



IDENTIFYING DATA

Individual sports specialization II

Subject	Individual sports specialization II			
Code	P02G050V01916			
Study programme	Grado en Ciencias de la Actividad Física y del Deporte			
Descriptors	ECTS Credits	Choose	Year	Quadmester
	6	Optional	4th	2nd
Teaching language	Spanish			
Department				
Coordinator	Zarzosa Alonso, Fernando			
Lecturers	Zarzosa Alonso, Fernando			
E-mail	fzarzosa@uvigo.es			
Web				
General description				

Training and Learning Results

Code	
B3	Knowledge and compression of the physiological factors and biomechanics that determine the practice of the physical activity and the sport
B4	Knowledge and comprehension of the behavioral and social factors that determine the practice 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.
B6	Knowledge and compression of the effects of the practice of the physical exercise on the psychological and social aspects of the human being.
B17	Aptitude to plan, to develop and control the process of training in his different levels.
B24	Action inside the ethical beginning necessary for the correct professional exercise.
B25	Skill of leadership, capacity of interpersonal relation and teamwork.
B26	Adjustment to new situations, the resolution of problems and the autonomous learning.
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
C11	Aptitude to plan, to develop and to control the accomplishment of programs of sports training

Expected results from this subject

Expected results from this subject	Training and Learning Results	
New	B3	C8
	B4	C9
	B5	C11
	B6	
	B17	
	B24	
	B25	
	B26	

Contents

Topic

(*)Tema I	(*)1. A idade do comezo do adestramento Basees para o alto rendemento
Demandas condicionais da Natación competitiva.	2. Análise xenérico das diferentes vertentes do adestramento deportivo vinculado á formación de nadador/a. 3. A entrenabilidade das capacidades físicas segundo a idade
(*)Tema II	(*)1. Preparación Técnica nas categorías de desenvolvemento en Natación.
Componentes da preparación do nadador nas categorías de desenvolvemento.	2. A preparación física nas categorías de desenvolvemento en Natación. 3. A preparación Táctica nas categorías de desenvolvemento en Natación. 4. A preparación psicolóxica nas categorías de desenvolvemento en Natación. 5. A preparación Teórica nas categorías de desenvolvemento en Natación.
(*)Tema III	(*)1. Desenvolvemento das diferentes capacidades físicas-motoras por idades na Natación competitiva.
Xestión do estado de forma en deportes individuais.	2. Peridiozación das diferentes capacidades condicionais nas categorías en desenvolvemento. 3. Modelos de planificación aplicados nas diferentes categorías da Natación.
(*)Tema IV	(*)1. Demandas condicionais básicas e específicas en Natación.
Metodoloxía do adestramento aplicado a Natación competitiva.	2. Métodos de adestramento da resistencia aerobia en Natación. 3. Métodos do adestramento da resistencia anaerobica láctica en Natación. 4. Métodos de adestramento da velocidade de reacción, máxima e resistencia á velocidade en Natación. 5. Adestramento asistido e resistido. 6. Métodos de adestramento de forza específica en Natación.
(*)Tema V	(*)1. Calendario competitivo en Natación
Planificación e control do adestramento deportivo nos deportes individuais.	2. Esixencias competitivas en Natación. 3. Diferentes modelos contemporáneos en Natación. 4. Periodización da distribución das capacidades condicionais nas diferentes especialidades en Natación.

Planning

	Class hours	Hours outside the classroom	Total hours
Laboratory practical	18	0	18
Lecturing	22	28	50
Mentored work	8	0	8
Essay	6	42	48
Essay questions exam	1	0	1
Report of practices, practicum and external practices 1		24	25

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

Methodologies

	Description
Laboratory practical	(*)O estudante poderá entregar unha memoria de prácticas se de o caso de non poder realizar as prácticas.
Lecturing	(*)Nas clases presenciais desenvolveranse os aspectos conceptuais da materia, que deberán ser complementados polo estudante con estudo autónomo
Mentored work	(*)1. Traballo individual sobre os contidos da asignatura planteados polo profesor.

