



**UNIVERSIDADE FEDERAL DE SÃO CARLOS**  
**CENTRO DE CIÊNCIAS BIOLÓGICAS E DA SAÚDE**  
**PROGRAMA DE PÓS-GRADUAÇÃO EM FISIOTERAPIA**  
**Área de Concentração: Processos de Avaliação e Intervenção em**  
**Fisioterapia**

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**FIT-136- Adaptações Neuromusculares Ao Treinamento de Força**  
**De 06 crédito, carga horária de 90hs.**

**Docente responsável: Prof. Dr. Cleiton Augusto Libardi**

**Ementa:**

1. Compreender os mecanismos fisiológicos (neurais e morfológicos) responsáveis pela produção da força motora e suas diferentes manifestações;
2. Compreender os diferentes níveis de adaptação que ocorrem no organismo humano submetido ao treinamento de força;
3. Compreender as adaptações neuromusculares provenientes de diferentes estratégias de treinamento de força.

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