his methods to develop them like this as the due effect in each case. The student has to develop the most felicitous solution and justify it
Flipped Learning	The student will receive through the platform of MOOVI documentation so that it can work on her and later can pose to the professor doubt or problems of learning related with these contents
Lecturing	Exhibition by part of the professor of the contents on the matter object of study, theoretical bases and scientific knowledge updated.

Personalized assistance

Methodologies	Description
Lecturing	In the schedule of tutorías will resolve concrete doubts on the exercises, cases and explanations made during the theoretical classes. The tutorías will be able to resolve by means of face-to-face modality or by means of virtual modality, well through the virtual dispatches of the professors (1006, prof. Dr. Oscar García García), or of email or by means of the forums of the MOOVI platform.
Laboratory practical	In the schedule of tutorías will resolve concrete doubts on the exercises, cases and explanations made during the practical classes. The tutorías will be able to resolve by means of face-to-face modality or by means of virtual modality, well through the virtual dispatches of the professors (1006, prof. Dr. Oscar García García), or of email or by means of the forums of the MOOVI platform.
Project based learning	In tutorías collective tackled the most adapted solutions to the problems posed so that the students can contrast and argue his solutions with the proposals by the professor. The tutorías will be able to resolve by means of face-to-face modality or by means of virtual modality, well through the virtual dispatches of the professors (1006, prof. Dr. Oscar García García), or of email or by means of the forums of the MOOVI platform.

Assessment

	Description	Qualification	Training and Learning Results	
Essay questions exam	It is the development of 5 ask referents to the theoretical and practical contents developed in the subject. Its necessary approve it to be able to surpass the subject	40	B1 B2 B5 B8 B11 B14 B26	C7 C8 C9 C11
Laboratory practice	The proof is the resolution and practical execution of exercises of training linked to the contents realised in the practices of the subject. It is necessary approve it to be able to surpass the subject	40	B5 B8 B11 B13 B14 B26	C7 C10 C12
Objective questions exam	It will consist in a battery of 20 ask type test of only answer on 5 possible. It will be necessary to approve it to be able to surpass the subject	20	B1 B2 B5 B8 B14	C7 C9 C10 C11

Other comments on the Evaluation

Failure to perform the laboratory practice evaluation or the part of exams will result in a final grade of no-show (NP). In case of not having passed the subject in the first call, the competences will be evaluated again in the July call in the same way. The evaluation in successive calls will be carried out again in the same way as the one initially proposed with theoretical tests and practical test, being necessary the overcoming of all the parts. The official dates of the exams can be consulted on the website of the Faculty of Education and Sports Sciences <http://fcced.uvigo.es>

Sources of information

Basic Bibliography

García-García, O y Serrano-Gómez, V, **Entrenamiento personal: Guía para el desarrollo profesional**, 1, Medica panamericana, 2017

Gonzalez Ravé, J.M., Pablos Abellá, C. y Navarro Valdivielso, F., **Entrenamiento Deportivo: Teoría y práctica**, 1, Medica panamericana, 2014

Nacleiro, F., **Entrenamiento deportivo. Fundamentos y aplicaciones**, 1, Medica panamericana, 2011

Legaz Arrese, A., **Manual de Entrenamiento Deportivo**, 1, Paidotribo, 2012

Weineck, J., **Entrenamiento total**, 2, Paidotribo, 2016

Complementary Bibliography

García Manso, JM., **La Resistencia desde la óptica de las ciencias aplicadas al entrenamiento deportivo**, 1, GRADA Sport Books, 2006

Roozen, M y Dawes, J, **desarrollo de la agilidad y de la velocidad**, 1, Paidotribo, 2017

García Manso, JM., **Alto rendimiento: la adaptación y la excelencia deportiva**, 1, Gymnos, 1999

Verkhoshansky, Y., **Teoría y metodología del entrenamiento deportivo**, 2, Paidotribo, 2016

Cometti, Gilles., **El Entrenamiento de la velocidad**, 2, Paidotribo, 2016

Recommendations

Subjects that continue the syllabus

Planning and methodology in sports training 2/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

Physiology: Exercise physiology 2/P02G050V01401
