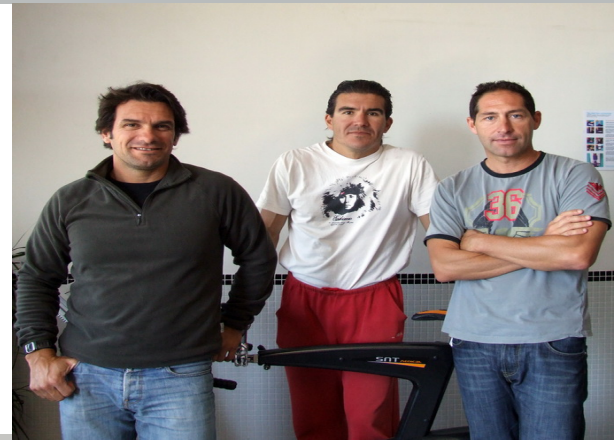


# MALACA



## INTRODUCTION

This research group of the Department of Didactics of Languages, Arts and Sports of the Faculty of Education Science has more than 10 years of experience in the study of sports activities and its benefits for physical health and sports performance.

## RESEARCH TOPICS

- **KINESIO TAPING STRIPS:** - Effect of Kinesio taping strips in competition and in sports training. - Prevention of injuries, decrease of discomfort and improvement of the health in order to increase the performance in sport practice.
- **HEALTH AND FLEXIBILITY** - Health programs, improvement and maintenance of flexibility in school age for a better education of body attitude. Evaluation. - Flexibility working guidelines for its development and maintenance.
- **TRIATHLON:** - Analysis of transitions in triathlon; their categorization. - Study and analysis of training, competition and performance in Triathlon. - Categorization of specific skills, working criteria in Schools and clubs.

## SCIENTIFIC-TECHNICAL SERVICES

- Design of triathlon material for training and / or competition.
- Performance consulting in triathlon.

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