

STRENGTH TRAINING METHODS (CODE 2024042)

COURSE SYLLABUS:

Research variables of strength training: Volume, intensity, density and weight magnitude; Energy cost of resisted exercise; Strength training with vascular occlusion; Electromyographic responses compared to several strength training methods; Periodization models of strength training.

GOALS:

BIBLIOGRAPHY:

a) LIVROS

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b) ARTIGOS

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Panza, P., Vianna, JM., Damasceno, VO., Aranda, LC., Bentes, CM., da Silva, J., & Novaes, DG. (2014). Energy Cost, Number of Maximum Repetitions, and Rating of Perceived Exertion in Resistance Exercise with Stable and Unstable Platforms.

- Peçanha, T., Vianna, JM., Sousa, É. D. D., Panza, PS., Lima, JRPD., & Reis, VM. (2013). Influence of the muscle group in heart rate recovery after resistance exercise. *Revista Brasileira de Medicina do Esporte*, 19(4), 275-279.
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