



## **EMENTA DE DISCIPLINA**

---

### ***EFF813 – Teorias Científicas Aplicadas ao Desempenho Físico***

---

**Nível:** Doutorado

---

**Carga Horária:** 45 h/aula – 3 créditos

---

#### ***Ementa:***

Análise epistemológica crítica dos principais modelos teóricos de fadiga central e periférica aplicadas ao exercício agudo e crônico. Modelo clássico do VO<sub>2</sub>max e fadiga cardiovascular. Modelo do Governador Central da fadiga da fadiga em exercícios de endurance. Modelo da cinética de compartimento para a distribuição de energia. Modelo hidráulico para produção de trabalho e de potência metabólica.

---

#### ***Bibliografia:***

BASSETT D.R. and HOWLET, E.T. Limiting factors for maximum oxygen uptake and determinants of endurance performance. *Medicine and Science in Sports and Exercise*. V. 32, n. 1, PP. 70-84, 2000.

FREUND, H. & ZOULOUMIAN, P. Lactate after exercise in man: I. evaluation kinetics in arterial blood. *European Journal of Applied Physiology*. v. 46, p. 121-133, 1981a.

FREUND, H. & ZOULOUMIAN, P. Lactate after exercise in man: IV physiological observations and model predictions. *European Journal of Applied Physiology*. v. 46, p. 161-176, 1981b .

MADER, A. & HECK, H. A theory of the metabolic origin of “anaerobic threshold”. *International Journal of Sports Medicine*, v. 7, (Supplement), p. 45-65, 1986.

Morton, R. H. The critical power and related whole-body bioenergetic models. *European Journal of Applied Physiology*. v. 96, pp: 339-354, 2006.

NOAKES, T.D. Maximal oxygen uptake “classical” versus “contemporary” viewpoints a rebuttal. *Medicine and Science in Sports and Exercise*. V.30, n. 9, PP. 1381-98, 1998.

SPURWAY, N.C.; EKBLUM, B.; NOAKES, T.D. and WAGNER, P.D. What limits VO<sub>2</sub>max? *Journal of Sports Science*. V.30, n. 6, PP.571-531, 2012.

ZOULOUMIAN, P. & FREUND, H. Lactate after exercise in man: II Mathematical model. *European Journal of Applied Physiology*. v. 46, p. 135-147, 1981a.

ZOULOUMIAN, P. & FREUND, H. Lactate after exercise in man: III properties of the compartment model. *European Journal of Applied Physiology*. v. 46, p. 149-160, 1981b