

Syllabus

MODULE 1. Physical demands in team sports

MODULE 2. Application of microtechnology to optimise performance in team sports

MODULE 3. Application of microtechnology to prevent injuries in team sports

MODULE 4. Application of inertial systems in different tests in team sports

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.

Skills

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

General skills

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

Specific skill

- Analyse how physical demands condition basketball practice.