



**UCAM**  
UNIVERSIDAD  
CATÓLICA DE MURCIA

# Guía Docente 2018/2019

## Master's Thesis

### *Trabajo Fin de Máster*

Master's in High Performance Sport: Strength and  
Conditioning

Mode: Semi-presencial

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## Master's Thesis

Module: **X**.

Subject matter: **Master's Thesis**.

Requisite: **Mandatory**.

Nº of credits: **12**.

Academic term: **2nd semester**

Professors: **Dr. Pedro E. Alcaraz**

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Office hours: **by appointment via email**

Coordinator: **Dr. Pedro E. Alcaraz**

## Brief Description

The student will select a topic related to sports performance and conditioning and, following a preliminary compilation of information on the current state of the issue, determine a working hypothesis with the corresponding objectives. The student will then design a scheme of work, conduct a systematic or organized literature search and develop the study, in order to obtain concrete results and conclusions. The work should integrate knowledge acquired and be geared to the development and assessment of professional skills and transverse included in this curriculum.

## Breve descripción del módulo

El alumno seleccionará un tema relacionado con el rendimiento deportivo y el acondicionamiento físico y, tras realizar una recopilación preliminar de información del estado actual de esa cuestión, determinará una hipótesis de trabajo con los objetivos correspondientes, diseñará un esquema de trabajo, realizará una búsqueda bibliográfica sistematizada u organizada y elaborará el estudio, con el fin de obtener unos resultados y concretar unas conclusiones. El trabajo deberá integrar los contenidos formativos recibidos y estará orientado al desarrollo y a la evaluación de las competencias profesionales y transversales recogidas en el presente plan de estudios.

## Pre-requisites

Student must have taken and passed the knowledge and skills required in all the modules.

## Objectives

1. To integrate the training content received from the covered modules.
2. To be able to develop skills for conducting scientific research.
3. To critically evaluate, from the perspective of data analysis, methods, results and conclusions that are written in any scientific report that are published in Sports and Physical Activity Sciences.
4. To conduct a constructive analysis of the process of analysis and defense of a scientific research report.
5. To carry out and justify publically in written and oral form the Master's Thesis.

## Competencies and Learning Outcomes

**MECES1:** Students will know how to apply the acquired knowledge and have the capacity to problem solve in new or unfamiliar settings within broader (or multidisciplinary) contexts related to their field of study.

**MECES2:** Students will be able to integrate knowledge and handle the complexity of formulating judgment based on information that may be incomplete or limited, including reflections on social and ethical responsibilities linked to the application of their knowledge and judgment.

**MECES3:** Students will know how to communicate their conclusions (and the knowledge and rationale underpinning them) to the public (specialists and non-specialists) in a clear and unambiguous manner.

**MECES4:** Students will possess learning skills that will allow them to continue studying in a way that is largely self-directed or autonomous.

**MECES5:** To have and understand knowledge that will provide them the foundation or opportunity

**G1:** To acquire skills through the teaching-learning process that allows them to continue learning in the field of sports training and conditioning not only with established contacts with Master's Degree professors and professionals but also autonomously.

**G2:** To acquire and to consolidate the initiative, the entrepreneurial spirit to start up projects related to sports training and conditioning.

**T1:** Capacity for analysis and synthesis.

**T2:** Capacity for organization and planning.

**T3:** IT knowledge related to the field of study.

**T4:** Decision-making.

**T6:** Work in the international context.

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**T8:** Critical thinking.

**T9:** Ethical commitment.

**T10:** Study autonomously.

**T11:** Adapting to new situations.

**T12:** Creativity.

**T14:** Motivation for quality.

**T15:** Capacity for reflection.

**T16:** Problem-solving.

**U1:** Consider the principles of Christian humanism as core values in the development of professional practice.

**U2:** Being able to project the acquired knowledge and skills to promote a society based on the values of freedom, justice, equality and pluralism.

**TFM:** Realization, presentation and defense, after having passed all modules, of Master's thesis in front of a university tribunal. This is conducted individually.

## Methodology

Methodology	Hours	Work hours Required attendance	Work hours no attendance
Practical classes	6	6 hours (2%)	
Tutorials	23	23 hours (7.7%)	
Evaluation	1	1 hour (0,3%)	
Elaboration of Document	256.5		270 hours (90%)
Preparation of Master's Thesis Public Defense	13.5		
<b>TOTAL</b>	<b>300</b>	<b>30</b>	<b>270</b>

## Syllabus

### Theoretical Teaching Program

The Master's thesis must follow the formal structure universally accepted in the scientific field, namely:

- Table of Contents
- Introduction
- Justification and objectives
- Results and discussion
- Conclusion and perspectives
- Reference list / Bibliography

This structure may vary in different research methodologies, such as case studies and meta-analyses.

