

TEORIA E METODOLOGIA DO TREINAMENTO DESPORTIVO (CÓDIGO 3019008)

EMENTA:

Serão discutidos os diversos tipos de treinamento desportivo utilizados para se alcançar os diferentes objetivos.

OBJETIVOS:

O discente desenvolverá o pensamento crítico sobre a metodologia do treinamento desportivo.

BIBLIOGRAFIA:

a) LIVROS

American College of Sports Medicine. (2014). Diretrizes do ACSM para Testes de esforço e sua Prescrição. 9ª ed. Rio de Janeiro: Ed. Guanabara Koogan.

Wathen D, Baechle TR, Earle RW. Periodization. In: Baechle TR, Earle RW, editors. (2008).

Essentials of Strength Training and Conditioning 3rd ed. Champaign, IL: Human Kinetics; p. 507-22.

Fleck, S.J., & Kraemer, W. (2014). Designing Resistance Training Programs, 4Ed. Human Kinetics.

Stone MH, Stone M, Sands WA. (2007). The concept of periodization. Principles and Practice of Resistance Training. Champaign, IL: Human Kinetics; p. 259-86.

Vianna, JM; Novaes, JS. (2009). Personal Training e Condicionamento Físico em Academias. 3ª ed. Rio de Janeiro: Shape.

b) ARTIGOS

Gois, MO., Campoy, FA., Alves, T., Avila, RP., Vanderlei, L., & Pastre, CM. (2014). The influence of resistance exercise with emphasis on specific contractions (concentric vs. eccentric) on muscle strength and post-exercise autonomic modulation: a randomized clinical trial. Brazilian journal of physical therapy, 18(1), 30-37.

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.

Poton, R., & Polito, MD. (2014). Respostas Cardiovasculares durante Exercício Resistido com Restrição de Fluxo Sanguíneo. *Rev Bras Cardiol*, 27(2), 104-110.

Turner A. (2011). The science and practice of periodization: A brief review. *Strength and Conditioning Journal*; 33:34-46.

Vianna, JM., Werneck, FZ., Coelho, EF., Damasceno, VO., & Reis, VM. (2014). Oxygen Uptake and Heart Rate Kinetics after Different Types of Resistance Exercise. *Journal of Human Kinetics*, 42(1), 235-244.

Vianna, J., Lima, J., Saavedra, F., & Reis, V. (2011). Aerobic and anaerobic energy during resistance exercise at 80% 1RM. *Journal of Human Kinetics*, 29(Special Issue), 69-74.

Willardson J. (2007). The application of training to failure in periodized multiple-set resistance exercise programs. *Journal of Strength and Conditioning Research*; 21:628-31.