

### Caraterização da Unidade Curricular / Characterisation of the Curricular Unit

<b>Designação da Unidade Curricular / Curricular Unit:</b>	[3181200623] Atividades Físicas e Desportivas IV		
<b>Plano / Plan:</b>	[3181200623] Sports and Physical Activities IV 2007/2008		
<b>Curso / Course:</b>	Desporto e Atividade Física Sport and Physical Activity		
<b>Grau / Diploma:</b>	Licenciado		
<b>Departamento / Department:</b>	CDM - Ciências do Desporto e Motricidade		
<b>Unidade Orgânica / Organic Unit:</b>	Escola Superior de Educação de Viseu		
<b>Área Científica / Scientific Area:</b>	Ciências do Desporto		
<b>Ano Curricular / Curricular Year:</b>	2		
<b>Período / Term:</b>	S2		
<b>ECTS:</b>	6		
<b>Horas de Trabalho / Work Hours:</b>	0162:00		
<b>Horas de Contacto/Contact Hours:</b>			
(T) Teóricas/Theoretical:	0000:00	(TC) Trabalho de Campo/Fieldwork:	0000:00
(TP) Teórico-Práticas/Theoretical-Practical:	0120:00	(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**

[2315] Francisco José Miranda Gonçalves

[2335] Luís Miguel Fazenda Garcia

[2344] Carla Cristina Vieira Lourenço

[47627] Carlos Jorge de Sequeira Duarte

### **Learning Outcomes of the Curricular Unit**

Acquire and execute fundamental basic technical and tactical elements of the various disciplines of Nature Sports and Athletics

Develop knowledge and the ability to discuss the theoretical foundations of physical and sporting activities in an integral view of their physical, technical, tactical, psychological and social nature.

Raise awareness of the growing importance of new sports practices in the occupation of free time and leisure for modern man.

Provide theoretical, practical and pedagogical elements that enable the future development and organization of adventure activities practiced in natural spaces.

Allow contact with the structure and organization of new sports practices.

Spatial exploration of nature and its preponderant elements: water, terrain, air.

Explain the basic theoretical foundations of technical actions and fundamental tactics in Athletics.

Execute the fundamental technical and tactical elements of the Athletics disciplines

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### **Syllabus (Lim:1000)**

Block A (Nature Sports)

Rope Maneuvers (Bridges, Slide, Rappel):

- Various forms of practice
- Technical and Pedagogical Intervention
- Fundamental Safety Rules. Mountaineering
- History of mountaineering
- Progression techniques
- Didactics of progression techniques.

Nautical Activities (Canoeing):

- Framework
- Various forms of practice
- Places of Practice
- Instruments and Equipment
- Types of Vessels
- Pedagogical technical intervention.

BTT (all-terrain bike):

- History
- The different subjects
- Competitive and non-competitive dimension
- Specific Techniques

Guidance:

- Strands of your practice
- Materials and signage
- Basic techniques
- Forms of organizing activities
- Types of route

Archery:

- The equipment
- Technique and shooting range

Block B (Athletics): History and regulation of the various disciplines

Races:

- Speed tests with and without barriers;

- Resistance tests.

Jumps: - Horizontal - Verticals Releases: - Heavy and light devices

Combined disciplines

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

The AFD curricular units 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 technical and/or technical-tactical characterization, allowing its understanding so that it can be interpreted at different levels, with emphasis on the construction of pedagogical progressions of exercise suitable for the level of practitioners and/or competitors. Divided into two blocks organized curricularly in their own spaces and sports facilities (Block 1 - Pavilion and Nature context; Block 2 - Athletics Track), the specific contents allow starting the didactic understanding of the contents of these modalities through (a) Execution of their technical-tactical elements (70%) and (b) Explanation of their multifactorial foundations basic (30%)

### **Teaching Methodologies (Including evaluation; Lim:1000)**

The classes are theoretical and practical, with a great focus on organized exercises with equipment and in specific spaces of the modalities, with the aim of developing the two main areas of skills already mentioned: Explanation of the fundamentals of Sports in Nature and Athletics. The assessment is based on each of the modality blocks: From the individual level of expression on the fundamentals of the modality in the form of written or oral tests (30%); From the individual level of execution of technical elements of the modalities in the form of practical tests (70%). Final Classification AFD4 =  $[(A*50) + (B*50)]/100$

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

The curricular units of AFD's from the scientific area of  $\zeta\zeta$  reference of the course (Sport Science), and from the main thematic area of  $\zeta\zeta$  Didactics of AFD's (D), intend to be curricular spaces where students are provided with theoretical and practical elements that enable them to a future organization and orientation of activities, in different contexts and institutions, being centered on specific sports actions such as didactic content (teaching and training material). Through the organization of tasks and basic sports motricity exercises from Sports in Nature block A, athletics in block B, the skills acquired in primary and secondary education in the field of understanding of these core and fundamental modalities, and developing learning objectives in the domains of skills cognitive-explanatory and executive-operational already mentioned. The main exercises are organized around problem situations that involve individual, pairs or group stimulation, depending on the modalities and disciplines, and the level of the performers. They are contextualized in individual and group exhibition and competition situations, or in simplified game between pairs or teams, in various possible structures for the development of technical and technical-tactical offensive actions, defensive and transitional, in coherence with the norms, values  $\zeta\zeta$  and symbols of the sports, and in reference to physical and psychological stimulation required. The success criteria for the (a) practical tasks are based on the levels of demonstration observable in the motor production of students in effective (implementation) and efficient (measurement and standardization) technical-tactical skills in the specific parameters of the actions in the modalities addressed, and for (b) theoretical ones, in the levels of depth and multifactoriality demonstrated in the verbal or written explanation the technical, tactical, physical, psychological and sociocultural foundations of each sport or group of modalities. Without prejudice to more theoretical and expository classes being designed to address some issues relating to the development of individual expression skills on the fundamentals of the modalities addressed, all classes will develop spaces for students can train these skills based on the knowledge and skills developed in previous sessions.

### **Bibliografia / Bibliography (Lim:1000)**

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