



Nombre de la asignatura: Especialización en Deportes Fútbol

Titulación: Licenciado en Ciencias de la Actividad Física y el Deporte

Departamento: Deporte e Informática

Área de conocimiento: Educación Física y Deportiva

Curso académico: 2012 / 2013.

Tipo de asignatura: Optativa.

Periodo de impartición: Segundo semestre.

Créditos: Asignatura completa 6

Curso en que se imparte: Cuarto / quinto.

Profesores:

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Objetivos

- 1.1. Adquirir información científica básica sobre todos los aspectos relacionados con la preparación física en el deporte fútbol.
- 1.2. Visualizar y practicar tareas específicas para el proceso de acondicionamiento del jugador de fútbol.
- 1.3. Diseñar y planificar periodos de entrenamiento modulares.

Contenidos

BLOQUE I. ANÁLISIS DEL DEPORTE FÚTBOL.

Tema 1. Estudios descriptivos sobre la competición.

Tema 2. Respuesta fisiológica durante un partido de fútbol.

Tema 3. Fatiga en fútbol.

BLOQUE II. PREPARACIÓN FÍSICA DEL JUGADOR DE FÚTBOL.

Tema 1. Warm up and Warm down.

Tema 2. Strength and Power training in soccer.

Tema 3. Endurance Training in soccer.

Tema 4. Speed Training in Soccer.

Tema 5. Injury prevention in Soccer.



Tema 6. The training session.

Tema 7. Nutrition facts.

BLOQUE III. DISEÑO DE TAREAS PARA EL ACONDICIONAMIENTO DE JUGADOR DE FÚTBOL.

Tema 1. Medios técnico-tácticos individuales.

Tema 2. Medios técnico-tácticos grupales.

Tema 3. Medios técnico-tácticos de equipo.

Metodología

Metodología docente. Créditos docentes.

Se empleará una metodología de enseñanza expositiva con participación activa del alumnado. La información transmitida se realizará sobre la base de artículos científicos relacionados con la temática.

Metodología docente. Créditos prácticos.

Se desarrollarán dos tipos de prácticas: A) Prácticas en las que el profesor impartirá las mismas mediante un estilo de enseñanza tradicional y B) prácticas en las que se producirá una enseñanza activa por parte de los alumnos. Así, para este último caso se establecerán grupos de alumnos como responsables de cada práctica. El profesor estará coordinando la ejecución de dichas prácticas. Cada una de las prácticas tendrá un proceso de programación que se realizará en tutorías previas entre el profesor responsable y los alumnos responsables de las mismas.

Evaluación.

La evaluación de los alumnos constará de varios aspectos diferentes:

%	Concepto
60 %	Examen teórico
40 %	Trabajo sobre las prácticas



Contenidos Teóricos: _____ 60%

Examen tipo test – elección múltiple.

Trabajo Prácticas _____ 40%

Dossier de la práctica en la que el alumno es responsable.

Es necesario aprobar los 2 bloques (Teórico y práctico) por separado para hacer media

Referencias (algunas de las que vamos a trabajar):

1. Adams, K, O'shea, J.P, O'shea, K.L. and Climstein, M. The effect of six weeks of squat, plyometric and squat-plyometric training on power production. *J. Appl. Sport Sci. Res.* 6(1): 36-41. 1992.
2. Askling, C., Karlsson, J. and Thorstensson, A. Hamstring injury occurrence in elite soccer players after preseason strength training with eccentric overload. *Scand. J. Med. Sci. Sports* 13 (4): 244-250. 2003.
3. Aziz, A.R., Mukherjee, S., Chia, M.Y. and The, K.C. Relationship measured maximal oxygen uptake and aerobic endurance performance with running repeated sprint ability in young elite soccer players. *J. Sports Med. Phys. Fitness.* 47 (4): 401-407. 2007.
4. Barbosa, A.R., Santarém, J.M., Filho, W.J. and Marucci M de F. Effects of resistance training on the sit-and-reach test in elderly women. *J. Strength Cond. Res.* 16 (1): 14-18. 2002.
5. Castagna, C, D'Ottavio, S, and Abt, G. Activity profile of young soccer players during actual match play. *J. Strength Cond. Res.* 17: 775-780. 2003.
6. Castagna, C, Impellizzeri, FM, Chamari, K, Carlomagno, D, and Rampinini, E. Aerobic fitness and yo-yo continuous and intermittent tests performances in soccer player: a correlation study. *J Strength Cond Res* 20: 320-325, 2006.
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10. Chromiac, J.A. and Mulvaney, D.R. A review: The effects of combined strength and endurance training on strength development. *J Appl. Sport Sci. Res.* 4: 55-60. 1990.
11. Cometti, G, Maffiuletti, NA, Pousson, M, Chatard, J-C, and Mafulli, N. Isokinetic strength and anaerobic power of elite, subelite and amateur French soccer players. *Int J Sports Med* 22: 45-51, 2001.
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15. Dudley, G.A. and Djamil, R. Incompatibility of endurance-strength-training modes of exercise. *J. Appl. Physiol.* 59: 1446-1451. 1985.
16. Dupont, G, Akakpo, K, and Berthoin, S. The effect of in-season, high-intensity interval training in soccer players. *J. Strength Cond. Res.* 18: 584-589. 2004
17. Faigenbaum, A. The effects of strength training and detraining on children. *J. Strength Cond. Res.* 10: 109-114. 1996.
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22. Gorostiaga, EM, Izquierdo, M, Iturrealde, P, Ruesta, M, and Ibañez, J. Effects of heavy resistance training on maximal and explosive force production, endurance and serum hormones in adolescent handball players. *Eur J Appl Physiol* 80: 485-493, 1999.



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