

Nome completo da disciplina	Aspectos Metodológicos e Científicos do Treinamento Desportivo
Área de concentração vinculada à disciplina	Eletiva - mestrado e doutorado
Dia da semana	segunda-feira
Data - início	22 de março
Data - término	31 de maio
Horário - início	14 horas
Horário - término	18 horas
Carga horária (1 crédito = 15 horas)	3 créditos – 45 horas
Quantidade de vagas	12
Ementa	Abordagem do treinamento esportivo a partir de diferentes perspectivas metodológicas. Conceituando aspectos inerentes as características biológicas do praticante, mas aquelas associadas ao esporte e ao meio esportivo. A abordagem da disciplina ocorrerá através do levantamento dos principais estudos aplicados, dentro de um amplo espectro de análise, envolvendo aspectos do treinamento esportivo e da ciência envolvida nesse processo.

<p>Bibliografia</p>	<p>Bangsboo, J. (2015). Performance in sports – With specific emphasis on the effect of intensified training. <i>Scandinavian Journal of Medicine and Science in Sports</i>, 2015:15 (Suppl. 4): 88-99. http://doi: 10.1111/sms.12605.</p> <p>Borresen, J., & Lambert, M.I. (2009). The quantification of training load, the training response and the effect on performance. <i>Sports Medicine (Auckland, N.Z.)</i>, 39(9), 779–95. http://doi.org/10.2165/11317780-000000000-00000</p> <p>Botonis P.G., Toubekis, A.G., Platanou, T.I. Concurrent strength and interval endurance training in elite water polo players. <i>Journal of Strength and Conditioning Research</i>. 2015 Oct 21. [Epub ahead of print]</p> <p>Clarkson, P.M., Devaney, J.M., Gordish-Dressman, H., Thompson, P.D., Hubal, M.J., Urso, M., Hoffman, E.P. (2005). ACTN3 genotype is associated with increases in muscle strength in response to resistance training in women. <i>Journal of Applied Physiology (Bethesda, Md. : 1985)</i>, 99(1), 154–63. http://doi.org/10.1152/jappphysiol.01139.2004</p> <p>Hartmann, H., Wirth, K., Keiner, M., Mickel, C., Sander, A., Szilvas, E. (2015). Short-term Periodization Models: Effects on Strength and Speed-strength Performance. <i>Sports Medicine</i>, 45(10):1373-86. doi: 10.1007/s40279-015-0355-2.</p> <p>Kentta, G., & Hassmen, P. (1998). Overtraining and recovery: a conceptual model Suretraining et recuperation: un modele conceptuel. <i>Sports Medicine</i>, 26(1), 1–16. http://doi.org/10.2165/00007256-199826010-00001</p> <p>Loturco, I., Winckler, C., Kopal, R., Cal Abad, C.C., Kitamura, K., Veríssimo, A.W., Nakamura, F.Y. (2015). Performance changes and relationship between vertical jump measures and actual sprint performance in elite sprinters with visual impairment throughout a Parapan American games training season. <i>Frontiers in Physiology</i>, 6 (November), 1–8. http://doi.org/10.3389/fphys.2015.00323</p> <p>Loturco, I., Ugrinowitsch, C., Roschel, H., Tricoli, V., & González-Badillo, J.J. (2013). Training at the optimum power zone produces similar performance improvements to traditional strength training. <i>Journal of Sports Science & Medicine</i>, 12(1), 109–115.</p> <p>Loturco, I., Ugrinowitsch, C., Tricoli, V., Pivetti, B., & Roschel, H. (2012). Different loading schemes in power training during the pre-season promote similar performance improvements in Brazilian elite soccer players. <i>Journal of Strength and Conditioning Research / National Strength & Conditioning Association</i>, 1. http://doi.org/10.1519/JSC.0b013e3182772da6</p> <p>Meur, Y. Le, Hausswirth, C., Natta, F., Couturier, A., Bignet, F., Vidal, P.P., & Le Meur, Y. (2013). A multidisciplinary approach to overreaching detection in endurance trained athletes. <i>Journal of Applied Physiology (Bethesda, Md. : 1985)</i>, 114(3), 411–20. http://doi.org/10.1152/jappphysiol.01254.2012</p> <p>Vuk, S., Markovic, G., & Jaric, S. (2012). External loading and maximum dynamic output in vertical jumping: the role of training history. <i>Human Movement Science</i>, 31(1), 139–51. http://doi.org/10.1016/j.humov.2011.04.007</p>
<p>Crerios de Avaliao</p>	<p>Apresentao de seminrios; Trabalhos; Avaliao escrita</p>

Docentes
envolvidos

Ciro Winckler (100%)