

Teaching guide

IDENTIFICATION DETAILS

Degree:	Physical Activity and Sports Sciences		
Field of Knowledge:	Health Science		
Faculty/School:	Health Sciences		
Course:	FATIGUE AND RECOVERY IN SPORTS TRAINING AND COMPETITION		
Type:	Optional	ECTS credits:	6
Year:	4	Code:	7560
Teaching period:	Seventh semester		
Area:	Sports Training		
Module:	Sport and Physical-Sporting Activities		
Teaching type:	Classroom-based		
Language:	Spanish		
Total number of student study hours:	150		

SUBJECT DESCRIPTION

This course presents students with the basic mechanisms that produce fatigue in sport and methods for sportspeople to recover both after training and competition.

SKILLS

Basic Skills

Students must have demonstrated knowledge and understanding in an area of study that is founded on general secondary education. Moreover, the area of study is typically at a level that includes certain aspects implying

knowledge at the forefront of its field of study, albeit supported by advanced textbooks

Students must be able to apply their knowledge to their work or vocation in a professional manner and possess skills that can typically be demonstrated by coming up with and sustaining arguments and solving problems within their field of study

Students must have the ability to gather and interpret relevant data (usually within their field of study) in order to make judgments that include reflections on pertinent social, scientific or ethical issues

Students must be able to convey information, ideas, problems and solutions to both an expert and non-expert audience

Students must have developed the learning skills needed to undertake further study with a high degree of independence

General Skills

To promote and assess the development of enduring, autonomous sport and physical activity habits among the population's various professional sectors.

To plan, develop and control the training process at different levels.

To develop analytical, synthetic, reflective, critical, theoretical and practical thought.

To acquire basic scientific training applied to physical activity and sports in their various manifestations.

To reflect on professional practice, developing initiative and entrepreneurship, innovation and research in order to improve one's professional endeavour.

To develop habits of excellence and quality in professional development.

Specific skills

To be familiar with the means or tools facilitating the attainment of those goals set by the coach.

To be familiar with the skills of the various members of the coaching staff and the relationships established among them.

To research, be familiar with and appropriately apply different methods to achieve both the physiological and psychological recovery of athletes.

To identify, assess and prevent potential errors in training or competition, seeing them as a way of learning and progress, effectively and positively managing changes and/or adaptations needed for continued improvement.

To develop an attitude of permanent new skills training and improvement.

To be aware of and effectively apply the skills needed to develop critical thought both individually and among athletes, encouraging independence and reflection concerning professional reality.

To bear and display openness and interest in new methods, instruments and tools for assisting in the monitoring and improvement of training and competition.

DISTRIBUTION OF WORK TIME

CLASSROOM-BASED ACTIVITY	INDEPENDENT STUDY/OUT-OF-CLASSROOM ACTIVITY
60 hours	90 hours