

Caraterização da Unidade Curricular / Characterisation of the Curricular Unit

Designação da Unidade Curricular / Curricular Unit:	[3181200478] Op. Atividades de Academia [3181200478] Op. Fitness Academy Activities		
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:	S2		
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

[2001] Abel Aurélio Abreu De Figueiredo [2196] Carlos Eduardo Gonçalves Da Costa Vasconcelos ;

Outros Docentes / Other Teaching

[2328] Patrícia Filipa Saraiva de Sousa

Learning Outcomes of the Curricular Unit

The objectives of the Curricular Unit are:

- a) To show theoretical bases that allow them to understand the origin and evolution of the activities covered.
- b) Identify and properly use equipment and material resources inherent to group classes and physical activity sessions in an exercise room.
- c) Understand and apply methodologies for planning and structuring group classes.
- d) Understand and apply the basic principles of planning and organizing muscle strength training and cardiorespiratory capacity in an exercise room.
- e) Characterize the pedagogical and training aspects of the modalities in question.
- f) Develop knowledge related to the pedagogical organization of the teaching-learning process of the described modalities.
- g) Experience situations of pedagogical practice of the described modalities
- h) Assuming a critical-reflexive position, through the analysis of the data recorded in the different teaching-learning situations of the mentioned modalities

Learning Outcomes of the Curricular Unit (Lim:1000)

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Syllabus (Lim:1000)

Group Activities:

1. Aerobic Gymnastics: a) Characterization (music, basic steps, etc.); b) Methodology (choreographic editing methods and techniques, etc.).
2. Step: a) Class characterization (song selection, basic steps, etc.); b) Methodology (choreographic construction methods, etc.).
3. Localized: a) Muscle toning in group classes; b) Characterization of classes; c) Methodology (intensity; choreographic editing methods, etc.).
4. Hydrogymnastics: a) Properties of the aquatic environment; b) Characterization and methodology of hydrogymnastics classes; c) Special populations.

Exercise Room:

5. Bodybuilding a) Basics of strength training; b) Equipment and safety rules; c) Kinesiological analysis of strength exercises; d) Introduction to structuring and planning strength training.
6. Cardiofitness a) Fundamentals of Cardiorespiratory training; b) Equipment and safety rules; c) Introduction to cardiorespiratory training planning.

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 the construction of pedagogical exercise progressions suited to the level of practitioners and/or competitors. It is intended to deconstruct the Activities for use in eclectic contexts corresponding to educational stages of sports initiation, it promotes knowledge and the skills provided for in the learning objectives

Teaching Methodologies (Including evaluation; Lim:1000)

Classes are made up of sessions with an essentially theoretical-practical nature, held on the appropriate sports spaces, gyms and swimming pool. The more theoretical sessions will be given in the classroom. Thus, the syllabus taught are transmitted and explored through the practical exercise of different techniques and movements; oral presentation and through interactive multimedia on specific programmatic contents of each block; reports/reflections and analysis and research work, with tutoring. Regarding the evaluation:

- Planning and teaching of several proposed group classes, and tasks associated with the exercise room (50%);
- Theoretical component (50%)

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

Option curricular units from the scientific area of reference of the course (Sport Science), and from the main subject area of Didactics of AFD's (D), are the curricular spaces where students deepen the theoretical and practical elements that enable them to a future organization and guidance of activities, in different contexts and institutions, being focused on deepening the study of actions specific sports as didactic content. Through the organization of (a) referenced research, observation and explanation tasks to the contents, and (b) teaching exercises and execution of the technical and tactical skills of the modality, the competences are consolidated. acquired in the AFD in the field of understanding this group of nuclear modalities, contributing to some of the defined competences in the learning objectives. The main exercises are organized around problem situations involving (a) Reduced Games Conditioned, enabling the development of offensive and defensive technical-tactical actions, (b) individual exercise in class, or in group work. The success criteria for the (a) theoretical tasks of stimulation of cognitive-explanatory skills are based on the levels depth and multifactoriality demonstrated in the verbal or written explanation of the technical, tactical, physical, psychological and sociocultural aspects of the modality in question and for the (b) practical tasks, are based on the levels of observable demonstration in production motor of the students of effective offensive and defensive attitudes (accomplishment) and efficient (standardization and measurement) in the modality.

Bibliografia / Bibliography (Lim:1000)

ACSM (2010). ACSMs Resource Manual for Guidelines for Exercise Testing and Prescription. USA: Lippincott Williams & Wilkins.

ACSM. (2017). ACSM's Complete Guide to Fitness and Health. 2nd Edition. ISBN 9781492533672.

Canovas, R. (2014). Anatomy and Muscle. ISBN 9788499104911.

Layne, M. (2015). Water Exercise. ISBN 9781450498142.

Lucchesi, G. (2013). Water aerobics Learning to Teach. ISBN 9788527412216

Rocha, R.; Rieger, T.; Jimenez, A.(2015). Essentials for Fitness Instructors. ISBN 9781450423793.

Ruivo, R. (2018). Assessment and Exercise Prescription Manual. Self-Personal Development. ISBN: 978-989-8853-29-5