### Relationship with other subjects of the curriculum

This material is tightly linked with the Practicum module and other covered modules.

### Evaluation System

February/June/September Call:

#### EVALUATION OF THE MASTER'S THESIS DOCUMENT

The evaluation of the Master's Thesis document will be carried out by the University tribunal. The Master's Thesis must be of an original, research work that is related to at least one of the modules presented in the Master's program and turned in on-time on the scheduled deadline, according to the rules of the Vice-Rector of the University. The Master's document will be worth 25 % of the total grade for this module.

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The University tribunal may assess in a special form, even with an additional point, the inclusion of work presented as a chapter and or part of the presentation in a language other than the official languages of Spain (preferably the introduction and conclusion).

### EVALUATION OF THE PUBLIC DEFENSE OF THE MASTER'S THESIS

The evaluation of the Master's Thesis presentation and defense will be carried out by the University tribunal. The public presentation and defense will be worth 75 % of the total module grade. The Master's Thesis must be of an original, research work that is related to at least one of the modules presented in the Master's program and turned in on-time on the scheduled deadline, according to the rules of the Vice-Rector of the University.

The University tribunal may assess in a special form, even with an additional point, the inclusion of work presented as a chapter and or part of the presentation in a language other than the official languages of Spain (preferably the introduction and conclusion).

The scoring system will be as follows, set by R.D. 1.125/2003 of September 5<sup>th</sup>: Fail: 0-4,9; Pass: 5-6,9; Notable: 7-8,9; Outstanding: 9-10. The honorable mention of Distinction (Matrícula de honor) will be awarded by the professor to the student. Based on the number of students enrolled, only 5% will be eligible for this honorable mention, except for when the enrollment is under 20 in which case only one student will be granted this honor.

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To have a passing grade for this module, one must obtain at least half of the total score for each of the instruments of evaluation.

## Bibliography

### Basic Bibliography

- Arias, F. (2006). El proyecto de investigación: Introducción a la metodología científica (5a ed.). Bibliografía complementaria Caracas: Episteme.
- Asti Vera, A. (1982). Metodología de la investigación. Caracas: Kapelusz.
- García Avilés, A. (1996). Introducción a la metodología de la investigación científica. México: Plaza y Valdés.

### Complementary bibliography

- Haag, H. (2004). Research methodology for sport and exercise science. Germany: Die Deutsche Bibliothek.
- Heinemann, K. (2003). Introducción a la metodología de la investigación empírica en las ciencias del deporte. Barcelona-España: Paidotribo.
- Hernández, R., Fernández, C. y Baptista, Pilar. (1998). Metodología de la investigación (2a ed.). México: McGraw-Hill.
- Ramírez, T. (1999). Cómo hacer un proyecto de investigación. Caracas: Panapo.
- Sabino, C. (2000). El proceso de investigación. Caracas: Panapo.
- Selltiz, C.; Wrightsman, L. y Cook, S. (1980). Métodos de investigación en las relaciones sociales (9a ed.). Madrid: Rialp.
- Tamayo, M. (2001). El proceso de investigación científica (4a ed.). México: Limusa.
- Thomas, J. y Nelson, J. (2006). Introduction to research in health, physical education recreation and dance. Champaign-Illinois: Human Kinetics Publishers.

### Related websites

[http://investigacion.ucam.edu/optimizacion\\_entrenamiento/](http://investigacion.ucam.edu/optimizacion_entrenamiento/)

[www.nasca.com](http://www.nasca.com)

<http://www.ucam.edu/ccd>

### Study tips

- Pay attention to what the professor has to share with you at the start of the course. The professor will present the syllabus, bibliography and assignments, methodological approaches to follow, as well as other relevant material of interest that will help the learning process of the subject.
- Attend classes and actively participate in the classroom
- Orient the effort and study on the argumentative reasoning of the course contents.
- Consult recommended reading on each topic and not limit oneself to just the study of class notes.
- Use established office hours, Campus Virtual o email to consult and resolve problems with the professor/tutor.



## Educational materials

- Based on tutor recommendations and those required for the proposed work.