



Information about the course

Degree: Bachelor of Sciences of Physical Activity and Sport

Faculty: Faculty of Physical Activity and Sport Sciences

Code: 280316 **Name:** Planning and Methodology of Training in PA

Credits: 6,00 ECTS **Year:** 3 **Semester:** 2

Module: 3) Specific Obligatory Formation Module.

Subject Matter: Physical exercise, fitness and sports physical training. **Type:** Obligatoria

Branch of knowledge: Health Sciences

Department: Physical Preparation and Conditioning

Type of learning: Classroom-based learning

Language/-s in which it is given: Spanish

Teachers:

283A	<u>Jose Marti Marti</u> (Profesor responsable)	jose.marti@ucv.es
283B	<u>Jose Marti Marti</u> (Profesor responsable)	jose.marti@ucv.es
283C	<u>Helio Carratala Bellod</u> (Profesor responsable)	helio.carratala@ucv.es
283D	<u>Jose Marti Marti</u> (Profesor responsable)	jose.marti@ucv.es
283X	<u>Helio Carratala Bellod</u> (Profesor responsable)	helio.carratala@ucv.es



Module organization

3) Specific Obligatory Formation Module.

Subject Matter	ECTS	Subject	ECTS	Year/semester
Physical activity and physical exercise for health and with special populations.	12	Physical Activity and Health	6	3/1
		Prescription and Programmes for Healthy Lifestyles	6	4/1
Physical exercise, fitness and sports physical training.	18	Assessment of Biological Condition	6	4/1
		Planning and Methodology of Training in PA	6	3/2
		Prevention and Rehabilitation of Injuries in PA	6	4/1
Teaching of Physical Education and Sports.	18	Design, Evaluation and Intervention in Educational Programmes	6	4/1
		Didactics and Methodology of Sports and Physical Activity	6	3/1
		Social Morality and Professional Deontology	6	4/1
Sports organization and management.	12	Sports Marketing	6	3/2
		Sports Training Planning and Organisation	6	3/1



Learning outcomes

Al finalizar la asignatura, el estudiante deberá demostrar haber adquirido los siguientes resultados de aprendizaje:

R4 - Design physical-sports programs and content for the development of various capacities and skills from a multidisciplinary perspective.

Learning outcomes of the specified title

Type of AR: Habilidades o Destrezas

- Deploy an advanced level in the planning, application, control and evaluation of physical and sports training processes.
- Design and apply fluidly, naturally, consciously and continuously adequate, efficient, systematic, varied physical exercise and physical condition, based on scientific evidence, for the development of adaptation and improvement or readaptation processes of certain abilities of each person in relation to human movement and its optimization; in order to be able to solve poorly structured, increasingly complex and unpredictable problems and with emphasis on special populations.
- Design and apply the methodological process integrated by observation, reflection, analysis, diagnosis, execution, technical-scientific evaluation and/or dissemination in different contexts and in all sectors of professional intervention in physical activity and sports.
- Know how to guide, design, apply and technically-scientifically evaluate physical exercise and physical condition at an advanced level, based on scientific evidence, in different areas, contexts and types of activities for the entire population and with emphasis on specific populations. special such as: older people (seniors), schoolchildren, people with disabilities and people with pathologies, health problems or assimilated (diagnosed and/or prescribed by a doctor), taking into account gender and diversity.
- Know how to promote, advise, design, apply and technically-scientifically evaluate physical activity, physical exercise and sport programs that are appropriate and varied, adapted to the needs, demands and individual and group characteristics of the entire population, and with emphasis on older people. (seniors), the female gender and diversity, schoolchildren, people with disabilities and people with pathologies, health problems or assimilated (diagnosed and/or prescribed by a doctor).
- Respect and put into practice the ethical principles and action proposals derived from the objectives for sustainable development, transferring them to all academic and professional activities.

Type of AR: Competencias



- Articulate and deploy with rigor and a scientific attitude the justifications on which to constantly and professionally prepare, support, substantiate and justify all acts, decisions, processes, procedures, actions, activities, tasks, conclusions, reports and professional performance.

R5 - Correctly handle different technologies to design the physical-sports preparation and/or training process.

