

Syllabus: Basketball physical demands during competition



SYLLABUS

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- ≡ Criteria for participation and approval

MODULE

- ≡ Module 1. Basketball physical and tactical demands
- ≡ Module 2. Application of inertial systems
- ≡ Module 3. Application of positioning systems (global and local)
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Objectives

By establishing objectives, we give ourselves a clear idea of what we want to achieve once the teaching and learning process of this course has finished. But our aims are even more specific: we also want to establish what you will need to accomplish in order for this new knowledge to contribute to your educational goals.

To achieve these objectives, you must complete the entire process laid out in the different stages of the course.

Thus, if you work in the way suggested, you will be well-positioned to meet the following objectives:

General objectives

Designing training sessions in the structured microcycle based on the physical demands of competition to guide the training process towards optimizing performance and preventing injuries in basketball through a new approach.

Specific objectives

Analyze how physical requests condition basketball practice.

CONTINUE

Skills

The skills we hope you will develop throughout this course are:

General skills

- 1** **Group and collaborative work:** the ability to work with colleagues in order to accomplish shared goals and to achieve the synergy typical of a high performance groupe.
- 2** **The capacity of analysis/reflection:** the capacity to methodically examine the different aspects of a certain reality or situation and to carry out an assessment of that situation.
- 3** **Creativity and innovative, knowledge-based solutions:** the capacity to find alternative solutions to existing problems based on formal knowledge.

Specific skill

- The physical demands of basketball provided through microtechnology.

CONTINUE

Criteria for participation and approval

Participation criteria

During the month of course, the student is expected to:

- Browse the multimedia contents of each of the modules that make up the course.
- Solve the evaluations assigned in each module.
- Carry out the proposed activities, whether group or individual.
- Take the final exam.

Approval criteria

For the approval of the course, the student is required to complete the (4) proposed activities in the course and pass the final exam. The student must obtain a final score of 70% or more. This grade will be the average between the activities and the final exam.

[CONTINUE](#)

Module 1. Basketball physical and tactical demands

Unit 1.1. Basketball physical and tactical demands. From videos to local positioning systems

CONTINUE

Module 2. Application of inertial systems

Unit 2.1. Application of inertial systems to quantify and interpret physical demands in basketball

CONTINUE

Module 3. Application of positioning systems (global and local)

Unit 3.1. Application of positioning systems (global and local) to quantify and interpret physical demands in basketbal

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Module 4. Most frequent injuries (types and mechanisms)

Unit 4.1 Most frequent injuries (types and mechanisms) in basketball and maximum demand scenarios in basketball

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