

MASTER'S IN HIGH PERFORMANCE SPORT: STRENGTH AND CONDITIONING

 @UCAM_NSCA_HPS

 masterHPS@ucam.edu

Schedule by module

Face-to-face classes; mandatory attendance

Module 1: Research Methodology - 10 ECTS

Research Methodology and Management - I <i>Prof. Pedro Alcaraz Ramón</i>	Weds, 17/1/24 @ 9:00-14:00h	
Research Methodology and Management - II <i>Prof. Linda Chung</i>	Thurs, 18/1/24 @ 9:00-14:00h	
Bibliographic Searching and Analysis - I <i>Prof. Linda Chung</i>	Fri, 19/1/24 @ 9:00-14:00h	
Bibliographic Searching and Analysis - II <i>Prof. Linda Chung</i>	Tues, 23/1/24 @ 9:00:14:00h	
Preparation and Publication of Scientific Work - I <i>Prof. Luis M. Martínez Aranda</i>	Weds, 24/1/24 @ 9:00-14:00h	
Preparation and Publication of Scientific Work – II <i>Prof. Tomás T. Freitas</i>	Weds, 31/1/24 @ 9:00-14:00h	
Preparation and Publication of Scientific Work – III <i>Prof. Linda Chung</i>	Thurs, 1/2/24 @ 9:00-14:00h	
Statistics and analysis of results - I <i>Prof. David Prieto Merino</i>	Weds, 21/2/24 @ 9:00-14:00h	
Statistics and analysis of results - II <i>Prof. David Prieto Merino</i>	Thurs, 22/2/24 @ 9:00-14:00h	
Statistics and analysis of results - III <i>Prof. David Prieto Merino</i>	Fri, 23/2/24 @ 9:00-14:00h	
MODULE FINAL EXAM	Thurs, 29/2/24 @ 13:00-13:40h	

Module 2: Research and Computer Methods in S&C - 3,5 ECTS

<i>Prof. David Prieto Merino</i>	Mon, 6/5/24 @ 9:00-13:00h	
<i>Prof. David Prieto Merino</i>	Tues, 7/5/24 @ 9:00-13:30h	
<i>Prof. David Prieto Merino</i>	Weds, 8/5/24 @ 9:00-13:00h	
<i>Prof. Tomás T. Freitas</i>	Weds, 15/5/24 @ 9:00-14:00h	
MODULE FINAL EXAM	Weds, 22/5/24 @ 9:00-9:40h	

MASTER'S IN HIGH PERFORMANCE SPORT: STRENGTH AND CONDITIONING

Module 3: Scientific Principles in S&C – 4,5 ECTS

<i>Prof. David García López</i>	Fri, 2/2/24 @ 9:00-14:00h	
<i>Prof. Pedro E. Alcaraz Ramón</i>	Weds, 7/2/24 @ 9:00-14:00h	
<i>Prof. Nicola Maffiuletti</i>	Thurs, 8/2/24 @ 9:00-14:00h	
<i>Prof. Igor Jukic</i>	Fri, 9/2/24 @ 9:00-14:00h	
<i>Prof. Tomás T. Freitas</i>	Weds, 14/2/24 @ 9:00-11:30h	
MODULE FINAL EXAM	Weds, 6/3/24 @ 13:20-14:00h	

Module 4: Exercise Physiology – 4,5 ECTS

<i>Prof. Luis M. Martínez Aranda</i>	Thurs, 25/1/24 @ 9:00-12:30h	
<i>Prof. Jens Bangsbo + Prof. Casper Skovgaard</i>	Fri, 1/3/24 @ 9:00-14:00h	
<i>Prof. José López Calbet</i>	Thurs, 7/3/24 @ 9:00-14:00h	
<i>Prof. Stephane Dufour</i>	Fri, 8/3/24 @ 9:00-14:00h	
<i>Prof. Amelia Guadalupe Grau</i>	Thurs, 14/3/24 @ 16:00-20:00h	
MODULE FINAL EXAM	Weds, 17/4/24 @ 12:00-12:40h	

