

THEORY AND RESEARCH ON TRAINING LOAD CONTROL (CODE 2024050)

COURSE SYLLABUS:

Introduction to the Psychophysiology of Sport; Psychophysiological aspects of sports; The overloading process in sport training; The “burnout” phenomenon in sports; The “overtraining” phenomenon in sport training; Psychological and physiological responses to training loads; Recent studies and research analysis related to training load control.

GOALS:

BIBLIOGRAPHY:

ARTIGOS

Bara Filho, M.G., Andrade, F.C.D., Nogueira, R.A. and Nakamura, F. Y. (2013) Comparison of different methods of internal load control in volleyball players. *Brazilian Journal of Sports Medicine* 19, 143-146.

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Brink, M.S., Nederhof, E., Visscher, C., Schmikli, S.L. and Lemmink, K.A. (2010) Monitoring load, recovery, and performance in young elite soccer players. *Journal of Strength and Conditioning Research* 24, 597-603.

Freitas, DS ; Pinto. A. ; Damasceno, V. ; Freitas, V. ; Miloski, B. ; Bara Filho, M. (2014) . EFEITOS DA CARGA DE TREINAMENTO SOBRE VARIÁVEIS BIOQUÍMICAS, PSICOLÓGICAS, FISIOLÓGICAS E HEMATOLÓGICAS DURANTE UMA PRÉ-TEMPORADA NO FUTEBOL PROFISSIONAL. *Revista Brasileira de Medicina do Esporte (Impresso)*, v. 20, p. 10.

Freitas, V. H. ; Nakamura, F. ; Samuski, D. ; Mloski, B. ; Bara Filho, M. (2014) . Sensitivity of physiological and psychological markers to training load intensification in volleyball players. *Journal of Sports Science and Medicine*, v. 13, p. 566-574.

Johnston, R.D., Gibson, N.V., Twist, C., Gabbett, T.J., Macnay, S.A. and Macfarlane, N.G. (2013) Physiological responses to an intensified period of rugby league competition. *Journal of Strength and Conditioning Research* 27(3), 643-654.

Sheppard, J.M., Nolan, E. and Newton, R.U. (2012) Changes in strength and power qualities over two years in volleyball players transitioning from junior to senior national team. *Journal of Strength and Conditioning Research* 26, 152-157.