

Caraterização da Unidade Curricular / Characterisation of the Curricular Unit

Designação da Unidade Curricular / Curricular Unit:	[3181200479] Op. Atividades Atléticas [3181200479] Op. Athletic 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:	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

[47622] António Manuel Tavares Azevedo

Outros Docentes / Other Teaching

[2162] Filipe da Cunha Amaral

[2335] Luís Miguel Fazenda Garcia

Learning Outcomes of the Curricular Unit

- Characterize and problematize the methodological sequence within the disciplines Athletics;
- To elaborate pedagogical progressions that allow the effective adaptation of tasks proposed to age groups;
- To elaborate pedagogical progressions that allow an effective learning / evolution of running, jumping and throwing techniques;
- Mastering design and planning skills that allow for the conception of training objectives, strategies and techniques for planning and intervention of properly.

Learning Outcomes of the Curricular Unit (Lim:1000)

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Syllabus (Lim:1000)

Racing - Elaboration, presentation and justification of tasks directed to the several races; Knowledge of the energy requirements of each race addressed;

Development of general aerobic resistance; Domain of regulation of the races addressed;

Conducting the various races showing the necessary skills in the practical component; Training methodologies and learning progressions.

Jumps - Elaboration, presentation and justification of tasks according to, phases of the jump, preparatory or balance race;

Training methodologies and progressions in learning.

Launches - Preparation, presentation and justification of tasks according to the phases of the launch;

Competences relating predominantly to power, balance and coordination; Training methodologies and learning progressions.

Combined Tests - Knowledge of the characteristics and regulations of each combined test.

Observation of sports movement in athletics Development of specific observation instruments

The Long term Athlete Development (LTAD)

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

Students will be given a set of instruments that allow them to know the teaching methodologies of athletics. The contents will be transmitted in an expository manner, using audiovisual media and practical application on the ground. The venue of the practice sessions will be, where possible, the athletics track.

The approach, from a more practical perspective, will focus on the implementation of specific learning-promoting gestures of the modality, in its various aspects.

Teaching Methodologies (Including evaluation; Lim:1000)

The classes are of theoretical and practical content, with one third being expository in nature and two thirds with a large focus on organized exercises with equipment and in the specific spaces of the modalities, with the aim of developing in depth the two main areas of skills already mentioned:

- Characterization of athletics training/teaching;
- Execution and understanding of technical elements of athletics disciplines. (60%)
- Preparation of a pedagogical dossier relating to content, research and planning, teaching conduction and evaluation of teaching conduction (10%).
- Written Test (30%)

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

Teaching methodologies enhance individual and group work capacity, favoring the demonstration of practical and theoretical individual skills, with application in the field. Students are tasked with planning and implementing peer-to-peer practical training sessions based on pedagogical progressions in order to achieve a specific goal at the level of the specific skills required by the various sectors of athletics.

Bibliografia / Bibliography (Lim:1000)

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Balyi, I. (2006). Long-term athlete development, trainability and physical preparation of tennis players. In: M. Reld, A. Quinn & Crespo (Eds.): *Strength and Conditioning for Tennis* (49-57). London: M. ITF.

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Matthiesen, Sara Quenzer (2017). *Atletismo - Teoria e Prática*. Editora Guanabara Koogan Ltda., Rio de Janeiro.

Murer, M. (2003). *1000 Exercícios e Jogos para o Atletismo*. Edições Vigot.

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Stafford, I. (2015). *Coaching for long-term athlete development: to improves participation and performance in sport*. The National Coaching Foundation. Leeds.

Varghese, M., Ruparell, S., Labella, C. (2022). Youth Athlete Development Models: A Narrative Review. *Sports Health: a Multidisciplinary Approach*. Vol. 14, Issue 1, (20-29)