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Expert performance and the “corre com alma” project: From theory to practice

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Expert performance in sport can be defined as the consistent superior athletic performance over an extended period.

In a revision about the factors that influence the acquisition of expert performance, several authors divide these factors into variables having a primary influence on expertise and variables that have a secondary influence through other variables. So, the authors considered Primary factors those who have a direct influence on the acquisition of expert performance and include all elements that an athlete contributes (either intentionally or unintentionally) to their own performance. Generally, they can be categorized into genetic factors, training factors and psychological factors. Secondary factors present an indirect effect over those ones and can be set as socio-cultural factors, such as the importance of a given sport in society, Instructional resources and Familial support, and on the other hand, Contextual factors, such as, Sport maturity and Depth of competition.

Knowing that Rio Maior city, a small town with about 15.000 habitants that already present 8 Olympic Athletes and provide a sport complex with excellent conditions, Olympic Preparation centre and a Sport Science School, we present the “Corre com alma” project.

The “Corre com alma” Project goals are, over the developed work and of the building synergies between all the available structures, help all competitive level athletes (fun runner to Olympic) to develop their athletic performance and living joyfully.

Key words: expertise, athletics, running, “corre com alma” project