

Syllabus: Training programs and physiological profiles in team sports



SYLLABUS

- ≡ Objectives
- ≡ Skills
- ≡ Bibliography
- ≡ Criteria for participation and approval

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- ≡ Module 1. Periodization, planning and methodologies. Theories and new paradigms
- ≡ Module 2. The sports season
- ≡ Module 3. Characterization of team sports with a focus on soccer. Analysis of physical demands

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:

Learn about training methodologies and physiological demands in team sports.

Specific objectives:

1

Deepen knowledge of different trends and paradigms in training planning methodology.

2

Learn how to organize work during the sporting season and in which way to introduce the development of different conditional capabilities.

3

Get to know the physiological profiles of team sports in terms of their physical demands.

CONTINUE

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/innovative, knowledge-based solutions:** the ability to find alternative solutions to existing problems based on formal knowledge.

Specific skills

Ability to apply knowledge of physical demands for the planning of team sports training.

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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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Module 1. Periodization, planning and methodologies. Theories and new paradigms

Unit 1.1. Theoretical framework and traditional methodologies

1.1.1 Periodization, planning and methodology concept

1.1.2 Behavioral and mechanistic theories vs. dynamic systems theories

1.1.3 Trends and tendencies in training methodologies

1.1.4 Principles of athletic training

Unit 1.2. New methodologies for training program

1.2.1 Tactical periodization. Concept and model of play

1.2.2 Specificity, tactical concentration, intensity, morphocycle pattern

1.2.3 Structured microcycle

1.2.4 Load dynamic for structured microcycle

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Module 2. The sports season

Unit 2.1. Moments of the season

2.1.2 The sports calendar

2.1.2 Pre-competition period

2.1.3 Competition period

2.1.4 Transition period

Unit 2.2. Development of skills and physical qualities

2.2.1 Endurance in team sports

2.2.2 New training methodologies in strength development

2.2.3 Repeated sprint ability training

2.2.4 Fatigue as a key component in the development of training programs

CONTINUE

Module 3. Characterization of team sports with a focus on soccer. Analysis of physical demands

Unit 3.1. Analysis of acyclic sports

3.1.1 General characteristics of team sports

3.1.2 Playing systems, playing models, characterization

3.1.3 Cognitive Abilities in Team Sports

Unit 3.2. Analysis of physical demands in competition and training

3.2.1 Factors Determining Physical Performance

3.2.2 Analysis of physical demands for team sports

3.2.3 Analysis of physical demands in training

3.2.4 Distribution of loads in different moments of training

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Module 4. Integrative reading

Integrative reading

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