

## **THEORY AND RESEARCH OF ATHLETICS (CODE 2024048)**

### **COURSE SYLLABUS:**

Athletics competition techniques, long-term training, discovery and promotion of talents to athletics, biologic maturation of athletes, competition strategies, physical, technical and psychological preparation to athletics.

### **CONTENT:**

The aim of the course is studying topics related to organization, training and technique of athletics, taking into account all the competitions and categories, emphasising training categories.

### **BIBLIOGRAPHY:**

#### **A) LIVROS**

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#### **B) ARTIGOS**

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