

Caraterização da Unidade Curricular / Characterisation of the Curricular Unit

Designação da Unidade Curricular / Curricular Unit:	[3181200630] Estágio I [3181200630] Traineeship I		
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:	16		
Horas de Trabalho / Work Hours:	0432:00		
Horas de Contacto/Contact Hours:			
(T) Teóricas/Theoretical:	0000:00	(TC) Trabalho de Campo/Fieldwork:	0000:00
(TP) Teórico-Práticas/Theoretical-Practical:	0000:00	(OT) Orientação Tutorial/Tutorial Orientation:	0030:00
(P) Práticas/Practical:	0000:00	(E) Estágio/Internship:	0150:00
(PL) Práticas Laboratoriais/Practical Labs:	0000:00	(O) Outras/Others:	0000:00
(S) Seminário/Seminar:	0000:00		

Docente Responsável / Responsible Teaching

[2047] João Luís Garcês Esteves

Outros Docentes / Other Teaching

[2001] Abel Aurélio Abreu de Figueiredo

[2038] Francisco Emiliano Dias Mendes

[2047] João Luís Garcês Esteves

[2196] Carlos Eduardo Gonçalves da Costa Vasconcelos

[2201] Antonino Manuel de Almeida Pereira

[2216] Paulo Alexandre Mendes Ribeiro Eira

[47622] António Manuel Tavares Azevedo

Learning Outcomes of the Curricular Unit

Skills:

1. To apply the knowledge and skills acquired in the curricular units of the course in professional contexts of sport and physical activity, showing the deepest powers of interpretation in certain vocational areas chosen.
2. Problematize interpretively (explaining and understanding) the theoretical foundations of the profession concerned in a profound vision of nature at different levels, depending on the specific bio (physical, technical, tactical), psychological and social.
3. Perform the job tasks, demonstrating in their own situations, individual capacity to achieve the level of diagnosis, planning, conduct and evaluation of activities, whether in individual tasks, or in group.

Learning Outcomes of the Curricular Unit (Lim:1000)

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Syllabus (Lim:1000)

1. The training process has the following steps: a) Diagnosis and Planning b) Conduct of Activity c) Evaluation. 2. The student will choose professional contexts, according to the following profiles: a) Schedule and conduct education and training in a specialty in sports training schools, clubs and associations; b) Schedule and conduct of physical activities and sports in various contexts such as Local Authorities, Gyms, Fitness Clubs; c) Monitor the physical activity and sport with special populations; d) Take / integrate the technical direction of Sports Facilities, Clubs and Academies. e) Integrate teams from promoting and organizing events. Students must prepare a Internship Individual Plan, choosing a modality or a group of modalities. On Internship Individual Plan are expressed skills to develop in the following steps: Diagnosis and Planning, Conducting the Activity; Evaluation and Conclusion. «Syllabus»

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

The coherence between the contents and objectives of this CU is quite evident sinc

Teaching Methodologies (Including evaluation; Lim:1000)

Emphasis is placed in methodologies based on the weekly debate under the guidance of the supervisor - 30h of contact. The remaining 150h activity resulting from on-site training under the guidance of the cooperative. In the stage of diagnosis and planning, we emphasize the methodologies of bibliographical and documentary research, and participant observation in the institution where the Work Placement takes place. The conduct of the activity of the student is subject to regular interpretative analysis. In the conclusive phase of evaluation, methodological individual axis will report on a Final Internship Report and an Internship Dossier. In the conclusive phase of evaluation, the intensity of the methodologies of group work for the hetero and self-evaluation, methodological individual axis will report on a Final Internship Report, an Internship Dossier and a Monography, to be defended in public examination. «Teaching Methodologies»

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

The methodologies used in this UC, placing students in a job situation with guidance and support from a Tutor, the Reception Entity, and an Internship Coordinator from the training institution, are ideal for allowing a channel for integration into the job market, fundamental objective of the Internship Units of the DAF Course.

Bibliografia / Bibliography (Lim:1000)

Lei n.º 5/2007, de 16 de Janeiro Lei n.º 46/86, de 14 de Outubro

Lei n.º 40/2012, de 28 de agosto

Decreto-Lei n.º 407/99, de 15 de Outubro

Portaria n.º 326/2013, de 1 de novembro

Lei n.º 39/2012, de 28 de agosto

Portaria n.º 36/2014, 14 de fevereiro

Portaria n.º 644-A/2015. D.R. n.º 164, 3º Suplemento, Série II de 2015-08-24

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Decreto-Lei n.º 169/2015. D.R. n.º 164, Série I de 2015-08-24

Decreto-Lei n.º 212/2009. D.R. n.º 171, Série I de 2009-09-03