

Course Unit	Theory and Methodology of Sports Training	Field of study	Sport Sciences
Bachelor in	Sports - Minor in Recreation and Leisure	School	School of Education
Academic Year	2023/2024	Year of study	3
Type	Semestral	Semester	1
Level	1-3	ECTS credits	6.0
Code	9563-625-3105-00-23		
Workload (hours)	162	Contact hours	T - TP 62 PL 10 TC - S - E - OT - O -

T - Lectures; TP - Lectures and problem-solving; PL - Problem-solving, project or laboratory; TC - Fieldwork; S - Seminar; E - Placement; OT - Tutorial; O - Other

Name(s) of lecturer(s) José Augusto Afonso Bragada

### Learning outcomes and competences

At the end of the course unit the learner is expected to be able to:

1. Know the features and capabilities and habilities
2. Know and characterized the different structures of the planning of the sport training;
3. Knows and understands the different ways of assessing and determining the load of training;
4. Know and characterized the different stages of learning the technical sport;
5. Solve practical problems based on the theoretical knowledge. .
6. To know the stages of learning the art sport. To know different ways of organizing the athletes, ways of teaching and presentation of sports techniques.
7. Apply the knowledge acquired in the planning of training facilities, according a specific sport.
8. Be able to defend the own work in public.

### Prerequisites

Before the course unit the learner is expected to be able to:

1. To understand, interpret and analyze texts specific to this field.
2. To have some experience of training practice in some sports.

### Course contents

The motor skills (concepts and examples); Training forms of motor skills; The different structures of the sport training planning; The learning of sports techniques. The technical, the means and methods of teaching.

### Course contents (extended version)

1. Motor capabilities
  - Conditional capabilities: Strength, Speed, Endurance and Flexibility. coordinative
  - capabilities: reaction, ritme, balance, spatial orientation and cinestestic differentiation.
  - Concept of motor skill.
2. Basics of sport training
  - Principles of training: Continuity, Progression Multilateralism . Alternation and Individualization
  - Load and rest as components of training; Concept of training load; Effects of training.
3. Exercises classification
  - Different ways of determining the intensity of exercises.
  - Concept of maximum potential load.
4. Determining the intensity of training exercises.
5. Methodology of the training conditional capabilities.
  - Methods of resistance training: Continuous, intervals, repetitive and competitive.
  - Methods of strength training, circuit, plyometric, standard pyramid.
  - Speed training methods: Standard, repetitive.
  - Flexibility training methods: standard, "proprioceptive neuromuscular facilitation".
6. Structures of the planning of the sport training - session, microciclo, mesocycle, and macrocicle.
7. Stages of learning the sport technique.
8. The technical, the means and methods of teaching:
  - Different forms of organization of activity of subjects during the training session.
  - The "usefull" learning time.
  - Importance of the demonstration
  - Typical sequence of presentation of the activities
  - Teaching methods: analytical, global and mixed.
9. Planning practice applying the knowledge acquired.
  - Developing a training plan (individual or group)
  - Presentation to the class
  - Defense individualized of training plan to the teacher

### Recommended reading

1. Bragada, J (2002): Os jogos tradicionais e o desenvolvimento das capacidades motoras na escola. CEFD
2. Kraemer WJ and Fleck SJ (2008): Como otimizar o treino da fuerza. Eds Arkano Books. Madrid
3. Billat V (1988): Physiology et methodologie de l'entraînement - de la théorie à la pratique. De Boeck Université. Paris, Bruxelles
4. Fahaey T (2006): Bassic weight training for man and woman. 8th ed. McGraw-Hill
5. Troop B (2009): Coaching young athletes. Ed: Peak Performance

### Teaching and learning methods

Theoretical and practical sessions and field lab work. Tutoring sessions to support the achievement of individual and group work;

### Assessment methods

1. Continuous evaluation - (Regular, Student Worker) (Final)
  - Intermediate Written Test - 60% (Average of intermediate tests (2 to 4))
  - Practical Work - 40% (Formative assessment sheets (20%); Training planning: Tutoring class (5%); presentation defense (15%))
2. Evaluation by an exam - (Regular, Student Worker) (Supplementary, Special)
  - Final Written Exam - 100%

**Language of instruction**

Portuguese, with additional English support for foreign students.

**Electronic validation**

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25-01-2024	25-02-2024	26-02-2024	27-02-2024