

**1. General information****Course:** THEORY AND PRACTICE OF THE SPORT TRAINING**Code:** 39322**Type:** CORE COURSE**ECTS credits:** 6**Degree:** 314 - DEGREE IN SCIENCES OF THE PHYSICAL ACTIVITY AND OF THE SPORT**Academic year:** 2022-23**Center:** 8 - FACULTY OF SPORT SCIENCES**Group(s):** 40**Year:** 3**Duration:** C2**Main language:** Spanish**Second language:** English**Use of additional languages:****English Friendly:** Y**Web site:****Bilingual:** N**Lecturer:** JOSE MARIA GONZALEZ RAVE - Group(s): 40

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**2. Pre-Requisites**

Not established

**3. Justification in the curriculum, relation to other subjects and to the profession**

Not established

**4. Degree competences achieved in this course****Course competences**

Code	Description
A01	Develop the ability to collect and interpret data to make judgments that include a reflection on relevant social, scientific or ethical issues.
A04	Knowing how to apply information and communication technologies (ICT) to the field of Physical Activity and Sports Sciences.
A06	Apply the knowledge acquired to the workplace from situations where the student must solve specific problems and develop and defend arguments.
A07	Desarrollar hábitos de excelencia y calidad en el ejercicio profesional aplicando los derechos fundamentales, los principios de igualdad de oportunidades y los valores propios de una cultura democrática. Asimismo actuar conforme a los valores éticos en relación a la salud de los usuarios y al respeto sobre el medio ambiente.
A08	Understand and use common handbooks, as well as manuscripts and, in general, leading bibliography on subjects related to physical activity and sport, in order to prepare reports or solve specific problems that may arise.
A09	Develop learning skills necessary to undertake further studies with a high degree of autonomy.
B12	Plan, develop and control the training process at its different levels.
M621	To be able to design training tasks applied to the improvement of key factors of sports performance.
M623	Be able to design and organize specific training programs according to performance priorities in competition.
M624	Know how to use the basic technological means for training development and performance evaluation
M625	To know how to diagnose and monitor sports performance, as well as to use a scientific methodology for the proper use of these data.

**5. Objectives or Learning Outcomes****Course learning outcomes****Description**

To know how to apply a specific training methodology taking into account a determinant factors of sport performance.

To know how to use basic technologies to help to the sport training.

Understand and distinguish the foundations and principles of sports training.

To know the terminology and proper procedures for an evaluation and monitoring training.

To apply concepts of training periodization and season during the training process.

Understand and analyze the incidence and implications of the factors involved in the sport training process.

**6. Units / Contents****Unit 1:****Unit 2:****Unit 3:****Unit 4:****Unit 5:**

Unit 6:  
Unit 7:  
Unit 8:  
Unit 9:  
Unit 10:  
Unit 11:  
Unit 12:

#### 7. Activities, Units/Modules and Methodology

Training Activity	Methodology	Related Competences (only degrees before RD 822/2021)	ECTS	Hours	As	Com	Description
Class Attendance (theory) [ON-SITE]	Lectures		0.9	22.5	Y	Y	
Study and Exam Preparation [OFF-SITE]			2.1	52.5	Y	N	
Class Attendance (practical) [ON-SITE]	Combination of methods		1.5	37.5	Y	Y	
Practicum and practical activities report writing or preparation [OFF-SITE]	Problem solving and exercises		1.25	31.25	Y	Y	
Analysis of articles and reviews [OFF-SITE]			0.25	6.25	Y	N	
<b>Total:</b>			<b>6</b>	<b>150</b>			
<b>Total credits of in-class work: 2.4</b>			<b>Total class time hours: 60</b>				
<b>Total credits of out of class work: 3.6</b>			<b>Total hours of out of class work: 90</b>				

As: Assessable training activity

Com: Training activity of compulsory overcoming (It will be essential to overcome both continuous and non-continuous assessment).

#### 8. Evaluation criteria and Grading System

Evaluation System	Continuous assessment	Non-continuous evaluation*	Description
Theoretical exam	60.00%	70.00%	
Theoretical exam	40.00%	30.00%	
<b>Total:</b>	<b>100.00%</b>	<b>100.00%</b>	

According to art. 4 of the UCLM Student Evaluation Regulations, it must be provided to students who cannot regularly attend face-to-face training activities the passing of the subject, having the right (art. 12.2) to be globally graded, in 2 annual calls per subject, an ordinary and an extraordinary one (evaluating 100% of the competences).

#### 9. Assignments, course calendar and important dates

Not related to the syllabus/contents	
Hours	hours
<b>Unit 1 (de 12):</b>	
<b>Activities</b>	<b>Hours</b>
Class Attendance (theory) [PRESENCIAL][Lectures]	1.5
Study and Exam Preparation [AUTÓNOMA][ ]	1.5
Class Attendance (practical) [PRESENCIAL][Combination of methods]	2.5
Practicum and practical activities report writing or preparation [AUTÓNOMA][Problem solving and exercises]	2.5
<b>Unit 2 (de 12):</b>	
<b>Activities</b>	<b>Hours</b>
Class Attendance (theory) [PRESENCIAL][Lectures]	1.5
Study and Exam Preparation [AUTÓNOMA][ ]	1.5
Class Attendance (practical) [PRESENCIAL][Combination of methods]	5
Practicum and practical activities report writing or preparation [AUTÓNOMA][Problem solving and exercises]	2.5
<b>Unit 3 (de 12):</b>	
<b>Activities</b>	<b>Hours</b>
Class Attendance (theory) [PRESENCIAL][Lectures]	1.5
Study and Exam Preparation [AUTÓNOMA][ ]	1.5
Class Attendance (practical) [PRESENCIAL][Combination of methods]	2.5
Practicum and practical activities report writing or preparation [AUTÓNOMA][Problem solving and exercises]	2.5
<b>Unit 4 (de 12):</b>	
<b>Activities</b>	<b>Hours</b>
Class Attendance (theory) [PRESENCIAL][Lectures]	3.5
Study and Exam Preparation [AUTÓNOMA][ ]	7
Class Attendance (practical) [PRESENCIAL][Combination of methods]	5
Practicum and practical activities report writing or preparation [AUTÓNOMA][Problem solving and exercises]	8
<b>Unit 5 (de 12):</b>	
<b>Activities</b>	<b>Hours</b>

