

Syllabus of Certificate in Basketball Training Process Optimization



(Based on the structured model of FC Barcelona)

Until 2018, basketball had the affiliation of 450 million participants distributed in 213 national federations, divided, in turn, into 5 continental federations. This sport is widely spread in the United States and Europe, being the 2nd most played sport in Spain with almost 3 million federative licenses. In 2000, the attack time and the time allowed to pass the midfield line were reduced from 30 to 24 seconds and from 10 to 8 seconds respectively by the International Basketball Federation (FIBA). Furthermore, the total length of the game was divided into four quarters instead of the original two halves, keeping the total 40 minutes. In this way, professional basketball suffers from an increase in physical and physiological demands, as evidenced by different studies (Ben Abdelkrim N, 2007, Bruno Cormery, et al., 2008). Hence, fitness or physical preparation is considered a requirement to compete in modern elite basketball (Sallet P, et al. 2005). Furthermore, understanding the effect of workload outcomes on sports performance and injury prevention is considered crucial for strength and fitness trainers, sports scientists, and sports medicine. Collective sports in general, and basketball in particular, have based their physical training on the training theory used for individual sports, particularly athletics, so they require a new approach which adapts to their own characteristics and needs. Furthermore, technological advances have provided new tools for physical trainers, sports scientists and coaches, allowing, among other things, the control and assessment of the workload produced by training sessions and/or competitions. Hence, it is necessary to know this new approach, based on holistic physical

training, to apply it to modern basketball with the main objective of optimizing performance and preventing injuries.

SYLLABUS

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

TEMARY

- ≡ Module 1. How can we train taking a holistic approach in basketball?
- ≡ Module 2. Load measurement proposal
- ≡ Module 3. Training Proposal Scheduling Focus on pre-season
- ≡ Module 4.

Objective

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.

[CONTINUE](#)

Skills

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

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

Specific skills

- Analyse how physical demands condition basketball practice
- Analyse basketball physical and technical-tactical demands
- Know the theoretical framework of the new training approach.
- Design training sessions in the structured microcycle.

CONTINUE

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.

CONTINUE

Module 1. How can we train taking a holistic approach in basketball?

CONTINUE

Module 2. Load measurement proposal

CONTINUE

Module 3. Training Proposal Scheduling Focus on pre-season

CONTINUE

Module 4.

Module 4. How is it possible to modify the structures of the human sportsperson who practices basketball during the preferential simulation situations in the structured model?

CONTINUE