



EMENTA DE DISCIPLINA

EFJ 705 – Treinamento Desportivo

Nível: Mestrado e Doutorado

Carga Horária: 45 h/aula – 3 créditos

Ementa:

Conceituação de esporte e treinamento desportivo; composição do treinamento desportivo; taper; overtraining; efeitos da manipulação das cargas do treinamento aeróbio; efeitos da manipulação das cargas do treinamento de força; genética e esporte; treinamento a longo prazo; seleção de talentos esportivos.

Bibliografia:

ANDRADE, DC; BELTRÁN, AR; LABARCA-VALENZUELA, C; MANZO-BOTARELLI, O; TRUJILLO, E; OTERO-FARIAS, P; ÁLVAREZ, C; GARCIA-HERMOSO, A; TOLEDO, C; DEL RIO, R; SILVA-URRA, J; RAMÍREZ-CAMPILLO, R. Effects of Plyometric Training on Explosive and endurance Performance at sea level and at high altitude. *Front Physiol*, v. 9, 1415, eCollection 2018.

BOSQUET, L; MONTPETIT, J; ARVISAIS, D; MUJIK, I. Effects of Tapering on Performance: A Meta-Analysis. *Med Sci Sports Exerc*, v. 39, n. 8, p. 1358-1365, 2007.

BRADBURY, DG; LANDERS, GJ; BENJANUVATRA, N; GOODS, PSR. Comparison of linear and reverse linear periodized programs with equated volume and intensity for endurance running performance. *J Strength Cond Res*, Epub ahead of print, 2018.

CUNANAN, AJ; DeWEESE, BH; WAGLE, JP; CARROLL, KM; SAUSAMAN, R; HORNSBY, WG; HAFF, GG; TRIPLETT, PIERCE, KC; STONE, MH. The General Adaptation Syndrome: A Foundation for the Concept of Periodization. *Sports Med*, v. 48, n. 4, p. 787-97, 2018.

ISSURIN, VB. Biological background of Block Periodized Endurance Training: A Review. *Sports Med*, v. 49, n. 1, p. 31-9, 2019.

KELLY, SA; POMP, D. Genetic determinants of Voluntary Exercise. *Trends Genet*, v. 29, n. 6, p. 348-57, 2013.

MEEUSEN, R; DUCLOS, M; FOSTER, C; FRY, A; GLEESON, M; NIEMAN, D et al. Prevention, Diagnosis, and Treatment of the Overtraining Syndrome: Joint Consensus Statement of the European College of Sport Science and the American College of Sports Medicine. *Med Sci Sports Exerc*, v. 45, n. 1, p. 186-205, 2012.

NIKOLAIDIS, PT; KNECHTLE, B. Pacing strategies in the 'Athens Classica Marathon': Physiological and Psychological aspects. *Front Physiol*, v. 9, 1539, eCollection 2018.

PAQUETTE, M; LE BLANC, O; LUCAS, SJE; THIBAUT, G; BAILEYS, DM; BRASSARD, P. Effects of submaximal and supramaximal interval training on determinants of endurance performance in endurance athletes. *Scand J Med Sci Sports*, v. 27, n. 3, p. 318-26, 2017.

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

REED, KE; PARRY, DA; SANDERCOCK, GRH. Maturational and social factors contributing to relative age effects in school sports: Data from the London Youth Games. *Scand J Med Sci Sports*, v. 27, n. 12, p. 2070-79, 2017.



UNIVERSIDADE FEDERAL DO RIO DE JANEIRO

CENTRO DE CIÊNCIAS DA SAÚDE

ESCOLA DE EDUCAÇÃO FÍSICA E DESPORTOS

SYLTA, O; TONNESSEN, E; HAMMARSTROM, D; DANIELSEN, J; SKOVERENG, K; RAVN, T; RONNESTAD, BR; SANDBAKK, O; SEILER, S. The effect of different High-Intensity Periodization Models on endurance adaptations. *Med Sci Sports Exerc*, v. 48, n. 11, p. 2165-2174, 2016.