

Caraterização da Unidade Curricular / Characterisation of the Curricular Unit

Designação da Unidade Curricular / Curricular Unit:	[3181200477] Op. Natação [3181200477] Swimming		
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:	0090:00 ; 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

[2196] Carlos Eduardo Gonçalves Da Costa Vasconcelos

Outros Docentes / Other Teaching

[2124] Ricardo Manuel Mateus Oliveira

[2196] Carlos Eduardo Gonçalves da Costa Vasconcelos

Learning Outcomes of the Curricular Unit

- Identify and interpret the fundamentals of the movements of Pure Swimming techniques
- Characterize the principles of movement in Water.
- Know the physical characteristics of water and its differences with the terrestrial environment.
- Identify and relate the different domains with the acquisition and development of adaptation to the aquatic environment.
- Know, plan and develop the fundamental criteria for the acquisition of basic water motor skills in Swimming.
- Implement the basic physical principles of flotation, balance, resistance and propulsion in the introduction to Pure Sport Swimming techniques .
- Describe the techniques and success criteria for their correct execution
- Plan and conduct a program with a view to learning each of the Pure Sport Swimming techniques, respecting the progression and coherence of the plan.
- Analyze the technique and select technical exercises with a view to correcting it.
- Apply the mechanical principles underlying the development of swimming effectiveness of the different techniques.

- Analyze the swimming, turning and starting technique of the different styles and apply correction strategies for the different components
- Identify and characterize the use of appropriate technology and equipment in the technical assessment of pure swimming.
- Identify, describe and frame the concepts of hydrostatics in the context of pure swimming
- Characterize the concepts inherent in the long-term swimmer development process
- Identify and describe the key principles of pure swimming talent identification
- Characterize and define the functioning of the Pure Swimming structure in Portugal
- Identify and understand the national and international regulations for Pure Swimming
- Plan and conduct training sessions at the training levels
- Implement competition strategies appropriate to different levels of training
- Select specific and appropriate tasks for the development of different intensity zones.

- Characterize the main periodization systems used in pure swimming.
- Identify the main injuries of Pure Swimming and know how to implement prevention strategies.
- Analyze the swimming, turning and starting technique of the different styles and apply correction strategies for the different components
- Know the features of the program.
- Describe the respective techniques and success criteria.
- Plan and implement a program with a view to learning the different techniques, respecting the progression and coherence of the plan.
- Analyze the techniques and select the technical exercises with a view to correcting them.
- Identify and describe the forms of displacement and techniques with the ball.
- Describe the ζ base jumps ζ and characterize the respective success criteria.
- Plan and implement a program with a view to learning the most rudimentary jumps, respecting the progression and coherence of the plan.
- Analyze jumps and select technical exercises with a view to correcting them.

- Know the features of the program. - Describe the respective techniques and success criteria.
- Plan and implement a program with a view to learning the different techniques, respecting the progression and coherence of the plan.
- Analyze the techniques and select the technical exercises with a view to correcting them
- Identify and describe safety rules in aquatic spaces.
- Describe the basic First Aid procedures.
- Identify the main injuries of Pure Swimming and know how to implement prevention strategies.
- Identify and characterize the use of appropriate technology and equipment in the technical assessment of pure swimming.
- Identify, describe and frame the concepts of hydrostatics in the context of pure swimming
- Characterize the concepts inherent in the long-term swimmer development process
- Identify and describe the key principles of pure swimming talent identification

- Characterize and define the functioning of the Pure Swimming structure in Portugal
- Identify and understand the national and international regulations for Pure Swimming
- Plan and conduct training sessions at the training levels
- Implement competition strategies appropriate to different levels of training
- Select specific and appropriate tasks for the development of different intensity zones.
- Characterize the main periodization systems used in pure swimming.
- Identify the main injuries of Pure Swimming and know how to implement prevention strategies.
- Analyze the swimming, turning and starting technique of the different styles and apply correction strategies for the different components
- Identify and characterize the use of appropriate technology and equipment in the technical assessment of pure swimming.
- Identify, describe and frame the concepts of hydrostatics in the context of pure swimming
- Characterize the concepts inherent in the long-term swimmer development process

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- Characterize and define the functioning of the Pure Swimming structure in Portugal
- Identify and understand the national and international regulations for Pure Swimming
- Plan and conduct training sessions at the training levels
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- Characterize the main periodization systems used in pure swimming.
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- Analyze the swimming, turning and starting technique of the different styles and apply correction strategies for the different components
- Identify and characterize the use of appropriate technology and equipment in the technical assessment of pure swimming.

