



# UNIVERSIDAD DE CASTILLA - LA MANCHA

## GUÍA DOCENTE

### 1. General information

**Course:** ADVANCES IN SPORTS PERFORMANCE METHODOLOGY AND PLA  
**Type:** ELECTIVE  
**Degree:** 2323 - MASTERS DEGREE PROGRAMME IN SPORT SCIENCE  
**Center:** 8 - FACULTY OF SPORT SCIENCES  
**Year:** 1

**Main language:** Spanish  
**Use of additional languages:**  
**Web site:**

**Code:** 310502  
**ECTS credits:** 4.5  
**Academic year:** 2023-24  
**Group(s):** 40  
**Duration:** C2  
**Second language:** English  
**English Friendly:** Y  
**Bilingual:** N

Lecturer: JOSE MARIA GONZALEZ RAVE - Group(s): 40				
Building/Office	Department	Phone number	Email	Office hours
Despacho 1.39/Laboratorio de Entrenamiento Deportivo	ACTIVIDAD FÍSICA Y CIENCIAS DEL DEPORTE	5505	josemaria.gonzalez@uclm.es	
Lecturer: DANIEL JUAREZ SANTOS-GARCIA - Group(s): 40				
Building/Office	Department	Phone number	Email	Office hours
Lab. Entrenamiento (Mód. Acuático) / Despacho 1.70 (Edif. Sabatini)	ACTIVIDAD FÍSICA Y CIENCIAS DEL DEPORTE	96845/5547	daniel.juarez@uclm.es	

### 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
E01	Manage the different research techniques in the Sciences of Physical Activity and Sport, identifying the differential facts of the study carried out.
E02	Employ strategies of excellence, ethics and quality in the research exercise in the field of Physical Activity for Health and Sport Performance, following the recommendations of the Declaration of Helsinki and Law 14/2007 on Biomedical Research.
E03	Manage the different methodological options that can be used in the field of Physical Activity for Health and Sport Performance.
E19	Analyze and implement research designs related to the Methodology, Control and Planning of Sport Performance.
E20	Use technological resources to advance in the application of the latest trends in sport training.
G01	Apply the knowledge linked to Sports Sciences using research methods, adapting them to the changes derived from the innovation processes.
G02	Design research designs adapted to the conditions of scientific rigor in the field of study of Sport Sciences
G04	Carry out a critical analysis, on the development and presentation of new and complex ideas in the field of study of physical activity for health and sport performance, by means of an informed assessment.
G07	Acquire skills that allow to train throughout the life cycle in an autonomous way using existing resources in different fields of knowledge
G08	Critically interpret scientific documents and seminars in Spanish and English.
M056	
M057	
M058	
M059	
M060	

### 5. Objectives or Learning Outcomes

#### Course learning outcomes

Description

### 6. Units / Contents

**Unit 1:**

**Unit 2:**

**Unit 3:**

**Unit 4:**

**Unit 5:**

### 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	E01 E02 E03 E19 E20 G01 G02 G04 G07 G08 M056 M057 M058 M059 M060	0.6	15	Y	Y	
Class Attendance (practical) [ON-SITE]	Practical or hands-on activities	E01 E02 E03 E19 E20 G01 G02 G04 G07 G08 M056 M057 M058 M059 M060	0.24	6	Y	Y	
Project or Topic Presentations [ON-SITE]	Individual presentation of projects and reports	E01 E02 E03 E19 E20 G01 G02 G04 G07 G08 M056 M057 M058 M059 M060	0.24	6	Y	Y	
Other off-site activity [OFF-SITE]	Other Methodologies	E01 E02 E03 E19 E20 G01 G02 G04 G07 G08 M056 M057 M058 M059 M060	2.42	60.5	N	-	
Problem solving and/or case studies [ON-SITE]		E01 E02 E03 E19 E20 G01 G02 G04 G07 G08 M056 M057 M058 M059 M060	0.7	17.5	Y	N	
Study and Exam Preparation [OFF-SITE]		E01 E02 E03 E19 E20 G01 G02 G04 G07 G08 M056 M057 M058 M059 M060	0.3	7.5	N	-	
<b>Total:</b>			<b>4.5</b>	<b>112.5</b>			
<b>Total credits of in-class work: 1.78</b>							<b>Total class time hours: 44.5</b>
<b>Total credits of out of class work: 2.72</b>							<b>Total hours of out of class work: 68</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
Oral presentations assessment	30.00%	0.00%	
Assessment of problem solving and/or case studies	50.00%	0.00%	
Final test	20.00%	100.00%	
<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 5):</b>	
<b>Activities</b>	<b>Hours</b>
Class Attendance (theory) [PRESENCIAL][Lectures]	3
Class Attendance (practical) [PRESENCIAL][Practical or hands-on activities]	2
Project or Topic Presentations [PRESENCIAL][Individual presentation of projects and reports]	2
Other off-site activity [AUTÓNOMA][Other Methodologies]	2.5
<b>Unit 2 (de 5):</b>	
<b>Activities</b>	<b>Hours</b>
Class Attendance (theory) [PRESENCIAL][Lectures]	3
Class Attendance (practical) [PRESENCIAL][Practical or hands-on activities]	1
Project or Topic Presentations [PRESENCIAL][Individual presentation of projects and reports]	1
Other off-site activity [AUTÓNOMA][Other Methodologies]	2
<b>Unit 3 (de 5):</b>	
<b>Activities</b>	<b>Hours</b>
Class Attendance (theory) [PRESENCIAL][Lectures]	3
Class Attendance (practical) [PRESENCIAL][Practical or hands-on activities]	1
Project or Topic Presentations [PRESENCIAL][Individual presentation of projects and reports]	1
Other off-site activity [AUTÓNOMA][Other Methodologies]	2
<b>Unit 4 (de 5):</b>	
<b>Activities</b>	<b>Hours</b>
Class Attendance (theory) [PRESENCIAL][Lectures]	3
Class Attendance (practical) [PRESENCIAL][Practical or hands-on activities]	1
Project or Topic Presentations [PRESENCIAL][Individual presentation of projects and reports]	1
Other off-site activity [AUTÓNOMA][Other Methodologies]	2
<b>Unit 5 (de 5):</b>	
<b>Activities</b>	<b>Hours</b>
Class Attendance (theory) [PRESENCIAL][Lectures]	3
Class Attendance (practical) [PRESENCIAL][Practical or hands-on activities]	1

