

Nome completo da disciplina	<b>Metodologia do treinamento e da avaliação de força, potência e velocidade no esporte de alto rendimento.</b>
Área de concentração vinculada à disciplina	
Dia da semana	<b>Terças e quintas-feiras</b>
Data - início	28/04/2020
Data - término	14/05/2020
Horário - início	07h30min
Horário - término	12h30min
Carga horária (1 crédito = 15 horas)	30
Quantidade de vagas	15
Ementa	Conteúdo teórico: Programação do treinamento de força, potência e velocidade. Análise e interpretação das variações do desempenho. Conteúdo prático: Avaliação e treinamento de força, potência e velocidade.
Bibliografia	Loturco, I., Ugrinowitsch, C., Roschel, H., Mellinger, A. L., Gomes, F., Tricoli, V., & Gonzáles-Badillo, J. J. (2013). Distinct temporal organizations of the strength-and power-training loads produce similar performance improvements. <i>The Journal of Strength &amp; Conditioning Research</i> , 27(1), 188-194.  Loturco, I., Nakamura, F. Y., Kobal, R., Gil, S., Pivetti, B., Pereira, L. A., & Roschel, H. (2016). Traditional periodization versus optimum training load applied to soccer players: effects on neuromuscular abilities. <i>International journal of sports medicine</i> , 37(13), 1051-1059.  Loturco, I., Nakamura, F. Y., Tricoli, V., Kobal, R., Abad, C. C. C., Kitamura, K., ... & González-Badillo, J. J. (2015). Determining the optimum power load in jump squat using the mean propulsive velocity. <i>PLoS One</i> , 10(10), e0140102.

Loturco, I., Pereira, L. A., Reis, V. P., Bishop, C., Zanetti, V., Alcaraz, P. E., ... & Mcguigan, M. R. (2019). Power training in elite young soccer players: Effects of using loads above or below the optimum power zone. *Journal of sports sciences*, 1-7.

Loturco, I., Suchomel, T., Bishop, C., Kobal, R., Pereira, L. A., & McGuigan, M. (2019). One-repetition-maximum measures or maximum bar-power output: which is more related to sport performance?. *International journal of sports physiology and performance*, 14(1), 33-37.

Loturco, I., Suchomel, T., Bishop, C., Kobal, R., Pereira, L. A., & McGuigan, M. R. (2019). Determining the Optimum Bar Velocity in the Barbell Hip Thrust Exercise. *International Journal of Sports Physiology and Performance*, 1(aop), 1-5.

Pereira, L. A., Nimphius, S., Kobal, R., Kitamura, K., Turisco, L. A., Orsi, R. C., ... & Loturco, I. (2018). Relationship between change of direction, speed, and power in male and female National Olympic team handball athletes. *The Journal of Strength & Conditioning Research*, 32(10), 2987-2994.

Freitas, T. T., Calleja-González, J., Carlos-Vivas, J., Marín-Cascales, E., & Alcaraz, P. E. (2019). Short-term optimal load training vs a modified complex training in semi-professional basketball players. *Journal of sports sciences*, 37(4), 434-442.

Freitas, T., Alcaraz, P., Bishop, C., Calleja-González, J., Arruda, A., Guerriero, A., ... & Loturco, I. (2019). Change of direction deficit in national team Rugby Union players: is there an Influence of playing position?. *Sports*, 7(1), 2.

Loturco, I., Pereira, L. A., Freitas, T. T., Alcaraz, P. E., Zanetti, V., Bishop, C., & Jeffreys, I. (2019). Maximum acceleration performance of professional soccer players in linear sprints: Is there a direct connection with change-of-direction ability?. *PloS one*, 14(5), e0216806.

Loturco, I., Pereira, L. A., Reis, V. P., Abad, C. C. C., Freitas, T. T., Azevedo, P. H. S. M., Nimphius, S. (2019). Change of direction performance in elite players from different team-sports. *The Journal of Strength & Conditioning Research*.

Loturco, I., Kobal, R., Kitamura, K., Fernandes, V., Moura, N., Siqueira, F., ... & Pereira, L. A. (2019). Predictive factors of elite sprint performance: influences of muscle mechanical properties and functional parameters. *The Journal of Strength & Conditioning Research*, 33(4), 974-986.

	<p>Loturco, I., Kobal, R., Kitamura, K., Cal Abad, C. C., Faust, B., Almeida, L., &amp; Pereira, L. A. (2017). Mixed training methods: effects of combining resisted sprints or plyometrics with optimum power loads on sprint and agility performance in professional soccer players. <i>Frontiers in physiology</i>, 8, 1034.</p> <p>Batterham, A. M., &amp; Hopkins, W. G. (2006). Making meaningful inferences about magnitudes. <i>International journal of sports physiology and performance</i>, 1(1), 50-57.</p> <p>Hopkins, W. G. (2004). How to interpret changes in an athletic performance test [Online]. <i>Sport Science</i>.</p> <p>Pereira, L. A., Ramirez-Campillo, R., Martín-Rodríguez, S., Kobal, R., Abad, C. C., Arruda, A. F., ... &amp; Loturco, I. (2020). Is Tensiomyography-Derived Velocity of Contraction a Sensitive Marker to Detect Acute Performance Changes in Elite Team-Sport Athletes? <i>International journal of sports physiology and performance</i>, 15(1), 31-37.</p>
<p>Critérios de Avaliação</p>	<p>Seminários</p>
<p>Docentes envolvidos (colocar a porcentagem de suas participações)</p>	<p>Irineu Loturco (100%)</p>