



16536 - PLANNING AND IMPLEMENTATION OF SPORTS TRAINING (2018-19)

General

Code: 16536

Lecturer responsible:

MANCHADO LOPEZ, MARIA DEL CARMEN

Credits ECTS:	6
Theoretical credits:	0,6
Practical credits:	1,8
Distance-base hours:	3,6

Departments involved

- **Dept:** GENERAL DIDACTICS AND SPECIFIC DIDACTICS

Area: PHYSICAL EDUCATION AND SPORT

Theoretical credits: 0,6

Practical credits: 1,8

This Dept. is responsible for the course.

This Dept. is responsible for the final mark record.

Study programmes where this course is taught

- DEGREE IN PHYSICAL ACTIVITY AND SPORTS SCIENCES
Course type: COMPULSORY (Year: 3)

Competencies and objectives

Course context for academic year 2018-19

Every scientific, educational or business activity, or any other similar activity, must have an organisation or a structured work programme that will be performed. Consequently, a schedule of activities or planning of all aspects that will take place in the subject should be developed in order to achieve the set objectives. This planning also serves to make some adjustments or changes according to the problems observed at a given time. The sports training field is not an exception, for here it is also necessary to carry out structuring processes of the programs to be developed that fit the conditions in each moment show the athlete, taking into account the materials and necessary infrastructures to do so. In order that the adaptations mechanisms occur optimally and thus be able to draw the straight road to the optimization of the personal capabilities, the sequence in the loads application and control of them is crucial.

Course content (verified by ANECA in official undergraduate and Master's degrees)

General Competences (CG)

- **CG1.1** : Capacity to identify, list, analyse, synthesise and apply the conceptual content determined by the subjects studied for the Sciences of Physical Activity and Sport degree.
- **CG1.2** : Capacity to manage information and knowledge in new and complex situations, solve problems and take decisions to develop instrumental content and procedures for the subjects in the Sciences of Physical Activity and Sport degree course.
- **CG3.1** : Capacity to design, apply and evaluate high-quality processes, programs and projects in the fields of teaching, training and the promotion of health and recreational sport
- **CG3.2** : Awareness and recognition of diversity and multiculturalism in the fields of teaching and learning, training and the promotion of health and recreation.

Specific Competences (CE)

- **CE14** : Master the basic techniques of different sports so as to be able to execute them efficiently.
- **CE15** : Capacity to design, apply and evaluate high-quality processes, programmes and projects to control the training programmes of individual and team sports, sports using implements, marine sports, gymnastic skills and Valencian pelota, knowing how to select and use the appropriate sports material and equipment for each kind of activity.
- **CE16** : Competence to analyse technical gestures, detecting basic errors relating to specific skills in sports training and discovering their possible causes.
- **CE7** : Capacity to manage and apply knowledge of the foundations of sport.

Exclusive skill taught in this course

No data

Learning outcomes (Training objectives)

No data

Specific objectives stated by the academic staff for academic year 2018-19

- Know and understand the basics of sports planning
- Know the historical evolution and the contemporary periodization models
- Know, designing and implementing training plans in the short, medium and long term taking into account the characteristics of the population to which they are directed
- Know and understand the training and planning differences of young and adults athletes
- Know, design and implement training plans according to the menstrual cycle
- Know, understand and apply different training load control systems.
- Know, understand and apply different sports performance evaluation depending on the needs of each sport modality and on the athlete level.

Content and bibliography

Content for academic year 2018-19

Theoretical and practical contents (2018/19)

Didactic unit 1: CONCEPTUALIZATION AND FUNDAMENTALS OF SPORTS PLANNING

TOPIC 1. General concepts and planning and periodization bases

TOPIC 2. Historical evolution of the planning and sports periodization

Didactic unit 2: STRUCTURES OF SPORTS TRAINING

TOPIC 3. The training session: types and characteristics

TOPIC 4. The microcycle: types and characteristics

TOPIC 5: The mesocycle: types and characteristics

TOPIC 6: The macrocycle: types and characteristics

Didactic unit 3: TRAINING PERIODIZATION MODELS

TOPIC 7. Traditional periodization model

TOPIC 8: Contemporary periodization models

TOPIC 9. The training planning according to the menstrual cycle

Didactic unit 4. THE PROCESS OF PLANNING IN THE SPORTS INITIATION.

TOPIC 10. Characteristics of planning in

TOPIC 11. Long-term athletic development.

TOPIC 12. The training of motor capabilities in the process of sports initiation.

Didactic unit 5: TRAINING CONTROL AND SPORTS PERFORMANCE EVALUATION

TOPIC 13: Training load control based on subjective indicators load: load index

TOPIC 14: Training load control based on objective indicators: TRIMP and ECOs.

TOPIC 15: Sports performance evaluation

Assessment

Assessment procedures and criteria 2018-19


Evaluation will be continuous and global, it will be meant to guide and train students, and it must analyse individual and group learning processes.

Information used to assess the students' learning process will be mainly collected through:

1. A Final Test (5 points): the Final test is compulsory for all the students. In order to pass the course it is necessary to pass at least 40% of the total test. The Final Test can include different kinds of questions (multiple-choice test, gap-filling, short essay, long essay, problems, graphics interpretation, etc.).
2. Practical work (5 points): Individual work about practical basic comprehension (1 point). Practical individual/group work requested by the Professor will score 4 points.

Description	Criteria	Type	Weighting system
Practical work/s	Practical work(s) requested by the professor or questionnaires or reports made by students in the practical sessions (practical sessions logbook) will account for over 5 points of the final grade. No second attempts will be granted to those who miss a practical session or an essay delivery. Questionnaires (10%), the practices carried out in the classroom, laboratory or sports ground should be collected in a booklet of practices (10%). The case studies and the elaboration of different training cycles will be carried out of individual/group form (30%)	ACTIVITIES OF EVALUATION DURING THE SEMESTER	50
Final Test	The Final test is compulsory for all the students. In order to pass the course it is necessary to pass at least 40% of the test. The Final Test can include different kinds of questions (multiple-choice test, gap-filling, short essay, long essay, problems, graphics interpretation, etc.). To get a positive final grade, students must obtain at least 40% of the points in each section of the exam.	FINAL TEST	50

Official exam dates for academic year 2018-19

Exam session	Date	Time	Group - Classroom(s) allocated	Comments
(C1) Pruebas extraordinarias de finalización de estudios	01/10/2018	12:00 - 15:00	ED/1-20 	
(C3) Periodo ordinario para asignaturas de segundo semestre y anuales	31/05/2019			
(C4) Pruebas extraordinarias para asignaturas de grado y máster	01/07/2019			

