

Syllabus. Internal and External Load Monitoring



SYLLABUS

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- ≡ Skills
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TOPICS

- ≡ Module 1. Scientific Contextualisation
- ≡ Module 2. Internal Load Monitoring and Adaptations
- ≡ Module 3. External Load
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Description

The growth of female football in the last years has been extraordinary, and it continues growing at cruise speed. Clubs and federations get more and more involved and take more stakes, and the economic resources allow teams to professionalise and focus on optimising performance. This has been directly reflected on Barcelona FC where the team, within a few years, manage to become the best one in Europe. Conditioning has been one of the most important foundations in this change, or even the launch pad to be a real elite team. This program will offer in the clearest way possible the current fundamentals and specifics of FCB female training. From the conceptual basis of the Structured Training to the planning, design, and implementation methodology of training. Professionals or people with the ambition to be professionals in female football would be able to see how female conditioning develops in football in Barça from a multidisciplinary point of view of all the areas involved in the conditioning aspect.

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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:

General objective

Overall objective: Learning to plan, design, and implement the Structured Training in female football with the fullest athlete's context possible.

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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

Work with knowledge, capabilities, and abilities in the physical conditioning environment in high performance female football. Learn the

structured model of Barcelona FC with the peculiarities of female football, and the abilities to program, design and implement training. Understand the competences and areas of work surrounding the player and her performance, and how to interact with them searching for their highest performance.

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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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Lesson 5 of 8

Module 1. Scientific Contextualisation

CONTINUE

Module 2. Internal Load Monitoring and Adaptations

CONTINUE

Lesson 7 of 8

Module 3. External Load

CONTINUE

Module 4. Test and Evaluation Mechanisms

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