Project or Topic Presentations [PRESENCIAL][Individual presentation of projects and reports]	1
Other off-site activity [AUTÓNOMA][Other Methodologies]	2
<b>Global activity</b>	
<b>Activities</b>	<b>hours</b>
Project or Topic Presentations [PRESENCIAL][Individual presentation of projects and reports]	6
Other off-site activity [AUTÓNOMA][Other Methodologies]	10.5
Class Attendance (practical) [PRESENCIAL][Practical or hands-on activities]	6
Class Attendance (theory) [PRESENCIAL][Lectures]	15
<b>Total horas: 37.5</b>	

10. Bibliography and Sources						
Author(s)	Title/Link	Publishing house	City	ISBN	Year	Description
						Recomendaciones de manuales de la Editorial Human Kinetics que se expondrán en clase
González Ravé, José María	<a href="http://www.humankinetics.com">http://www.humankinetics.com</a> Entrenamiento deportivo : teoría y prácticas /	Médica Panamericana,		978-84-9835-783-7	2014	
Naclerio, Fernando	Entrenamiento deportivo : fundamentos y aplicaciones en difer	Médica Panamericana		978-84-9835-331-0	2010	
	González-Ravé JM, González-Mohino F, Rodrigo-Carranza V, Pyne DB. Reverse Periodization for Improving Sports Performance: A Systematic Review. Sports Med Open. 2022 Apr 21;8(1):56. doi: 10.1186/s40798-022-00445-8. PMID: 35445953; PMCID: PMC9023617.					
	Stone MH, Hornsby WG, Haff GG, Fry AC, Suarez DG, Liu J, Gonzalez-Rave JM, Pierce KC. Periodization and Block Periodization in Sports: Emphasis on Strength-Power Training-A Provocative and Challenging Narrative. J Strength Cond Res. 2021 Aug 1;35(8):2351-2371. doi: 10.1519/JSC.0000000000004050. Erratum in: J Strength Cond Res. 2021 Nov 1;35(11):e290. PMID: 34132223.					
	González-Ravé JM, Hermosilla F, González-Mohino F, Casado A, Pyne DB. Training Intensity Distribution, Training Volume, and Periodization Models in Elite Swimmers: A Systematic Review. Int J Sports Physiol Perform. 2021 Jul 1;16(7):913-926. doi: 10.1123/ijssp.2020-0906. Epub 2021 May 5. PMID: 33952709.					
	Hermosilla F, González-Rave JM, Del Castillo JA, Pyne DB. Periodization and Programming for Individual 400 m Medley Swimmers. Int J Environ Res Public Health. 2021 Jun 15;18(12):6474. doi: 10.3390/ijerph18126474. PMID: 34203853; PMCID: PMC8296310.					
	Casado A, González-Mohino F, González-Ravé JM, Foster C. Training Periodization, Methods, Intensity Distribution, and Volume in Highly Trained and Elite Distance Runners: A Systematic Review. Int J Sports Physiol Perform. 2022 Jun 1;17(6):820-833. doi: 10.1123/ijssp.2021-0435. Epub 2022 Apr 13. PMID: 35418513.					