1. BASIC INFORMATION

Course	Principles of training.
Degree program	Degree in Physical Activity and Sports Sciences
School/ Facultad	Physical Activity and Sports Sciences and Physiotherapy
Year	4º
ECTS	6
Credit type	Efective
Language(s)	Spanish. English.
Delivery mode	In-person
Semester	S5
Academic year	2026/2027
Coordinating professor	Iván Vadillo Ventura

2. PRESENTATION

This is a subject that seeks to achieve the necessary knowledge about the basics of sports training and thus, be able to design sports training programs according to the different physical qualities to work, both in the field of sports and health. Likewise, the aim is to acquire control over the necessary tools to carry out the evaluation of sports performance, as well as the application of training methods.

3. LEARNING OUTCOMES

Knowledge

KON3. Describes geared towards prevention, adaptation and improvement of physical and sporting performance and health through physical condition and exercise.

- Identifies specific processes of sports training.
- Identifies specific methods of sports training.
- Describes specific sports training programmes.

Skills

SK02. Designates exercise-related tasks, progress indicators and strategies to promote health and sports performance based on individual variables and environmental conditions.

- Creates specific strategies relevant to sports performance, both with and without the use of new technologies.
- Offers solutions and alternatives to the process of sports training.
- Judges the performance and suitability of the various specific methods of sports training.

Competences

COMP5. Develop the expertise to lead, plan and implement physical exercise and fitness programmes, and conduct technical/scientific evaluations of them, based on scientific evidence, in different fields, contexts and activities for the entire population, with a focus on particular groups such as senior citizens (the elderly), schoolchildren, people with disabilities and people with diseases, health problems or similar conditions (diagnosed and/or prescribed by a physician), taking into account gender and diversity considerations.

COMP8. Develop and draw on the expertise needed to analyse, design and evaluate tests that seek to assess and control physical fitness, and physical/sporting performance.

COMP10. Draw on the expertise needed to plan, implement, control and evaluate fitness and sports training processes.

COMP12. Design, promote, advise on and implement appropriate and diverse physical activity, exercise and sports programmes, and conduct technical/scientific evaluations of them. These programmes must be tailored to the needs, requirements and characteristics of individuals and groups within the entire population, with a focus on senior citizens (the elderly), women, diverse populations, schoolchildren, people with disabilities and people with diseases, health problems or similar conditions (diagnosed and/or prescribed by a physician).

COMP38. Digital competence. Use information and communication technologies to search for and analyze data, research, communicate and learn.

COMP39. Influential leadership. Influence others to guide and direct them towards specific objectives and goals, taking into consideration their points of view, especially in professional situations derived from volatile, uncertain, complex and ambiguous environments in today's world.

COMP41. Critical analysis. Integrate analysis with critical thinking in a process of evaluating different ideas or professional possibilities and their potential for error, based on evidence and objective data that lead to effective and valid decision-making.

4. CONTENT

Topic 1. Sports training. High performance vs. high level
Topic 2. Specificity and Utility of Sports Training.
Topic 3. Specific Training Methods I: Functional Training.
Topic 4. Specific Training Methods II: Olympic Movements.
Topic 5. Specific Training Methods III: Locomotion and Specific Physiological Training.
Topic 6. Methods of performance analysis and planning specific tasks.

5. TEACHING-LEARNING METHODOLOGIES

The types of teaching-learning methodologies used are indicated below:

- Lecture.
- Projects-based learning (PBL).
- Simulation environments.
- Case Method.

6. LEARNING ACTIVITIES

Listed below are the types of learning activities and the number of hours the student will spend on each one:

Campus-based mode:

Learning activity	Number of hours
Lectures	12
Independent work	56
Debates and discussions	8
Tutoring	12
In-person assessment test	4
Practical application classes	18
Report and writing preparation	6
Case analysis	16
Workshop and/or Laboratory Activity	18
TOTAL	**150**

7. ASSESSMENT

Listed below are the assessment systems used and the weight each one carries towards the final course grade:

Campus-based mode:

Assessment system	Weight
In-person assessment	40-50 %
Case analysis	15-25 %
Laboratory practice book	25-30 %
Reports and Writings	5-10 %

When you access the course on the *Campus Virtual*, you'll find a description of the assessment activities you have to complete, as well as the delivery deadline and assessment procedure for each one.

7.1. First exam period

To pass the course in the regular session, you must obtain a final course grade of at least 5 out of 10 (weighted average) of the subject, and the following requirements must be met:

- Obtain a grade equal to or greater than 5.0 in the written theoretical exam.
- Attend at least 50% of the classes to be evaluated through continuous assessment.
- To attend 100% of the practical classes where evaluable activities take place, submit them, and pass with a grade equal to or greater than 5.0.

7.2. Second exam period

To pass the course in the second exam period, you must obtain a final grade equal to or greater than 5.0 out of 10.0 (weighted average). Additionally, you must submit all evaluative activities of the course and pass them with a grade equal to or greater than 5.0.

8. SCHEDULE

This table shows the delivery deadline for each assessable activity in the course:

Assessable activities	Deadline
Progression of Basic Training Exercises.	September
Progression of mobility, stability, and core training.	October
Force-Velocity Curve.	November
Strength training	November
Endurance training.	December
Microcicle and Training sesion	December
Knowledge tests	January

This schedule may be subject to changes for logistical reasons relating to the activities. The student will be notified of any change as and when appropriate.

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10. EDUCATIONAL GUIDANCE AND DIVERSITY UNIT

From the Educational Guidance and Diversity Unit we offer support to our students throughout their university life to help them reach their academic achievements. Other main actions are the students inclusions with specific educational needs, universal accessibility on the different campuses of the university and equal opportunities.

From this unit we offer to our students:

1. Accompaniment and follow-up by means of counselling and personalized plans for students who need to improve their academic performance.
2. In terms of attention to diversity, non-significant curricular adjustments are made in terms of methodology and assessment for those students with specific educational needs, pursuing an equal opportunities for all students.
3. We offer students different extracurricular resources to develop different competences that will encourage their personal and professional development.
4. Vocational guidance through the provision of tools and counselling to students with vocational doubts or who believe they have made a mistake in their choice of degree.

Students in need of educational support can write to us at:
orientacioneducativa@universidadeuropea.es

11. ONLINE SURVEYS

Your opinion matters!

The Universidad Europea encourages you to participate in several surveys which help identify the strengths and areas we need to improve regarding professors, degree programs and the teaching-learning process.

The surveys will be made available in the “surveys” section in virtual campus or via e-mail.

Your assessment is necessary for us to improve.

Thank you very much for your participation.