Learning outcomes of the specified title

Type of AR: Habilidades o Destrezas

- Deploy an advanced level in the planning, application, control and evaluation of physical and sports training processes.
- Design and apply fluidly, naturally, consciously and continuously adequate, efficient, systematic, varied physical exercise and physical condition, based on scientific evidence, for the development of adaptation and improvement or readaptation processes of certain abilities of each person in relation to human movement and its optimization; in order to be able to solve poorly structured, increasingly complex and unpredictable problems and with emphasis on special populations.
- Design and apply the methodological process integrated by observation, reflection, analysis, diagnosis, execution, technical-scientific evaluation and/or dissemination in different contexts and in all sectors of professional intervention in physical activity and sports.
- Know how to guide, design, apply and technically-scientifically evaluate physical exercise and physical condition at an advanced level, based on scientific evidence, in different areas, contexts and types of activities for the entire population and with emphasis on specific populations. special such as: older people (seniors), schoolchildren, people with disabilities and people with pathologies, health problems or assimilated (diagnosed and/or prescribed by a doctor), taking into account gender and diversity.
- Respect and put into practice the ethical principles and action proposals derived from the objectives for sustainable development, transferring them to all academic and professional activities.

R6 - Select the appropriate training method for prescribing physical activity, considering the needs of each population and context.

Learning outcomes of the specified title

Type of AR: Habilidades o Destrezas



- Deploy an advanced level in the planning, application, control and evaluation of physical and sports training processes.
- Design and apply fluidly, naturally, consciously and continuously adequate, efficient, systematic, varied physical exercise and physical condition, based on scientific evidence, for the development of adaptation and improvement or readaptation processes of certain abilities of each person in relation to human movement and its optimization; in order to be able to solve poorly structured, increasingly complex and unpredictable problems and with emphasis on special populations.
- Know how to guide, design, apply and technically-scientifically evaluate physical exercise and physical condition at an advanced level, based on scientific evidence, in different areas, contexts and types of activities for the entire population and with emphasis on specific populations. special such as: older people (seniors), schoolchildren, people with disabilities and people with pathologies, health problems or assimilated (diagnosed and/or prescribed by a doctor), taking into account gender and diversity.
- Know how to promote, advise, design, apply and technically-scientifically evaluate physical activity, physical exercise and sport programs that are appropriate and varied, adapted to the needs, demands and individual and group characteristics of the entire population, and with emphasis on older people. (seniors), the female gender and diversity, schoolchildren, people with disabilities and people with pathologies, health problems or assimilated (diagnosed and/or prescribed by a doctor).
- Respect and put into practice the ethical principles and action proposals derived from the objectives for sustainable development, transferring them to all academic and professional activities.

Type of AR: Conocimientos o contenidos

- Know and understand the bases of the methodology of scientific work.

Type of AR: Competencias

- Articulate and deploy with rigor and a scientific attitude the justifications on which to constantly and professionally prepare, support, substantiate and justify all acts, decisions, processes, procedures, actions, activities, tasks, conclusions, reports and professional performance.

R7 - Adequately argue and justify (in written or oral form) methods and physical activity programs based on the type of population and application context.

Learning outcomes of the specified title

Type of AR: Habilidades o Destrezas



- Deploy an advanced level in the planning, application, control and evaluation of physical and sports training processes.
- Design and apply fluidly, naturally, consciously and continuously adequate, efficient, systematic, varied physical exercise and physical condition, based on scientific evidence, for the development of adaptation and improvement or readaptation processes of certain abilities of each person in relation to human movement and its optimization; in order to be able to solve poorly structured, increasingly complex and unpredictable problems and with emphasis on special populations.
- Know how to guide, design, apply and technically-scientifically evaluate physical exercise and physical condition at an advanced level, based on scientific evidence, in different areas, contexts and types of activities for the entire population and with emphasis on specific populations. special such as: older people (seniors), schoolchildren, people with disabilities and people with pathologies, health problems or assimilated (diagnosed and/or prescribed by a doctor), taking into account gender and diversity.

Type of AR: Conocimientos o contenidos

- Know and understand the bases of the methodology of scientific work.

