



UNIVERSIDADE FEDERAL DE PELOTAS
PRÓ-REITORIA DE PESQUISA E PÓS-GRADUAÇÃO
ESCOLA SUPERIOR DE EDUCAÇÃO FÍSICA
PROGRAMA DE PÓS-GRADUAÇÃO EM EDUCAÇÃO FÍSICA
CRIAÇÃO E RECONHECIMENTO



Portaria n. 936 de 19/07/2006
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PROGRAMA ANALÍTICO E EMENTA DE DISCIPLINA DA PÓS GRADUAÇÃO

Disciplina: PESQUISA EM TREINAMENTO INTERMITENTE

Código: 0388149

Cursos: Mestrado e Doutorado

Obrigatória: Não **Carga Horária:** 51h/a **Créditos:** 3,0

Professor Responsável: Dr. Fabrício Boscolo Del Vecchio

Ementa:

Definições e conceitos do exercício intermitente. Demanda fisiológica e transferência de energia no exercício intermitente. Mecanismos de fadiga durante o exercício. Organização de sessões de treino com exercício intermitente aeróbio. Organização de sessões de treino com exercício intermitente anaeróbio. Mecanismos de recuperação durante o esforço intermitente. Testes de desempenho intermitente.

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