- Identify, describe and frame the concepts of hydrostatics in the context of pure swimming
- Characterize the concepts inherent in the long-term swimmer development process
- Identify and describe the key principles of Pure Swimming talent identification
- Characterize and define the functioning of the Pure Swimming structure in Portugal
- Identify and understand the national and international regulations for Pure Swimming
- Plan and conduct training sessions at the training levels
- Implement competition strategies appropriate to different levels of training
- Selects specific and suitable tasks for the development of different intensity zones.
- Characterize the main periodization systems used in Pure Swimming
- Identify the main injuries of Pure Swimming and know how to implement prevention strategies.
- Analyze the swimming, turning and starting technique of the different styles and apply correction strategies for the different components

- Identify and characterize the use of appropriate technology and equipment in the technical assessment of pure swimming.
- Identify, describe and frame the concepts of hydrostatics in the context of pure swimming
- Characterize the concepts inherent in the long-term swimmer development process
- Identify and describe the key principles of Pure Swimming talent identification - Characterize and define the functioning of the Pure Swimming structure in Portugal
- Identify and understand the national and international regulations for Pure Swimming
- Plan and conduct training sessions at the training levels
- Implement competition strategies appropriate to different levels of training
- Select specific and appropriate tasks for the development of different intensity zones.
- Characterize the main periodization systems used in swimming

Learning Outcomes of the Curricular Unit (Lim:1000)

- Identify and interpret the fundamentals of the movements of Pure Swimming techniques.
- Identify and relate the different domains with the acquisition and development of adaptation to the aquatic environment.
- Know, plan and develop the fundamental criteria for the acquisition of basic aquatic motor skills in Swimming
- Describe the respective techniques and success criteria of the different disciplines of Swimming
- Analyze the technique and select technical exercises with a view to correcting it.
- Identify and describe safety rules in aquatic spaces. - Identify and describe the basic rescue techniques.
- Identify the main injuries of Pure Swimming and know how to implement prevention strategies.
- Plan and conduct training sessions at the training levels - Select specific and appropriate tasks for the development of different intensity zones
- Characterize the main periodization systems used in pure swimming

Syllabus (Lim:1000)

Adaptation to the Aquatic Environment:

- Fundamentals of Fluid Mechanics
- Basic Water Motor Skills of Swimming
- Specific Methodology

Technique and Specific Didactics of Pure Sport Swimming:

- Crawl
- Backstroke
- Breaststroke
- Butterfly
- Turns
- Departures

- Arrivals

- Kinesiological Analysis in Pure Sport Swimming

- Hydrostatics in Pure Sport Swimming

- Technique Evaluation

- Development of Pure Sport Swimming Programs

- Sports Talent - Institutional Framework for Pure Sport Swimming

- Regulations on Pure Sport Swimming

- Technical and Tactical Training

- Training Methodology and Planning in Pure Sport Swimming

- Training Planning in Pure Sport Swimming Artistic Swimming

Artistic Swimming:

- Basic Artistic Swimming Techniques

Water polo:

- Specific Water Pole Technique

Jumps to Water:

- Specific Technique of Jumping to Water

Water Safety

Water Rescue

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

The Option courses are from the Main Thematic Area (ATP) of AFD's Didactics (D). Are focused on sports actions specific as didactic content (teaching and training matter), through its multifactorial characterization from a technical and/or in-depth technical - tactical, allowing its understanding so that it can be interpreted at different levels, with emphasis on construction of pedagogical progressions of exercise appropriate to the level of practitioners and/or competitors

Teaching Methodologies (Including evaluation; Lim:1000)

Classes are theoretical and practical, one third of which are expository in nature and two thirds with a high incidence of organized exercises with equipment in the specific space of the modality, with the objective of developing in depth the two main domains of skills already mentioned: - Explanation of the fundamentals of Swimming - Execution of technical elements for each of the Swimming modalities. Two types of assessment tests: - The level of individual expression on the fundamentals of Swimming: Written work and a written or oral test(s) (50%); - Individual level of execution of technical elements of each of the Swimming modalities - Practical test (50%).

Students must obtain a minimum classification of 7.5 values in each of the assessment items.

Even if the weighted sum of the assessment items is equal to or greater than 9.5 values, students do not obtain achievement in the Curricular Unit if in one of the assessment items they had less than 7.5 values.

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

One third of the classes, corresponding to 2 hours per week, are predominantly expository and stimulate explanatory cognitive skills of the contents of the subjects of Swimming, while two thirds, corresponding to 4 hours per week, are predominantly practical and stimulate executive-operational skills through of exercises related to each of the Swimming disciplines, contributing to some of the defined competences. The success criteria for the (a) theoretical tasks of stimulating cognitive-explanatory skills are based on the levels of depth and multifactoriality demonstrated in the verbal or written explanation of the technical, physical, psychological and socio-cultural foundations of the different aquatic and for tasks (b) practical, they are based on the levels of demonstration observable in the students' motor production of concerns with effective and efficient mechanical actions (standardization and measurement).

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