Module 5: Biomechanics and Movement Analysis - 4,5 ECTS

<i>Prof. Joao P. Vilas-Boas Soares</i>	Mon, 26/2/24 @ 9:00-14:00h	
<i>Prof. Tomás T. Freitas</i>	Thurs, 29/2/24 @ 9:00-12:30h	
<i>Prof. Raúl Campoy</i>	Weds, 6/3/24 @ 9:00-13:00h	
<i>Prof. Fernando Pareja Blanco</i>	Fri, 15/3/24 @ 15:00-20:00h	
<i>Prof. Luis Alegre Durán</i>	Thurs, 18/4/24 @ 9:00-14:00h	
MODULE FINAL EXAM	Weds, 24/4/24 @ 9:00-9:40h	

MASTER'S IN HIGH PERFORMANCE SPORT: STRENGTH AND CONDITIONING

Module 6: Program Design as related to S&C – 6 ECTS

<i>Prof. Anthony Blazevich</i>	Weds, 13/3/24 @ 9:00-11:30h Fri, 15/3/24 @ 9:00-11:30h	
<i>Prof. Brad Schoenfeld</i>	Fri, 19/4/24 @ 9:00-14:00h	
<i>Prof. Per Aagaard</i>	Mon, 22/4/24 @ 10:00-12:30h Tues, 23/4/24 @ 10:00-14:00h	
<i>Prof. Mikel Izquierdo Redin</i>	Thurs, 9/5/24 @ 9:00-14:00h	
<i>Prof. Francesco Cuzzolin</i>	Thurs, 16/5/24 @ 9:00-14:00h	
<i>Prof. Julio Calleja González</i>	Thurs, 23/5/24 @ 9:00-14:00h	
MODULE FINAL EXAM	Weds, 29/5/24 @ 9:00-9:40h	

Module 7: Sports Nutrition and Ergogenic Aids - 4,5 ECTS

<i>Prof. Carlos Treceño Lobato</i>	Weds, 10/4/24 @ 9:00-14:00h	
<i>Prof. Iñigo Mújika Antón</i>	Thurs, 11/4/24 @ 9:00-14:00h	
<i>Prof. Toscana Viar Morón</i>	Fri, 12/4/24 @ 9:00-14:00h	
<i>Prof. Alejandro Martínez Rodríguez</i>	Weds, 17/4/24 @ 9:00-11:30h	
<i>Prof. Alex González-Agüero</i>	Fri, 3/5/24 @ 15:00-20:00h	
MODULE FINAL EXAM	Weds, 8/5/24 @ 13:20-14:00h	

Module 8: Strength Training and Conditioning in Elderly - 4,5 ECTS

<i>Prof. Mikel Izquierdo Redin</i>	Fri, 10/5/24 @ 9:00-13:00h	
<i>Prof. Germán Vicente Rodríguez</i>	Fri, 10/5/24 @ 15:30-20:30h	
<i>Prof. Antonio Paoli</i>	Mon, 16/5/24 @ 9:00-13:00h	
<i>Prof. Jorge Pérez Gómez</i>	Thurs, 17/5/24 @ 9:00-14:00h	
<i>Prof. Ignacio Ara Royo</i>	Fri, 24/5/24 @ 9:00-13:30h	
MODULE FINAL EXAM	Mon, 31/5/24 @ 9:00-9:40h	

2023/2024

MASTER'S IN HIGH PERFORMANCE SPORT: STRENGTH AND CONDITIONING

Module 9: Practicum - 6 ECTS

<i>Prof. Linda Chung</i>	Thurs, 15/2/24 @ 10:00-12:00h	
--------------------------	-------------------------------	--

Module 10: Master's Thesis - 12 ECTS

<i>Prof. Pedro Alcaraz Ramón</i>	Tues, 5/3/24 @ 9:00-15:00h	
----------------------------------	----------------------------	--