



IDENTIFYING DATA

Planning and methodology in sports training 1

Subject	Planning and methodology in 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 Galician			
Department	Special Didactics			
Coordinator	García García, Óscar			
Lecturers	García García, Óscar Iglesias Caamaño, Mario			
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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.
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 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 SPORT TRAINING	Subject 1. 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 Subject 2. 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 Subject 3. 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 Subject 4. The principles of the Sportive Training Concept and classification biological Principles pedagogical principles principles of planning and organisation
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FOUNDATIONS, STRUCTURE AND METHODS OF THE FITNESS TRAINING

Subject 5. Foundations, Structure and Methods of the Training of Forces it
 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

Subject 6. Foundations, Structure and Methods of the Training of the Speed
 Concepts
 factors of which depends the speed
 demonstrations of the speed: reaction, acceleration and deceleration, 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

Subject 7. 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

Subject 8. 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

Planning

	Class hours	Hours outside the classroom	Total hours
Case studies	4	9	13
Laboratory practices	22.5	45	67.5
Problem based learning	4	9	13
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 practices	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)
Problem 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
Lecturing	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
Laboratory practices	In the schedule of tutorías will resolve concrete doubts on the exercises, cases and explanations realised during the practical classes.
Problem based learning	In tutorías collective abordaran the most felicitous solutions to the problems posed so that the students can contrast and argue his solutions with the proposals by the professor

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	60	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	20	B5 B8 B11 B13 B14 B26	C7 C10 C12
Objective questions exam	Will consist in a battery of 20 ask type test of only answer on 5 possible. It will be necessary to surpass this part to can realize the examination of questions of development and can surpass the asignatura	20	B1 B2 B5 B8 B14	C7 C9 C10 C11

Other comments on the Evaluation

El no realizar la evaluación de práctica de laboratorio o la parte de exámenes supondrá una calificación final de no presentado (NP). En caso de no tener superada la asignatura en la primera convocatoria, las competencias serán evaluadas de nuevo en la convocatoria de julio de igual forma. La evaluación en sucesivas convocatorias se realizará de nuevo de igual forma que la planteada inicialmente con pruebas teóricas y prueba práctica siendo necesaria la superación de todas las partes. Las fechas oficiales de los exámenes se pueden consultar en la página web de la facultad de Ciencias de la Educación y del Deporte <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
Verkhoshansky, Y., **Todo sobre el método pliométrico**, 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

Human anatomy: Human anatomy for movement/P02G050V01101

Human anatomy: Human anatomy and kinesiology/P02G050V01201

Physiology: Exercise physiology 1/P02G050V01104

Physiology: Exercise physiology 2/P02G050V01401
