

# Teaching guide

## IDENTIFICATION DETAILS

Degree:	Physical Activity and Sports Sciences		
Field of Knowledge:	Health Science		
Faculty/School:	Health Sciences		
Course:	PROGRAMMING AND SCHEDULING OF SPORT TRAINING		
Type:	Optional	ECTS credits:	6
Year:	4	Code:	7561
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

Programming and Scheduling represents a process of sports training that must be suited to the conditions of a sports person or team at any given moment. The design of the course can gradually integrate all the factors that shape the process of planning and scheduling of sports training, and offers students a global vision that will lead to the study of the corresponding sports specialities.

Students study the sequence in the implementation of training loads for the development of conditional and coordination capacities, within planning models applied to different stages of sports training and appreciate their practical application in different sports.

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

To evaluate physical condition and prescribe health-oriented physical exercise.

To plan, develop and assess school sports, training and physical activity programmes focussed on health and fitness.

## 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 theoretical principles of training and their practical application.

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