



## 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				
Coordinator	García García, Óscar			
Lecturers	Carballo López, Javier García García, Óscar			
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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	<p>Subject 1. The adaptation in the sport: The effect of the sportive training</p> <p>Concept of sportive training</p> <p>Concept of adaptation in him depose you</p> <p>He process of sportive adaptation</p> <p>general Mechanism of adaptation</p> <p>Sindrome general of Dynamic</p> <p>adaptation of the process of sportive training: I stimulate, fatigue, recovery, supercompensación, adaptation</p> <p>sensitive Phases in the adaptation</p> <p>Subject 2. The load of training</p> <p>Concept of load of training</p> <p>Typology of loads of training</p> <p>Appearances that determine the load of training: content, magnitude, organisation of loads it</p> <p>concurrent Training and interferences in the training</p> <p>Subject 3. The sportive form</p> <p>Concept of</p> <p>form factors that determine the characteristic sportive performance of the sportive form</p> <p>Types of sportive form</p> <p>Phases of the state of</p> <p>form Sintomas of the state of</p> <p>form Evaluation of the sportive form</p> <p>Subject 4. The principles of the Sportive Training</p> <p>Concept and classification</p> <p>biological Principles</p> <p>pedagogical principles</p> <p>principles of planning and organisation</p>
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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	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 *teledocencia *fatic 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.
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## 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. Like consequence of the *COVID-19 and in accordance with the extraordinary and urgent measures for or development of the educational organisation in the course 2020/2021 in case of sanitary crisis, approved by the Council of *Gobierno of 12 June 2020 and of the Resolution *Rectoral of 17 June 2020 for his implementation, elaborated an instruction from the *VOAP for the preparation of the educational guides. In base to this, the *tutorías of this matter in case of burgeon of the *COVID-19 will be attended 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 platform of *teledocencia *fatic
Laboratory practical	In the schedule of *tutorías will resolve concrete doubts on the exercises, cases and explanations made during the practical classes. Like consequence of the *COVID-19 and in accordance with the extraordinary and urgent measures for or development of the educational organisation in the course 2020/2021 in case of sanitary crisis, approved by the Council of *Gobierno of 12 June 2020 and of the Resolution *Rectoral of 17 June 2020 for his implementation, elaborated an instruction from the *VOAP for the preparation of the educational guides. In base to this, the *tutorías of this matter in case of burgeon of the *COVID-19 will be attended 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 platform of *teledocencia *fatic
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. Like consequence of the *COVID-19 and in accordance with the extraordinary and urgent measures for or development of the educational organisation in the course 2020/2021 in case of sanitary crisis, approved by the Council of *Gobierno of 12 June 2020 and of the Resolution *Rectoral of 17 June 2020 for his implementation, elaborated an instruction from the *VOAP for the preparation of the educational guides. In base to this, the *tutorías of this matter in case of burgeon of the *COVID-19 will be attended 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 platform of *teledocencia *fatic

## 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	50	B1 C7 B2 C8 B5 C9 B8 C11 B11 B14 B26
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	30	B5 C7 B8 C10 B11 C12 B13 B14 B26
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 C7 B2 C9 B5 C10 B8 C11 B14

## Other comments on the Evaluation

The not making the \*evaluación of \*práctica of laboratory or the part of \*exámenes \*supondrá a \*calificación final of no presented (\*NP). In case of not having surpassed the subject in the first announcement, the competitions be evaluated again in the announcement of July of equal form. \*The \*evaluación in successive announcements make again of the same forms that the posed initially with proofs you rich and proof \*práctica being necessary the \*superación of all the parts. The official dates of the exámenes can consult in the \*página web of the faculty of Sciences of the \*Educación and of the Sport <http://fcced.uvigo.es>

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## Sources of information

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### 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

Roosen, 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

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## Recommendations

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### 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

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## Contingency plan

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### Description

Like consequence of the \*COVID-19 and in accordance with the extraordinary and urgent measures for or development of the educational organisation in the course 2020/2021 in case of sanitary crisis, approved by the Council of \*Gobierno of 12 June 2020 and of the Resolution \*Rectoral of 17 June 2020 for his implementation, elaborated an instruction from the \*VOAP for the preparation of the educational guides.

In base to this, the teaching of this matter in case of burgeon of the \*COVID-19 will be by means of virtual face-to-face modality, in which neither the professor neither the students assist to the classroom of fitness. The classes and the evaluation carried out by remote campus and by means of the platform \*moodle. Arrived the case would activate this modality by means of \*RR.

They keep the contents of the matter, so many theorists like practical

The educational methodology in this case will base fundamentally in the reverse learning "\*Flipped \*Learning" in replacement of the others methodologies, where the student will work of autonomous form the documents facilitated by the professor through the platform of \*teledocencia \*Faitic and in the virtual face-to-face classes will pose and will resolve the problems, doubts and lacks detected by the student and by the professor.

The system of evaluation will be the same with the following modification on the qualification:

Examination of questions of development 25%

Practice of laboratory (will consist in the preparation of videos making tasks linked to practical contents of the matter and in an oral examination on all the practical contents of the matter) 25%

Examination of objective questions 50%

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