

Syllabus: Sports assessment



SYLLABUS

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- ≡ Bibliography
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MODULES

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- ≡ MODULE 2: Speed and Agility Assessments
- ≡ MODULE 3: Endurance Assessment in Team Sports
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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:

Overall Objective

Become familiar with new developments in assessment processes for team sports.

Specific Objectives

- 1 Learn how to apply tests for diverse manifestations of strength in team sports.
 - 2 Gain knowledge about different tests for evaluating speed and agility in team sports.
 - 3 Know how to apply different tests for endurance in team sports.
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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 Skills

- Develop the ability to plan out an assessment, analyzing different motor skills and obtaining measurements that will later be considered in the context of the training process.

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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.

MODULE 1: Strength Evaluation in Team Sports

Unit 1: Strength Evaluation in Team Sports

1.1.1 The Concept of Strength Related to the Field of Sports

1.1.2 Strength Evaluation: Concepts and Objectives

1.1.3 Measurements in Isokinetic Activations

1.1.4 Measurements in Isometric Activations

Unit 2: Assessing Strength in Different Manifestations

1.2.1 Measurements in Isoinertial Activations (Free Weights) in (Concentric) Miometric Action and Jumps (Intense SSC) with and without Technology

1.2.2 Strength Evaluation in Sports Training: Initial Reflections

1.2.3 The RM for Strength Training Load Determination: Use, Problems and Proposals

1.2.4 Evaluation of the Stretch-Shortening Cycle (SSC). Evaluation of Explosive Strength through Jumping Ability

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MODULE 2: Speed and Agility Assessments

Unit 1: Generalities about the Evaluation of Change of Direction Speed and Agility

2.1.1 Introduction to Speed and Agility Assessments

2.1.2 Evaluation of Change of Direction Speed

2.1.3 Characteristics and Classification of Different Change of Direction Tests

2.1.4 Cognitive Considerations for the Assessment of Agility

Unit 2: Evaluation of Change of Direction Speed (Closed Skill Agility) and Agility (Open Skill Agility)

2.2.1 Programmed or Closed Agility Assessmentn

2.2.2 Non-Programmed or Open Agility Assessment

2.2.3 Repeated Sprint Acceleration Tests (RSA)

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MODULE 3: Endurance Assessment in Team Sports

Unit 1: Assessment of Aerobic and Anaerobic Physical Condition in Athletes

3.1.1 Objectives for the Assessment of Endurance in Sports

3.1.2 Types of Assessment

3.1.3 Test Classifications

Unit 2: Field Endurance Tests in the Context of Sports

3.2.1 General Endurance Test I

3.2.2 General Endurance Test II

3.2.3 Considerations on Maximal Field Tests (Cyclic and Acyclic) for Determining Training Speed

3.2.4 Determination of Running Speed in Submaximal and Supramaximal Training

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MODULE 4: Integrative reading

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