

FORMAÇÃO LIVRE
OPEN COURSES



PHYSICAL TRAINING IN COMBAT SPORTS

Direction
Luís Monteiro

UNIVERSIDADE
LUSÓFONA



CENTRO
UNIVERSITÁRIO
LISBOA

Apresentação

Combat sports involve specific physiological, technical, and tactical demands, requiring structured physical training based on scientific evidence. This training course aims to provide participants with fundamental knowledge about planning, periodization, assessment, and prescription of training in combat sports. The course will cover the main methods for developing strength, power, endurance, and recovery, as well as strategies for monitoring training and optimizing performance. The course integrates current scientific knowledge with practical applications tailored for coaches, strength and conditioning specialists, and sports professionals.

1st Year | No Branch Name

2º Semestre

Physical Conditioning in Combat Sports

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FAZER
NOVOS
FUTUROS



CENTRO
UNIVERSITÁRIO
LISBOA

Campo Grande, 376
1749-024 Lisboa, Portugal
Tel.: 217 515 500
info.cul@ulusofona.pt
WhatsApp: +351 963 640 100

ulusofona.pt