

Syllabus: Indicators for Training Load Management



SYLLABUS

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

MODULES

- ≡ Modules

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 Objective

Understand – by considering different load indicators – the most important factors that when applied, allow athletes to obtain optimal physical fitness and be protected from possible injuries.

Specific Objectives

- Become familiar with the appropriate procedures for correct collection of data and subsequent data analysis during training weeks, in line with the most up-to-date scientific advancements.
- Understand the relationships and differences that exist between the various load ratio methods in order to carry out a precise preparation of an athlete's training process.
- Offer tools related to load ratios and injury risk that allow for proper decisions to be made in light of the limitations and possibilities inherent to these variables.

- Establish an appropriate data development procedure using different training load instruments, thus optimizing the scenario for athletes while minimizing the likelihood of injuries.

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 group.
- 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 capability to manage and apply information from different kinds of data collection related to the acute:chronic load ratio during training processes and competition, thus minimizing injury risk.

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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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Modules

Introductory module

Module 1. Weekly changes

Module 2. Acute:chronic load ratio: concept and method of calculation

Module 3. Acute:chronic load ratio: applications and limitations

Module 4. Training load moderators and mediators

CONTINUE