

Caraterização da Unidade Curricular / Characterisation of the Curricular Unit

Designação da Unidade Curricular / Curricular Unit:	[3181200629] Atividade Física e Lazer [3181200629] Physical Activity & Leisure		
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:	3		
Período / Term:	S1		
ECTS:	4		
Horas de Trabalho / Work Hours:	0108:00		
Horas de Contacto/Contact Hours:			
(T) Teóricas/Theoretical:	0045:00	(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

[2201] Antonino Manuel De Almeida Pereira

Outros Docentes / Other Teaching

[2344] Carla Cristina Vieira Lourenço

Learning Outcomes of the Curricular Unit

Sensitize the student to the growing importance of physical activity and various sports activities in leisure time and leisure of modern man;

Confront the student with the realities of current social and situational differences affecting the lifestyles of individuals, influencing their choices and leisure practices;

Providing the elements forming theoretical and practical teaching that enable a future organization and supervision of leisure activities.

Learning Outcomes of the Curricular Unit (Lim:1000)

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Syllabus (Lim:1000)

1. Leisure in contemporary society

Concepts: leisure and leisure

Evolution of leisure through the ages

The importance and functions of leisure

The symbology of leisure and cultural practices in different contexts

2. Leisure and public and private institutions

3. Leisure and special populations

4. Physical Activity, sport, leisure and health

Health and lifestyle concepts

Risk factors and/or protection of health and well-being:

The role of physical activity, sport and leisure in promoting lifestyles

healthy

Physical activity assessment methods (IPAQ - International Physical Activity Questionnaire).

5. Physical activity, sport and leisure

Meanings, benefits and constraints.

International trends

Physical activity programs

Future prospects

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

Physical Activity and Leisure assumes the space for development in future professional intervention at the level of organization and supervision of Leisure activities. Students must know and understand the social and conjunctural factors that affect the lifestyles of individuals and their leisure options and practices.

In addition to theoretical expositions, sessions will also be promoted in which students plan, carry out and evaluate among themselves recreational and leisure activities.

The student must apply specific know-how and define, develop and evaluate the teaching-learning processes related to Physical Activity and Leisure, taking into account individual and contextual characteristics.

Accompanied by the teacher and

providing the trainee with theoretical, practical and pedagogical elements that enable him to a future organization and supervision of leisure activities, the student must plan, develop and control the processes of practice of leisure physical activities.

Teaching Methodologies (Including evaluation; Lim:1000)

The teaching of this curricular unit will be based mainly on lectures on the subjects contained in the program and on bibliographic research and presentation of group work related to program content.

The teacher will agree with the students the themes for the research assignments and encourage them to interact and participate in the construction of their learning. The evaluation follows the Frequency and Evaluation Regulation of Scholl of Education and are based on the following elements of interpretive character: written test (70%) and research work (30%).

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

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Accompanied by the teacher and providing the trainee with theoretical, practical and pedagogical elements that enable him to a future organization and supervision of leisure activities, the student must plan, develop and control the processes of practice of leisure physical activities.

Bibliografia / Bibliography (Lim:1000)

Constantino, J. & Machado, M. (2020). *e-Sports. O desporto em mudança?* Lisboa: Visão e Contextos

DGS (2016). *Estratégia Nacional para a Promoção da Atividade Física, da Saúde e do Bem-Estar*. Lisboa: DGS.

Elkington, S. & Gammon, S. (Eds.)(2014). *Contemporary perspectives in leisure: meanings, motives and lifelong learning*. N.Y.: Routledge.

Henderson, K. (2018). *Leisure studies as a calling*. *World Leisure Journal*, 60(3), 181-190.

Higham, J. & Hinch, T. (2009). *Sport and tourism: globalization, mobility and identity*. Amsterdam: Elsevier.

[Pérez Triviño, J. \(2021\). *El deporte tras el coronavirus : una visión transversal del impacto de la crisis en el deporte*. Terrassa: Ed. Hexis .](#)

Physical Activity Guidelines Advisory Committee (2018). *Physical Activity Guidelines Advisory Committee Scientific Report*. Washington, DC: U.S.DHHS.

WHO (2016). *Physical activity strategy for the European Region 2016¿2025*. Copenhagen: WHO.

WHO (2018). *Global action plan on physical activity 2018¿2030*. Switzerland: WHO.

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