

## Master's in High Performance Sport: Strength and Conditioning

Academic Year 2018-2019

### Module: Biomechanics and Movement Analysis

Date & Time	Location	Professor & Theme
Thurs., 07/03/2019 9:00-14:00h	CIARD Laboratory	Dr. Fernando Pareja Blanco (Univ. Pablo de Olavide) <i>Velocity-based Resistance Training</i>
Fri., 08/03/2019 9:00-14:00h	CIARD Laboratory	Dr. Luis Alegre (Univ. Castilla-La Mancha) <i>Applied kinetics in strength testing. Workshop: Assessment of strength/power with isokinetic dynamometer</i>
Weds., 13/03/2019 9:00-14:00h	Pavilion 5, Classroom 14A	Dr. Joao Paulo Vilas-Boas (Univ. of Porto, Portugal) <i>Biomechanical assessment, modelling and advice</i>
Fri., 15/03/2019 11:30-14:00h	CIARD Laboratory	Dr. Alberto Encarnación (Univ. Valencia) <i>Biomechanical analysis of cycling and running technique</i>
Weds., 03/04/2019 9:00-14:00h	CIARD Laboratory	Dr. Tom Comyns (Univ. Limerick, Ireland) <i>Postactivation potentiation; Speed development - qualitative and quantitative analyses of sprint technique</i>
<b>Weds. 10/04/2019 9:00-11:00h</b>	<b>Pavilion 5, Classroom 14A</b>	<b>Final Exam</b>

CIARD Laboratory is located inside the UCAM Sport Center.