

Syllabus: What are we training for?



SYLLABUS

- ≡ Objectives
- ≡ Skills
- ≡ Bibliography
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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:

Overall objective

Become knowledgeable about what should team sports be prepared for, by knowing physical demands of competition and how to adapt the training process to them.

Specific objectives

- 1 Learn the specific demands of the game for team sports
- 2 Acquire knowledge about the worst-case scenarios, which are the most physically and mentally demanding passages of the game.
- 3 Learn about the relationship between the demands of the game and the demands of small-sided games in order to develop team sport athletes' physical qualities.



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To understand how top-level teams are more able to endure high competition intensities.

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Skills

We hope you will develop the following skills throughout the course:

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

- Develop the ability to understand the real demands of the game in order to achieve proper training processes.

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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

Module 1. Physical demands of competition

Module 2. Worst case scenarios

Module 3. Small-sided games and competition

Module 4. The fatiguing effect of contact

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