



Course Unit: **956348 – Option V - Specific didactics: Sports Training**

Year 1 Semester 5 ISCED Code: 1014 ECTS: 4,0

Type of Course Unit: Optional Delivery Mode: Face-to-face Language of Instruction: Portuguese

COURSE COORDINATOR: Nuno Eduardo Marques de Loureiro

HOURS OF WORK

TOTAL HOURS	Contact Hours								Hours in autonomous work
	Theory	Theory and practice	Practical and laboratory work	Field work	Seminar	Internship	Tutorial guidance	Other	
100	5	30	10						55

Prerequisites (if applicable): <<Max 500 characters with spaces>>

LEARNING OUTCOMES (knowledge, skills and competence)

This course provides in its organization and systematization of knowledge relating to the training of specificity based on control and training planning in view of a development of athletes in several dimensions: physical, technical, tactical and behavioral. Using the instruments for monitoring training and competition with the aim of promote reflection and subsequent development of the athlete's performance:

- Acquire and develop specific concepts of the science of sports training
- Know the major methodologies and development tools of specific sport preparation;
- Know the major training methods for monitoring and subsequent adjustment processes of the training process.

CONTENTS

Chapter 1 – Control of Training:

- 1.1 - Effort characterization in the sport and its importance;
- 1.2 - Exercise variables to be considered to achieve the goals;
- 1.3- Indicators for monitoring the training, its use and specificity;
- 1.4- Fatigue Types, its indicators and manifestations.

Chapter 2 - Observation and Analysis of Competition

- 2.1 -observation types of and their valences (individual and collective analysis);
- 2.2 - observation Instruments and and their utility;
- 2.3 - Structure of an observation report;
- 2-4 - Variables to observe, analyze and their interpretation;
- 2.5- Training process of adaptation based on variables observed for training.

Chapter 3 - Coach Intervention

- 3.1 - pedagogical training aspects;
- 3.2 - psychological aspects of training;
- 3.3 - feedback adequacy in training;

- 3.4 -Intervention strategies for competition;
- 3.5- The coach's role in the various action contexts;
- 3.6- Coach's Leadership in the process of training / competition

DEMONSTRATION OF THE CONTENTS COHERENCE WITH THE COURSE UNIT'S LEARNING OUTCOMES

Based on the development of structural and transversal skills to the training process as the ability to observe, to evaluate and adjust the training, we selected three large blocks of content: training control, observation and analysis of the competition and the intervention of the coach.

TEACHING METHODOLOGIES

During the sessions the work may have the following dimensions:

- Exposition approach to some problems of sports training;
- Exposition approach to examples of specific training for specific procedures;
- Reflection around specific methodologies;
- Training planning on work group;
- Observation and analysis of videos;
- Work group in the laboratory context;
- Intervention practice in training context.

DEMONSTRATION OF THE COHERENCE BETWEEN THE TEACHING METHODOLOGIES AND THE LEARNING OUTCOMES

Aiming to provide the student with real capacity to apply the lessons learned in the training process Wanted approach the concepts in a practical way supported by theoretical concepts developed in in the classroom and research .

EVALUATION METHODS

The evaluation will be made through practical work.

MAIN BIBLIOGRAPHY

- Bompa, T. & Carrera, M. (2015) Conditionig Youth Athletes. Champaign. Human Kinetics
- Coelho, O. (2016). Didática do Desporto. Manual de curso de treinadores de desporto, Grau I. Instituto Português do Desporto e Juventude. Programa Nacional de Formação de Treinadores.
- Knudson, D. (2013) Qualitative Diagnosis of Human Movement 3rd Edition eBook With Web Resource. Improving Performance in Sport and Exercise. Champaign. Human Kinetics
- Raposo, A. V. (2017). Planeamento do treino desportivo. Fundamentos, organização e operacionalização. Visão e Contextos, Edições e Representações, Lda
- Weineck, J. (2002). Manual do Treino Ótimo. Teoria de treino da fisiologia da performance desportiva e do seu desenvolvimento no treino de crianças e de adolescentes. Instituto Piaget. Lisboa
- Weineck, J. (2005) Biologia do esporte. São Paulo. Artmed

Year of implementation: 2021/2022 | Date of approval by the Technical-Scientific Board: 2021-07-23