

SPORTS TRAINING THEORY AND METHODOLOGY (CODE: 3019008)

COURSE SYLLABUS:

Study of the ways of diagnosis, prognosis, control, evaluation and optimization of the conduction and regulation process of training and competition; sports training methodology: pedagogical and biological principles of training; sports training periodicity: structuring and content of training.

GOALS:

The student will develop critical thinking about the methodology of sports training.

BIBLIOGRAPHY:

a) LIVROS

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

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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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