

Caraterização da Unidade Curricular / Characterisation of the Curricular Unit

Designação da Unidade Curricular / Curricular Unit:	[3181200604] Desenvolvimento Motor [3181200604] Motor Development		
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 da Motricidade		
Ano Curricular / Curricular Year:	1		
Período / Term:	S1		
ECTS:	5		
Horas de Trabalho / Work Hours:	0135:00		
Horas de Contacto/Contact Hours:			
(T) Teóricas/Theoretical:	0060:00	(TC) Trabalho de Campo/Fieldwork:	0000:00
(TP) Teórico-Práticas/Theoretical-Practical:	0000:00	(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

Outros Docentes / Other Teaching

[2353] Jorge Filipe de Lima Arede

Learning Outcomes of the Curricular Unit

1. Understand Motor Development in the context of Human Development. 2. Analyze the variables (genetic and environmental) that influence the process of Motor development. 3. Recognize growth, maturation, development and adaptation as fundamental processes of Motor development. 4. Know how increase and decrease the physical capabilities along life term as well it critical development moments. 5. Characterize the motor response and its contexts and implications. 6. Long-term practitioner development; trainability in childhood and adolescence.

Learning Outcomes of the Curricular Unit (Lim:1000)

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Syllabus (Lim:1000)

- 1 Motor development and human development Meaning in sport.
- 2 Variables of motor development Genetic and environmental factors.
Phylogenetic and ontogenetic evolution. Growth, maturation, development and adaptation.
- 3 Growth Processes Intrauterine growth. Postnatal growth. Gender differences in maturation.
- 4 Characterization and determination of body composition Predicted final height. Morphological typology. Secular trends.
- 5 Structuring the body schema Motor movements map. Evolution of handedness and its manifestations. Posture and attitude. Muscular tonic, cognitive performance and attention.
- 6 Development of motor skills Skills development Gallahue model.
- 7 Long-term practitioner development Long-Term Athlete Development (LTAD).
- 8 Motor tasks elaboration Concept of motor task. Adequacy of motor tasks to age and type of motor activity.

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

The contents are organized in order to ensure the development of knowledge indicated in the objectives. Thus, the contents 1, 2, 3, 4, 5, 6, 7 and 8 correspond to compliance with the objectives 1, 2, 3, 4, 5, 6, 7 and 8 respectively. The contents are organized around four major areas: fundamental aspects of human and motor development (objectives and contents 1 and 2), aspects related to the analysis of growth and maturation (objectives and contents 3 and 4), aspects associated with psychomotor development and motor abilities standards (objectives and contents 5 and 6) and finally, aspects associated with the intervention of the educator in order to maximize an appropriate motor development (objectives and contents 7 and 8).

Teaching Methodologies (Including evaluation; Lim:1000)

Classes are mainly theoretical. Then, there is the research and presentation of a group paper dedicated to the analysis of a sport ability development and intervention and also carrying out follow-up work individual-based tasks carried out in the classroom. Normal/continuous assessment: 2 exams (30%+30%), group paper (30%), follow-up papers/reports (10%). To approve the subject: minimum average > 9,5 (all group/follow-up papers and reports are compulsory, and average written exams > 9,5). Final evaluation: exam (written) at the end of the semester.

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

The methodology aims to develop knowledge about the different aspects of growth, maturation, development and adaptation motor considering the logic of the development of motor skills and its standards and their application in the context of sport (particularly in objectives 1 to 6). On the other, it also carries out the analysis and observation of standards motor skills development as certain problems solution posed by sport by performing different types of reports, which allow a progressive approach to realization, discussion and presentation of results of the group paper (particularly in objectives 7 and 8). In this sense, the assessment is organized so that the theoretical knowledge of the students are observed by holding the exams and their procedural skills are assessed through group paper and respective follow-up works

Bibliografia / Bibliography (Lim:1000)

Balyi, I. & Way, R. (2009). The Role of Monitoring Growth in Long-Term Athlete Development. Vancouver: Canadian Sports Centres. Fragoso, I.;

Vieira, F. (2000). Morfologia e Crescimento. Lisboa: Edições FMH.

Gallahue, D.; Ozmun, J. (2006). Understanding Motor Development. Infants, Children, Adolescents, Adults. Boston: WCB/McGraw-Hill. (sixth edition).

Ruiz Pérez, L. (1994). Desarrollo Motor y Actividades Físicas. Madrid: Editorial Gymnos.

Fonseca, V. (1989). Desenvolvimento Humano ¿ Filogénese e Ontogénese da Motricidade. Lisboa: Editorial Notícias.

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Neto C. (2003). Jogo e Desenvolvimento da criança. FMH. ISBN:972-735-101-8.

Cordovil R., Barreiros J. (2014). Desenvolvimento Motor na Infância. FMH. ISBN: 978972735196 1.

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