Class Attendance (theory) [PRESENCIAL][Lectures]	4
Study and Exam Preparation [AUTÓNOMA][ ]	10
Class Attendance (practical) [PRESENCIAL][Combination of methods]	8
Practicum and practical activities report writing or preparation [AUTÓNOMA][Problem solving and exercises]	10
Analysis of articles and reviews [AUTÓNOMA][ ]	2
<b>Unit 6 (de 12):</b>	
<b>Activities</b>	<b>Hours</b>
Class Attendance (theory) [PRESENCIAL][Lectures]	1.5
Study and Exam Preparation [AUTÓNOMA][ ]	3
Class Attendance (practical) [PRESENCIAL][Combination of methods]	1.5
Practicum and practical activities report writing or preparation [AUTÓNOMA][Problem solving and exercises]	.5
Analysis of articles and reviews [AUTÓNOMA][ ]	.5
<b>Unit 7 (de 12):</b>	
<b>Activities</b>	<b>Hours</b>
Class Attendance (theory) [PRESENCIAL][Lectures]	1
Study and Exam Preparation [AUTÓNOMA][ ]	3
Class Attendance (practical) [PRESENCIAL][Combination of methods]	1
Practicum and practical activities report writing or preparation [AUTÓNOMA][Problem solving and exercises]	1.5
Analysis of articles and reviews [AUTÓNOMA][ ]	.5
<b>Unit 8 (de 12):</b>	
<b>Activities</b>	<b>Hours</b>
Class Attendance (theory) [PRESENCIAL][Lectures]	3
Study and Exam Preparation [AUTÓNOMA][ ]	12
Class Attendance (practical) [PRESENCIAL][Combination of methods]	5
Practicum and practical activities report writing or preparation [AUTÓNOMA][Problem solving and exercises]	2
Analysis of articles and reviews [AUTÓNOMA][ ]	2
<b>Unit 9 (de 12):</b>	
<b>Activities</b>	<b>Hours</b>
Class Attendance (theory) [PRESENCIAL][Lectures]	2
Study and Exam Preparation [AUTÓNOMA][ ]	8
Class Attendance (practical) [PRESENCIAL][Combination of methods]	3
Practicum and practical activities report writing or preparation [AUTÓNOMA][Problem solving and exercises]	1
Analysis of articles and reviews [AUTÓNOMA][ ]	1
<b>Unit 10 (de 12):</b>	
<b>Activities</b>	<b>Hours</b>
Class Attendance (theory) [PRESENCIAL][Lectures]	1.5
Study and Exam Preparation [AUTÓNOMA][ ]	3.5
Class Attendance (practical) [PRESENCIAL][Combination of methods]	2
Practicum and practical activities report writing or preparation [AUTÓNOMA][Problem solving and exercises]	.5
Analysis of articles and reviews [AUTÓNOMA][ ]	.5
<b>Unit 11 (de 12):</b>	
<b>Activities</b>	<b>Hours</b>
Class Attendance (theory) [PRESENCIAL][Lectures]	1.5
Study and Exam Preparation [AUTÓNOMA][ ]	1.5
Class Attendance (practical) [PRESENCIAL][Combination of methods]	2
<b>Global activity</b>	
<b>Activities</b>	<b>hours</b>
Class Attendance (theory) [PRESENCIAL][Lectures]	22.5
Class Attendance (practical) [PRESENCIAL][Combination of methods]	37.5
Study and Exam Preparation [AUTÓNOMA][ ]	52.5
Practicum and practical activities report writing or preparation [AUTÓNOMA][Problem solving and exercises]	31
Analysis of articles and reviews [AUTÓNOMA][ ]	6.5
<b>Total horas: 150</b>	

10. Bibliography and Sources						
Author(s)	Title/Link	Publishing house	Citv	ISBN	Year	Description
						Artículos disponibles para descarga en la web Research gate
Bompa, Tudor O.	<a href="https://www.researchgate.net/profile/Jose_Maria_Gonzalez_Rave">https://www.researchgate.net/profile/Jose_Maria_Gonzalez_Rave</a> Periodization: theory and methodology of training	Human Kinetics		0-88011-851-2	1999	
González Ravé, José M <sup>a</sup> (coord.)	Fundamentos del entrenamiento deportivo	WANCEULEN		978-84-9823-519-7	2010	
José María González Ravé / Carlos Pablos Abella / Fernando Navarro Valdivielso	Entrenamiento Deportivo: Teoría y práctica <a href="http://www.medicapanamericana.com/Libros/Libro/5066/Entrenamiento-Deportivo.html">http://www.medicapanamericana.com/Libros/Libro/5066/Entrenamiento-Deportivo.html</a>	Editorial Médica Panamericana		978-84-9835-783-7	2014	Manual de referencia actualizado de la asignatura