

Syllabus. Basketball training from FC Barcelona's perspective: theoretical approach



SYLLABUS

- ≡ Objectives
- ≡ Skills
- ≡ Criteria for participation and approval

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- ≡ Module 1. Structured training
- ≡ Module 2. Coadjuvant training
- ≡ Module 3. Optimising training
- ≡ Module 4. Structured microcycle

Objectives

Setting objectives will allow you to have a better idea of what you intend to achieve by the end of this course's teaching and learning process. But the purpose is even more specific: we indicate what you must achieve, so that this knowledge contributes your training goals.

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

If you work through the course material as indicated, you will be prepared to achieve the following objectives:

General objective

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.

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Skills

We expect you to develop the following skills throughout the course:

General skills

- 1** **Teamwork and collaboration:** the ability to work with teammates to achieve shared goals and the synergy of a high-performance group.
- 2** **Capacity for analysis/reflection:** the ability to methodically examine the various aspects of a particular context or situation and make an assessment.
- 3** **Creativity and innovative knowledge-based solutions:** the ability to find alternative solutions to existing problems based on formal knowledge.

Specific skill

- 1** Analyse how physical demands condition basketball practice.

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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.

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Module 1. Structured training

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Module 2. Coadjuvant training

[CONTINUE](#)

Module 3. Optimising training

CONTINUE

Module 4. Structured microcycle

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