

Caraterização da Unidade Curricular / Characterisation of the Curricular Unit

Designação da Unidade Curricular / Curricular Unit:	[3181200622] Pedagogia das Atividades Físicas e Desportivas II [3181200622] Sports and Physical Activities Pedagogy II		
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		
Período / Term:	S2		
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

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

Outros Docentes / Other Teaching

[2124] Ricardo Manuel Mateus Oliveira

[2328] Patrícia Filipa Saraiva de Sousa

[2353] Jorge Filipe de Lima Arede

[2362] Luís Carlos Lopes da Costa

Learning Outcomes of the Curricular Unit

Module A (Swimming):

- Develop knowledge and analyze behaviors related to teaching swimming in different contexts of practice.
- Plan and carry out a program with a view to learning each of the swimming techniques

Module B (Handball, Basketball and Volleyball):

- Be able to transfer this knowledge to the design of intervention plans in the context of training and/or competition
- Be able to implement these plans and assess their impact on athletes and teams.

Module C (Combat Sports):

- Recognize and adopt specific pedagogical strategies for the development of dual opposition skills.
- Observe, interpret, discuss and plan the educational process of teaching-learning and training of combat sports according to the type of intervention.

Module D (Academy Activities):

- Understand and apply methodologies for planning and structuring group classes
- Characterize the pedagogical and training aspects of fitness activities

Learning Outcomes of the Curricular Unit (Lim:1000)

- Module A (Swimming)
- Develop knowledge
 - Plan and carry o
- Module B (Handball)
- Be able to trans
 - Be able to imple
- Module C (Combat S
- Recognize and ad
 - Observe, interpr
- Module D (Academy .
- Understand and a
 - Characterize the

Syllabus (Lim:1000)

Module A: Swimming:

- Planning of the different units;
- Management of the learning environment
- Organization of the class in the aquatic environment
- Teacher strategies to enhance teaching in the aquatic environment
- Methodological progressions
- Help techniques
- Use of didactic material.

Module B: Handball; Basketball; Volleyball:

Communication techniques

Organization of the session

Teaching Conduct in the training session / class

Evaluation of the Training / Teaching Session

Module C: Combat Sports

1. Concept of Combat Sport and its dimensions.
2. Didactic Models of Approach to Combat Sports
3. Specific Teaching Strategies
4. Typology of Intervention in the Pedagogical Process of Teaching-Learning and Training of Combat Sports

Module D: Academy Activities

- Formative characterization of Aerobics, Step and Localized;
- Systematization of the competences of each learning stage;
- Organization and didactic-methodological planning;
- Pedagogical intervention in practical teaching-learning sessions;-

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

"The Pedagogy of Physical and Sports Activities assumes the space of communication and action development in the future professional intervention with the purpose of creating motivating contexts of learning, outlining objectives and tracing skills, promoting principles and procedures (attitudes and behaviors), which should contribute to a systematic evaluation of the Professional. Thus, the sessions are oriented to develop the knowledge and the problematization capacity on the pedagogical foundations of the physical and sports activities in general and in their own sport contexts, as well as to acquire and apply the pedagogical techniques and strategies in new sports contexts. In the case of Pedagogy II, the physical and sports activities that will be addressed will be Swimming, Gym Activities, Basketball, Volleyball and Handball, and Combat Sports.

Teaching Methodologies (Including evaluation; Lim:1000)

"Theoretical-practical classes are a privileged space for the appropriation, through a critical-reflexive methodology, of the concepts, models and pedagogical strategies most suited to qualified intervention in the different situations typical of the sports professional. practical, aim at its specific materialization in each of the selected modalities and which are an integral part of this Curricular Unit.

The assessment of skills in each module is the result of the assessment of skills in pedagogical practice, with the following assessment elements: - Teaching Planning and Conduct (60%); Pedagogical Observation and Analysis of Sessions (30%); Development of a portfolio related to Pedagogical Practice (10%).

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

"The Pedagogy of Physical Activity and Sports integrates the issues of communication problems in the future professional intervention for purposes of facilitation and motivation in the teaching-learning process. Students should know and understand the biological, biomechanical and theoretical, as well as psychological and social factors that influence the motility in various contexts, understanding the importance they have in the educational intervention. The sessions are guided by specific micro-contextualized teaching and learning facilitators in the process of questioning a number of strategies and methodologies. The student must apply knowledge and specific know-how to define, develop and evaluate teaching-learning processes related to physical and sports activities, taking into account the individual and contextual characteristics of the class. The articulation and selection of materials, facilities and sports equipment should be properly cared for in the planning for each type of activity. Furthermore, the development of skills to adapt to new situations and problems for learning *¿own-working¿* must be part of the student regarding routines of this specific subject. The integrated planning sessions result in the student's independent work, targeting the area of critical components, categories and key information for its preparation, this process is accompanied by the teacher. The student must plan, develop and manage the assessment and exercise prescription in the process of sports training and physical activities, as well as reveal leadership, interpersonal relationships positive and respectful of teamwork. Each session is subsequently analyzed and discussed taking into account the quality of the student's intervention, and to measure the efficacy of the observations made by other peers. The definition of students responsible for the observation, as well as their's own evaluation is based on the improving of skills related to the identification and interpretation of the strategies and methodologies applied individually and by colleagues."

Bibliografia / Bibliography (Lim:1000)

- Armour, M. (2011). Sport pedagogy : an introduction for teaching and coaching Harlow : Pearson Education Cota ESEV 796.011 ARM SPO.
- Barbosa, T., Costa, M., Marinho, D., Queirós, T., Costa, A., Cardoso, L., Martins, M., Leite, F., Machado, J., & Silva, A. (2022). Manual de referência para o ensino e aperfeiçoamento em natação: um modelo multidisciplinar. 2.º edição. Federação Portuguesa de Nataçãõ.
- Bompa, T. (2009). *Entrenamiento de equipos deportivos*. Paidotribo.

- Bushman, B. (Ed.) (2017). ACSM's Complete Guide to Fitness e Health (2nd Edition). United Kingdom: Human Kinetics.

- Campos, F., Melo, R., & Mendes, R. (2021). Fitness e Atividades de Ginásio - Guia para Profissionais.. Editora Lidel

- Federação Portuguesa de Natação (s/d). Manual de Referência FPN para o Ensino e Aperfeiçoamento Técnico em Natação.

- Gomes, M.; Morato, M.; Duarte, E.; Almeida, J. (2010). Ensino das Lutas: dos princípios condicionais aos grupos situacionais. Movimento, v. 16, n. 2, p. 207-227.

- Heyward, V. (2018). Advanced Fitness Assessment and Exercise Prescription.. Human Kinetics Publishers

- International Council for Coaching Excellence (2021). Sport coaches? handbook. Human Kinetics.

- Montero Seoane, A. (2010). *Didáctica del Baloncesto*. Badalona: Editorial Paidotribo.

- Sarmiento, P. (2001). A experiência motora no meio aquático, Lisboa: Omniserviços.