

Caraterização da Unidade Curricular / Characterisation of the Curricular Unit

Designação da Unidade Curricular / Curricular Unit:	[31813049] Op. Andebol e Basquetebol [31813049] Op. Handball and Basketball		
Plano / Plan:	2007/2008		
Curso / Course:	Desporto e Atividade Física Sport and Physical Activity		
Grau / Diploma:	Licenciado		
Departamento / Department:	CDM - Ciências do Desporto e Motricidade		
Unidade Orgânica / Organic Unit:	Escola Superior de Educação de Viseu		
Área Científica / Scientific Area:	Ciências do Desporto		
Ano Curricular / Curricular Year:	2, 3		
Período / Term:	S1		
ECTS:	6		
Horas de Trabalho / Work Hours:	0162:00		
Horas de Contacto/Contact Hours:			
(T) Teóricas/Theoretical:	0000:00	(TC) Trabalho de Campo/Fieldwork:	0000:00
(TP) Teórico-Práticas/Theoretical-Practical:	0090:00	(OT) Orientação Tutorial/Tutorial Orientation:	0000:00
(P) Práticas/Practical:	0000:00	(E) Estágio/Internship:	0000:00
(PL) Práticas Laboratoriais/Practical Labs:	0000:00	(O) Outras/Others:	0000:00
(S) Seminário/Seminar:	0000:00		

Docente Responsável / Responsible Teaching

[47622] António Manuel Tavares Azevedo [2001] Abel Aurélio Abreu De Figueiredo ;

Outros Docentes / Other Teaching

[2353] Jorge Filipe de Lima Arede

[47622] António Manuel Tavares Azevedo

Learning Outcomes of the Curricular Unit

Know and explain Handball and Basketball internal organization, as the historical and most important structural factors;

Present and explain their fundamental techniques, whether the theoretical level or the engine performance level;

Mastering the specific teaching methods in Handball and Basketball; Observe and detect the most common errors during the learning of basic technical gestures;

Intervene directly in the realities of education and sports training - athletes, teams and others - through the preparation and guidance in competitions according to a formulated programming and planning;

Suggest suitable role models in the process of training and competition.

Start the practice of Handball and Basketball in a pedagogical progression of logic.

Learning Outcomes of the Curricular Unit (Lim:1000)

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Syllabus (Lim:1000)

HANDBALL

1. Game characterization
2. Game rules and specific regulations
3. Adapted handball
4. Beach handball
5. Game components
6. Methods and game systems

BASKETBALL

1. Offensive Basketball skills; 1x1
2. Offensive Basketball skills; 1x1 Reactions
3. Offensive Basketball skills; Screens
4. Defensive Basketball skills; Basic defense
5. Defensive Basketball skills; Screens
6. Team offensive tactics; Offensive transition

7. Team offensive tactics; Man to man offense
8. Team defensive tactics; Man to man defense
9. Team defensive tactics; Man to man defense
10. Game Observation and Analysis

Demonstration of the syllabus coherence with the curricular units' learning objectives

The Optional curricular units are from the Main Thematic Area (MTA) of the Physical Activity and Sports Didactics (D). They are focused on the

specific sports actions as didactical contents for education and training, from its technical or technical-tactical through its multifactorial

characterization, allowing their understanding so that it can be interpreted on different levels, highlighting the construction of teaching progressions

of exercise appropriated to the level of practitioners and/or competitors.

Divided into two main areas, through specific disciplines of Handball, as well as its deconstruction for use in eclectic contexts corresponding to initial

stages of sporting education, promotes the knowledge and skills provided in 2 (50%) and 3 (50%) learning outcomes.

Teaching Methodologies (Including evaluation; Lim:1000)

Classes of theoretical and practical content; of expository nature with incidence in organized exercises with equipment and specific spaces , with the aim of developing two main areas of skills already mentioned :

- Explanation of the fundamentals ;
- Implementation of technical and tactical elements;

Assessment based on two types of evaluative evidence:

- Individual expression level on the fundamentals of Handball, in the form of a written work and an oral or written test (50%);
- Individual level of implementation of technical and tactical elements in the form of a practical test as a professor of exercise and as a practitioner (50%).

The fulfillment of the evaluation criteria refers to the achievement of success in both modules of the curricular unit, as well as the approval in each of the module components.

Demonstration of the coherence between the teaching methodologies and the learning outcomes

Through the organization of (a) investigation, observation and explanation tasks, referenced to the content, and (b) education and implementation

exercises of technical skills and tactics of Handball; the acquired skills on the S&FA units are consolidated on the understanding domain of this

nuclear group of modalities, contributing to the competencies defined on point 1 of learning objectives. The teaching methodologies have expository nature and pacing cognitive-explanatory skills of Handball contents. Also, they have practical and

stimulating executive-operating skills through exercises of Handball and Basketball, contributing to the defined skills 2 and 3. The main exercises are organized around problem situations involving (a) the understanding of the conditions for learning technical gestures, and (b) determining motor actions (critical components, technical errors and pedagogic progressions).

Bibliografia / Bibliography (Lim:1000)

ANDEBOL

Arraya, M. & Sequeira, P. (2012). *Andebol 2, um caminho para o alto rendimento*. Lisboa: Visão e Contextos.

Feito, J., & Alvarez, M. (2019). *Fundamentos del balonmano*. Ediciones Tutor, S.A.

Moreira, I.; Estriga, L. (2014). *Ensino do Andebol na Escola - Ensinar e aprender*. Porto: FADEUP.

Ribeiro, M. & Volossovitch, A. (2008). *Andebol 2, O Ensino do jogo dos 11 aos 14 anos*. Cruz Quebrada: FMH.

Ribeiro, M. & Volossovitch, A. (2004). *Andebol, O Ensino do Andebol dos 7 aos 10 anos*. Cruz Quebrada: FMH

BASQUETEBOL

Serna, J., Muñoz-Arroyave, V., March-Llanes, J., Teresa Anguera, M., Prat, Q., Rillo-Albert, A., Falcón, D., & Lavega-Burgués, P. (2021). Effect of ball screen and one-on-one on the level of opposition and effectiveness of shots in the ACB. *International Journal of Environmental Research and Public Health*, 18(5), 1?16.

Zhang, S., Lorenzo, A., Zhou, C., Cui, Y., Gonçalves, B., & Angel Gómez, M. (2019). Performance profiles and opposition interaction during game-play in elite basketball: evidences from National Basketball Association. *International Journal of Performance Analysis in Sport*, 19(1), 28?48.

Zhang, S., Lorenzo, A., Gómez, M., Mateus, N., Gonçalves, B., Sampaio, J., Zhang, S., Lorenzo, A., Gómez, M., & Mateus, N. (2018). Clustering performances in the NBA according to players? anthropometric attributes and playing experience. *Journal of Sports Sciences*, 36(22), 2511?2520.

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Arraya, M. & Sequeira, P. (2012). Andebol: um caminho para o alto rendimento. *Visão e Contextos*.

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Ochoa, J., Cabrera, F., & Herrador, J. (2022). *Iniciación al Balonmano a través del juego (propuestas lúdicas predeportivas para la formación humana y deportiva)*. Editorial Wanceulen.

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Araújo, J., Pinto, C., Leite, M. (2004). *Basquetebol: Modelo de Jogo*. Editorial Caminho

Krause, J. V., Meyer, D., & Meyer, J. (2008). *Basketball Skills & Drills (3rd edition)*. Champaign: Human Kinetics.

McCormick, B. (2009). *Developing Basketball Intelligence: Tactical Skills and Game Awareness for the Advanced Player*. Lulu.