



CURSO	Mestrado em Educação Física
DISCIPLINA	Determinantes da performance física em militares e atletas
CARGA HORÁRIA	60h
CRÉDITOS	4
PROFESSOR	Dr. Anderson Caetano Paulo

EMENTA

Meios e métodos de treinamento físico para força, potência, velocidade, resistência. Relações entre avaliação física e competição para atletas e avaliação física e operacionalidade militar. Monitorização da demanda física e da saúde do atleta e do militar.

BIBLIOGRAFIA

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2. DAWES, J.J. et al. Associations between anthropometric characteristics and physical performance in male law enforcement officers: a retrospective cohort study. *Annals of occupational and environmental medicine*, v. 28 n. 26, 2016
3. DAWES, J.J. et al. A physical fitness profile of state highway patrol officers by gender and age *Annals of occupational and environmental medicine* v. 29 n.1, , 2017
4. GLEDHILL, N.; JAMNIK, V. K. Characterization of the physical demands of firefighting. *Canadian journal of sport sciences = Journal canadien des sciences du sport*, v. 17, n. 3, p. 207–13, set. 1992.
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