

MASTER'S IN HIGH PERFORMANCE SPORT: STRENGTH AND  
CONDITIONING

ACADEMIC SCHEDULE 2020-2021

MODULE: STRENGTH TRAINING AND CONDITIONING IN THE  
ELDERLY

| DAY   | DATE     | TIME        | LOCATION | PROFESSOR          |
|-------|----------|-------------|----------|--------------------|
| Thurs | 13/05/21 | 9:00-13:00  | N2_0_A05 | Jorge Pérez Gómez  |
| Fri   | 14/05/21 | 9:00-14:00  | N2_0_A05 | Germán Vicente     |
| Weds  | 19/05/21 | 9:00-12:30  | N2_0_A05 | Domenico Cherubini |
| Thurs | 20/05/21 | 16:00-18:00 | N2_0_A05 | Ignacio Ara        |
| Fri   | 21/05/21 | 09:00-13:00 | ONLINE   | Mikel Izquierdo    |
| Weds  | 26/05/21 | 09:00-13:00 | N2_0_A05 | Antonio Paoli      |

Classes will take place at the Sports Faculty, located in the Centro Comercial la Noria Outlet (near UCAM Sports Center)

N1 = building 1 (orange); N2 = building 2 (purple); A = class; API = computer class.

| EXAM: STRENGTH TRAINING & CONDITIONING IN THE ELDERLY |            |             |     |                                                         |
|-------------------------------------------------------|------------|-------------|-----|---------------------------------------------------------|
| Fri                                                   | 04/06/2021 | 10:00-11:00 | TBA | Exam: Strength training and conditioning in the elderly |