Type of AR: Competencias

- Articulate and deploy with rigor and a scientific attitude the justifications on which to constantly and professionally prepare, support, substantiate and justify all acts, decisions, processes, procedures, actions, activities, tasks, conclusions, reports and professional performance.



Assessment system

Modalidad presencial

Assessed learning outcomes	Granted percentage	Assessment tool
R4, R5, R6, R7	40,00%	Written and/or practical tests.
R4, R6	45,00%	Individual or Group Work / Project.
R5, R7	15,00%	Exercises and Practices in the Classroom.

Observations

The student may keep the evaluation instruments passed during the 3 years following the first enrollment.

It is necessary to obtain a 50% in all the evaluation instruments to pass the course.

According to article 4.2. of the Guidelines for Evaluation at UCV, the limit of absences that can accommodate eventualities (medical consultation, bureaucratic procedures...) that do not have to be justified, is 30%.

If any of these criteria is not met, the student will be graded with a maximum of 4.5.

SPECIFICATIONS OF THE EVALUATION INSTRUMENTS

Written and/or practical tests

It consists of a single final test on the dates of the official convocation .

Test type test, 4 options: 1 wrong subtracts 33,3%.

Practical question (development question on a practical case related to the content of the course).

Final grade: 70% multiple-choice test, 30% practical question.

The final grade can be obtained, provided that each section of the exam is passed with a minimum grade of 5 out of 10.



Exercises and Practices in the Classroom

Delivery of tasks by the Platform carried out during the practical session.

Individual or Group Work / Project

Annual planning of a sport to choose. It will be done by groups. It must be adjusted to the contents described in the regulations of the work. Failure to comply with the established delivery dates will be considered a waiver of the first call.

Argue and justify the annual planning (oral defense).

Final grade:

- 70% written work (group grade)
- 30% oral defense (individual grade)

The detailed explanation (procedure for the assignments) as well as the evaluation tools (worksheets or rubrics) of each section will be posted on the platform of each group at the student's disposal.

Actividades formativas

The methodologies to be used so that the students reach the expected learning outcomes will be the following:

- M2 Resolution of problems and cases.
- M3 Discussion in small groups.
- M5 Presentation of content by the teacher.
- M6 Practical lesson.
- M7 Group dynamics and activities.

IN-CLASS TRAINING ACTIVITIES

ACTIVITY	RELATIONSHIP WITH THE COURSE LEARNING OUTCOMES	METHODOLOGY	HOURS	ECTS



THEORETICAL CLASS: Presentation of contents by the teacher. Competency analysis. Demonstration of capabilities, skills and knowledge in the classroom.	R4, R6	Discussion in small groups. Presentation of content by the teacher. Group dynamics and activities.	22,50	0,90
PRACTICAL CLASS / SEMINAR: Group dynamics and activities. Resolution of problems and cases. Practical laboratories. Data search, computer classroom, library, etc. Meaningful construction of knowledge through student interaction and activity.	R5, R7	Resolution of problems and cases. Discussion in small groups. Practical lesson. Group dynamics and activities.	31,50	1,26
EVALUATION: Set of oral and/or written tests used in the evaluation of the student, including the oral presentation of the final degree project.	R4, R5, R6, R7	Resolution of problems and cases. Group dynamics and activities.	4,00	0,16
TUTORING: Supervision of learning, evolution. Discussion in small groups. Resolution of problems and cases. Presentation of results before the teacher. Presentation of diagrams and indexes of the proposed works.	R6, R7	Discussion in small groups.	2,00	0,08
TOTAL			60,00	2,40



TRAINING ACTIVITIES OF AUTONOMOUS WORK

ACTIVITY	RELATIONSHIP WITH THE COURSE LEARNING OUTCOMES	METHODOLOGY	HOURS	ECTS
GROUP WORK: Problem solving. Preparation of exercises, memoirs, to present or deliver in classes and/or in tutoring.	R4, R5, R6, R7	Resolution of problems and cases. Group dynamics and activities.	70,00	2,80
SELF-EMPLOYED WORK: Study, Individual preparation of exercises, assignments, reports, to present or deliver in classes and/or in tutoring. Activities in platform or other virtual spaces.	R5, R6	Resolution of problems and cases.	20,00	0,80
TOTAL			90,00	3,60



Description of contents

Descripción de contenidos necesarios para la adquisición de los resultados de aprendizaje.

