



## **EMENTA DE DISCIPLINA**

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### **EFJ703 – Metodologia do Treinamento de Endurance**

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**Nível:** Mestrado e Doutorado

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

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#### **Ementa:**

Visa discutir as técnicas de orientação dos programas de exercício de endurance. Os temas abordados são: Aspectos fisiológicos do treinamento de endurance. Princípios gerais do treinamento aeróbio. Avaliação e prescrição do exercício aeróbio. Ciclos e periodização do treinamento. Métodos do treinamento de endurance. Nutrição aplicada às provas longas.

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PREECE, SJ; BRAMAH, C; MASON, D. The biomechanical characteristics of high-performance endurance running. *European Journal of Sport Science*, Epub ahead of print, 2018.

SEILER, S; JØRANSON, K; OLESEN, BV; HETLELID, KJ. Adaptations to aerobic interval training: interactive effects of exercise intensity and total work duration. *Scand J Med Sci Sports* v. 23, n. 1, p. 74-83, 2013.

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