

Caraterização da Unidade Curricular / Characterisation of the Curricular Unit

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|--|--|---|---------|
| Designação da Unidade Curricular / Curricular Unit: | [3181200619] Teoria e Metodologia do Treino I [3181200619] Theory and Methodology of Training I | | |
| Plano / Plan: | 2007/2008 | | |
| Curso / Course: | Desporto e Atividade Física Sport and Physical Activity | | |
| Grau / Diploma: | Licenciado | | |
| Departamento / Department: | CDM - Ciências do Desporto e Motricidade | | |
| Unidade Orgânica / Organic Unit: | Escola Superior de Educação de Viseu | | |
| Área Científica / Scientific Area: | Ciências da Motricidade | | |
| Ano Curricular / Curricular Year: | 2 | | |
| Período / Term: | S1 | | |
| ECTS: | 4 | | |
| Horas de Trabalho / Work Hours: | 0108:00 | | |
| Horas de Contacto/Contact Hours: | | | |
| (T) Teóricas/Theoretical: | 0000:00 | (TC) Trabalho de Campo/Fieldwork: | 0000:00 |
| (TP) Teórico-Práticas/Theoretical-Practical: | 0060:00 | (OT) Orientação Tutorial/Tutorial Orientation: | 0000:00 |
| (P) Práticas/Practical: | 0000:00 | (E) Estágio/Internship: | 0000:00 |
| (PL) Práticas Laboratoriais/Practical Labs: | 0000:00 | (O) Outras/Others: | 0000:00 |
| (S) Seminário/Seminar: | 0000:00 | | |

Docente Responsável / Responsible Teaching

[2047] João Luís Garcês Esteves

Outros Docentes / Other Teaching

[2047] João Luís Garcês Esteves

Learning Outcomes of the Curricular Unit

TMT I introduces the topic of questioning the processes that produce changes in the physiological status of athletes, using appropriate exercises and methodologies focusing on the physical factor and making a bridge with other Curricular Units (UC) like Exercise Physiology. The main targets of this Curricular Unit are: ¿ Develop the knowledge and skills of questioning about the theoretical foundations of the training process in different contexts, focused on the physical factor; ¿ Develop levels of student's autonomy on interpreting bioenergetics parameters and in management tasks of sport and physical activity, with particular reference on the evaluation and development methodologies of that parameters.ular Unit»

Learning Outcomes of the Curricular Unit (Lim:1000)

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Syllabus (Lim:1000)

The training as an adaptation process

Trainability concept

Repercussion of training loads in the functional capacity

Principles of sport training Loads training

RESISTANCE (R) Types of R R training methods & Methodological principles R Evaluation

FORCE (F) Types of F F training methods & Methodological principles F evaluation

SPEED (S) Types of S S training methods & Methodological principles S evaluation

FLEXIBILITY (Flex) Types of Flex Flex training methods & Methodological principles Flex evaluation

COORDINATIVE ABILITIES (Coord.A) Types of Coord.A Training methods & Methodological principles of some Coord.A Evaluation of some Coord.A

Demonstration of the syllabus coherence with the curricular units' learning objectives

The syllabus aim to provide the needed information to build the knowledge and skills that can be considered as essential for the management of physical sports performance. Thus, this syllabus were chosen to be the foundations needed to develop skills related to the methodologies of diagnostic of physical abilities and respective methodologies of improvement

Teaching Methodologies (Including evaluation; Lim:1000)

This Curricular Unit (UC) is organized around theoretical and practical lessons. The theoretical lessons aim to give students the theoretical foundations of physical training (mostly) and the state of the art with respect to diagnostic methods of different physical abilities levels, and stimulate them for the creation of instruments that can be used in practice, in this or in other UC (for instance, in Work Placement). The practice lessons aim to consolidate the acquisition of concepts and methodologies presented in theoretical lessons in order to maximize the theoretical skills of interpretation and questioning of the relevant aspects of the physical factor in sports performance.

The evaluation:

- a) by frequency: based: on two(2) written tests; final classification is the arithmetic mean of these two tests, mandatory to obtain a rating of 7.50 values or more in each of them.
- b) evaluation by Final Examination: one written test.

Demonstration of the coherence between the teaching methodologies and the learning outcomes

The theoretical sessions aim to promote the development of knowledge and ability to problematize the theoretical foundations of the training process, develop the autonomy levels on interpreting the bioenergetics parameters in the management of sport and physical activity tasks (PA objectives). The practice sessions are intended to promote some skills to implement methodologies for evaluating and monitoring the results of physiological stimulation (training loads).

Bibliografia / Bibliography (Lim:1000)

Bompa, T. O. (2001): A Periodização no Treinamento Esportivo. Ed. Manole, S.Paulo, Brasil (1.^a ed. brasileira) CASTELO, J. (2002) O Exercício de Treino Desportivo - A unidade lógica de programação e estruturação do treino desportivo. Ed. FMH UTL, Lisboa. GEORGE, J. D. et al. (s.d.) : Tests y pruebas físicas. Colección Fitness. Ed. Paidotribo, Barcelona. GILBERT,W. (2017). Coaching Better Every Season. Ed. Human Kinetics. MATVEYEV, L. (1990) O processo de treino desportivo. Col. Horizonte de Cultura Física, Livros Horizonte. 2.^a ed. POWERS, S. K. et al. (2000) Fisiologia do Ex. ç Teoria e Aplicação ao Condicionamento e ao Desempenho. Ed. Manole, S.Paulo, Brasil (1.^aed. brasileira). RIBEIRO, B. (1992) O Treino do Músculo. Ed. Caminho, S.A., Lisboa. VERKHOSHANSKI, Y. (2001) Treinamento Desp ç Teoria e Metodologia. Col. Kinesis. Artmed Editora, Porto Alegre, Brasil. WEINECK, J. (2005): Manual do Treino Ótimo. Ed. Ins. Piaget

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