Theoretical content:

Block of content	Contents
BLOCK 1	Definitions and basic concepts in the field of planning and periodization of physical-sports training.
BLOCK 2	Phases of training planning and variables to consider.
BLOCK 3	Structures of the periodization of physical-sports training.
BLOCK 4	Training periodization models
BLOCK 5	The periodization of training contents according to different contexts and time structures.
BLOCK 6	The realization of a training planning.



Temporary organization of learning:

Block of content	Sessions	Hours
BLOCK 1	2	4,00
BLOCK 2	5	10,00
BLOCK 3	5	10,00
BLOCK 4	5	10,00
BLOCK 5	3	6,00
BLOCK 6	10	20,00



References

BASIC BIBLIOGRAPHY:

- Bompa, T.O. (2019). *Periodización. Teoría y Metodología del Entrenamiento*. Paidotribo.
- Cardona, C., Cejuela, R., & Esteve, J. (2019). *Manual para Entrenar Deportes de Resistencia*. Ed. ALL IN YOUR MIND.
- Cometti, G (1998). *Los métodos modernos de musculación*. Paidotribo.
- García-Manso J.M., Navarro, M. & Ruiz, J.A. (1996). *Bases teóricas del entrenamiento deportivo*. Gymnos.
- García-Manso J.M., Navarro, M. & Ruiz, J.A. (1996). *Planificación del Entrenamiento Deportivo*. Gymnos
- García-Manso, J. M., y Santana, N. (2021). *Planificación y programación deportiva. ¿Por qué algunos aún seguimos entrenando como neandertales?* Kinesis.
- García-Verdugo, M. (2021). *Las cualidades físicas y su evolución. Aplicación a niños y adolescentes*. Wan Ceulen SL.
- García-Verdugo Dimas, M. (2007). *Resistencia y entrenamiento*. Barcelona: Paidotribo.
- González Badillo, J. J. (2023). *Cómo programar el entrenamiento de fuerza*. Librería deportiva Esteban Sanz.
- González Badillo, J. J., y Ribas Sema, J. (2020). *Fuerza, velocidad y rendimiento físico deportivo* (2.a ed.). Librería deportiva Esteban Sanz
- González Badillo, J. J.; Sánchez Medina, L.; Pareja Blanco, F.; Rodríguez Rosell, D. (2017). *La velocidad de ejecución como referencia para la programación, control y evaluación del entrenamiento de fuerza*. Ergotech.
- González Ravé, J. M., Pablos Abella, C. P., & Navarro Valdivielso, F. (2014). *Entrenamiento Deportivo: teoría y práctica*. Panamericana.
- Grosser, M. (1989). *Alto rendimiento deportivo*. Ediciones Martínez Roca, S.A. Issurin, V. (2012). *Entrenamiento deportivo: periodización en bloques*. Paidotribo.
- López Chicharro, J. L., & Vicente Campos, D. (2018). *HiiT: Entrenamiento interválico de alta intensidad* (1st ed.). José Luis López Chicharro.
- López Chicharro, J., & Fernández Vaquero, A. (2024). *Fisiología del ejercicio*. Ed. Panamericana.
- Martin, D. (2016). *Manual de metodología del entrenamiento deportivo*. Paidotribo. Matveev, L. (2005). *El proceso de entrenamiento deportivo*. Stadium.
- Mujika, I. (2023). *Endurance training: Science and Practice* (2.a ed.). Iñigo Mujika.
- Navarro, F., Oca, A., Rivas, A. (2010). *Planificación del entrenamiento y su control*. Cultivalibros.
- Navarro, F. (1998). *La resistencia*. Gymnos.
- Stöggl, T. L., & Sperlich, B. (2015). *The training intensity distribution among well-trained and elite endurance athletes*. *Frontiers in Physiology*, 6, 295.
- Verkhoshansky, Y. (2002). *Teoría y metodología del entrenamiento deportivo*. Paidotribo.



Weineck, J. (2019). *Entrenamiento total*. Paidotribo.