Personalized assistance

Methodologies	Description
Mentored work	
Tests	Description
Essay	
Report of practices, practicum and external practices	

Assessment

Description	Qualification	Training and Learning Results

Essay	Individual theoretical work of investigation. It will be able to be made during the theoretical classes, practical.	20	B3 B4 B17 B24 B25 B26	C8 C9 C11
Essay questions exam	It will make a theoretical proof-practical: test, short answer, oral and/or resolution of practical suppositions.	40	B3 B4 B17 B24 B25 B26	C8 C9 C11
Report of practices, practicum and external practices	Individual work in that it consists in making a planning of a *macrociclo, a *vivencia of one or more competitions of any category of the swimming that was in the calendar of the federation of some autonomous community. And exhibition of the same.	40	B3 B4 B17 B24 B25 B26	C8 C9 C11

Other comments on the Evaluation

Basic requirements to fulfil for the *superación of the matter:· Deliver the individual theoretical work posed by the professor/to linked with the development of the contents so many theorists like practical.· Obtain a qualification of at least 5 points in the global note.Works to make by the students to include in the general:1. Deliver the theoretical work of investigation whose script will be published in the platform *moovi.2. Deliver the individual work in that it consists in make a *vivencia of one or more competitions of any category of the swimming that was in the calendar of the federation of some autonomous community, whose script will be published in the platform *moovi.Proportion of incidence in the qualification of the different types of assessment.· Qualification obtained by the realisation of the theoretical work of investigation: 20%· Qualification obtained by the realisation of the of the individual work in that it consists in make planning of a *macrociclo with a possible *vivencia in a competition: 40%· Qualification obtained in the examination: 40%The delivery of the same will be with date (published in *moovi) determined by the professor/to during the course. In the 2ªannouncement, will keep the notes of the works, that is to say, the criteria of punctuation will be the same that in the 1ª announcement. Those who have not made/presented the works during the 1ª announcement, NO they will MARK IN THIS SECTION.

Sources of information

Basic Bibliography

Ramirez Farto, E., **Natação: Desenvolvimento da resistência aerobia e anaerobia**, Sport Training, 2014
 Arellano Colomina, R, **Entrenamiento técnico de natación**, Cultivalibros, 2010
 Valdivielso, F.N; Oca Gaya, A; Rivas Feal, A, **Planificación del entrenamiento y su control**, Cultivalibros, 2010
 Cuartero, M; DEl Castllo, J.A; Torrallardona, X; Murio J., **Entrenamiento de las especialidades de Natación**, Cultivalibros, 2010
 Navarro Valdivielso, F; Oca Gaya, A., **Entrenamiento físico en Natación**, Cultivalibros, 2011
 Ramirez Farto, E., **Bases metodológicas del entrenamiento en natación: Teoría y práctica.**, Editorial Wanceulen, 2008
 Salo, D., **SprintSalo**, Sports Support Syndicate inc., 1993

Complementary Bibliography

Seifert,L; Chollet D; Mujika, I., **World Book of Swimming: From Science to performance**, Nova, 2011
 Maglischo, E., **Natación: Técnica, entrenamiento y competición**, Paidotribo, 2003
 Mason, P., **Swim Better Swim faster**, Bloomsbury, 2014
 Laughlin, T., **Swimming made easy**, Total immersion, 2001
 G. Jhon Mullen, **Swimming Science: Optimizing Trainig and performance**, The University of Chicago press, 2018
 Riewald, S; Rodeo, S., **Science of swimming faster**, Human Kinetics, 2015

Recommendations

Subjects that continue the syllabus

Specialisation in individual sports/P02G050V01907

Subjects that are recommended to be taken simultaneously

Statistics: Research methodology and statistics in physical activity and sport/P02G050V01302
 Biomechanics of sports techniques/P02G050V01903
 Planning and methodology in sports training 2/P02G050V01604

Subjects that it is recommended to have taken before

Physiology: Exercise physiology 2/P02G050V01401

