

## 1. BASIC INFORMATION

Course	Practical application of sports 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	S7 y S8
Academic year	2027/2028
Coordinating professor	Iván Vadillo Ventura

## 2. PRESENTATION

After the knowledge and skills acquired in the study of the training methodology addressed in "Sports Training" and "Training Planning", the main objective of this course is to put into practice the knowledge acquired, carrying out a direct practice with real athletes in a macrocycle planning with a specific objective. As secondary objectives are to strengthen the programming and development of training sessions of the different physical abilities, according to the planning of microcycles and mesocycles raised in the sports/annual season. And learn to monitor and control the training to assess the degree of compliance with sports planning and make the necessary adjustments in the training process.

With this theoretical-practical approach, it allows the student to analyze and solve the training needs that each athlete has depending on the performance objectives and state of individual fitness. And adjust the training methodology to the most appropriate work plan according to the time available and the biological characteristics of the athlete.

This places us in a privileged situation in front of real cases being the student able to solve them by applying the knowledge and skills acquired.

## 3. LEARNING OUTCOMES

### Knowledge

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

- Classifies specific methods of sports training.

## Skills

SK02. Plans physical exercise activities, progressions and strategies to promote health and sports performance based on individual and environmental factors.

- Analyses specific processes of sports training.
- Designs specific sports training programmes.
- Creates concrete strategies to be applied to sports performance.
- 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.

COMP36. Creativity. Create new ideas and concepts from known ideas and concepts, reaching conclusions or solving problems, challenges and situations in an original way in the academic and professional environment.

COMP40. Teamwork. Cooperate with others in shared academic or professional objectives, participating actively, empathically and exercising active listening and respect for all members.

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. Advanced sports training

Topic 2. The specific nature and purpose of advanced sports training

Topic 3. Specific training methods I: advanced functional training

Topic 4. Specific training methods II: complex Olympic movements

Topic 5. Specific training methods III: advanced specific physiological training and movement

Topic 6. Advanced methods of performance analysis and planning specific tasks

## 5. TEACHING-LEARNING METHODOLOGIES

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

- Lecture.
- 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	2
Practical application classes	18
Report and writing preparation	22
Case analysis	20
<b>TOTAL</b>	<b>150</b>

## 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 %
Reports and Writings	20-30 %
Case analysis	25-35 %

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
Participant interview design, conduct and interpretation.	Week 2
Mesocycle design	Week 4
Design of training sessions in the mesocycle	Week 5
Design of the macrocycle training plan	Week 6
Initial tests and preparation of the participant's evaluation report.	Week 7
Programming and execution of training microcycles	Week 13
Completion of final tests and preparation of the participant's evaluation report.	Week 14
Final student report for the participant.	Week 15
Presentation of the final report of the training program	Week 16
Participant's assessment of trainers	Week 16

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.

## 9. BIBLIOGRAPHY

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- remain at maximal oxygen uptake for longer time than intense but submaximal runs. *Eur J Appl Physiol*, Vol 80, pp 188-196.
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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](mailto: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.