

Caraterização da Unidade Curricular / Characterisation of the Curricular Unit

Designação da Unidade Curricular / Curricular Unit:	[3181200626] Teoria e Metodologia do Treino II [3181200626] Theory and Methodology of Training II		
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:	S2		
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

[2001] Abel Aurélio Abreu De Figueiredo

Outros Docentes / Other Teaching

[2001] Abel Aurélio Abreu de Figueiredo

Learning Outcomes of the Curricular Unit

1. Interpret (understand and explain) (a) the processes that produce changes in biopsychosocial status of practitioners and/or competitors, (b) through exercises that concretize appropriate methodologies, with emphasis on planning and periodization of training in different contexts, (c) on a multifactorial approach to training. Skills: 2. Interpret variables of bioenergetics, biomechanics, bioinformacional, affective-emotional and socio-cultural nature on the planning and management of exercise in the context of sport and physical activity, evidencing enough its evaluation and control methodology of stimulation. 3. Planning and periodize training focused on multifactorial approach to managing the physical, technical, tactical, psychological and socio-cultural, consolidating the view at the level of stimulation potential biopsychosocial specialty studied.

Learning Outcomes of the Curricular Unit (Lim:1000)

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Syllabus (Lim:1000)

1. Fundamentals of Training and Human Adaptation in Physical Activity and Sport 2. The Training Factors 3. Training Exercises or Tasks 4. The Training Planning for Practice in Sport and Physical Activity 5. The Structure of Training Plan 6. The Macrostructure Periodization of Training

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

The modules of Theory and Methodology of Training (I and II) are the Main Subject Area (MSA) of the Methodology of Physical Activities and Sports (M), conducting TMTII to fundamental curricular unities such as Work Placement. The theoretical dimension is more focused on understanding and explaining the role of sports and motricity sciences in training multifactoriality, and methodological dimension more focused on the interpretation of the planning and implementation process of education and sports training in specific cycles of planning and organizing periodization: exercise session, microcycle, mesocycle, macrocycle, annual plan and multi-year plan. Although highly interconnected, the content 1, primarily contributes to the competency 1 (a), while 2 to 1 (c) and 3-6 to 1 (b). The contents of 1-3 go for the skill 2 and contents 4-6 to skill 3, on a consistency enhancer of defined competencies.

Teaching Methodologies (Including evaluation; Lim:1000)

The classes are theoretical-practical (a) of expositive characteristics and stimulating interaction and debate on the construction of instruments for use in practice (emphasis on the Work Placement) and (b) with moments of group work exercises in connection with the addressed content in order to prepare the planning, intervention and evaluation of the exercise session and the remaining structure of the planning cycles of training.

Students work on the construction and present at final two documents:

Preparation of a final planning of the training in the form of individual or group (50%).

Individual expression of the theoretical basis developed in a critical and reflexive report about the competencies developed during classes and studies with program focus (50%).

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

This curricular unit TMT II (4 semester) focuses on theory and methodological approach of the multifactorial training management and its planning and periodization, integrating the skills developed in TMT I, facing the challenges of Work Placement curricular units on 3rd year. Assume the strengthening of the link between several curricular units previously used, with emphasis on Exercise Physiology (physical factor), Biomechanics (technical factor), Motor Control (tactical factor), Psychology (psychological factor), Anthropology and Sociology (socio-cultural factor), among others.

(continue in "Observações complementares")

Bibliografia / Bibliography (Lim:1000)

Bompa, T.; Buzzichelli, C. (2019) *Periodization - Theory and Methodology of Training*. Champaign, Human Kinetics, 6th Edition.

Castelo, J. et al. (2000). *Metodologia do Treino Desportivo*. Cruz Quebrada e Lisboa. Ed. FMH UTL.

Castelo, J. (2002). *O Exercício de Treino Desportivo e A unidade lógica de programação e estruturação do treino desportivo*. Cruz Quebrada, Lisboa. Ed. FMH UTL.

Cunha, P.; Afonso, J.; Clemente, F. (2021), *Teoria e Metodologia do Treino. Manual do Curso de Treinadores de Desporto - Grau I*. Lisboa, IPDJ.

Cunha, P.; Afonso, J.; Clemente, F. (2021), *Teoria e Metodologia do Treino. Manual do Curso de Treinadores de Desporto - Grau II*. Lisboa, IPDJ.

Cunha, P.; Afonso, J.; Clemente, F. (2021), *Teoria e Metodologia do Treino. Manual do Curso de Treinadores de Desporto - Grau III*. Lisboa, IPDJ.

Gould, D.; Mallett, Cliff (2021). *Sport Coaches Handbook*. ICCE. Human Kinetics.

Weineck, J. (2005). *Manual do Treino Ótimo e Teoria de Treino da Performance Desportiva e do seu Desenvolvimento no Treino de Crianças e de Adolescentes*. Lisboa, Instituto Piaget.

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Cunha, P.; Afonso, J.; Clemente, F. (2021), *Teoria e Metodologia do Treino. Manual do Curso de Treinadores de Desporto - Grau I*. Lisboa, IPDJ.

Cunha, P.; Afonso, J.; Clemente, F. (2021), *Teoria e Metodologia do Treino. Manual do Curso de Treinadores de Desporto - Grau II*. Lisboa, IPDJ.

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Weineck, J. (2005). *Manual do Treino Ótimo e Teoria de Treino da Performance Desportiva e do seu Desenvolvimento no Treino de Crianças e de Adolescentes*. Lisboa, Instituto Piaget.