

Caraterização da Unidade Curricular / Characterisation of the Curricular Unit

Designação da Unidade Curricular / Curricular Unit:	[3181200635] Estágio II [3181200635] Traineeship 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:	3		
Período / Term:	S2		
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

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. skills:
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 should prepare a Pre Individual Project Work Placement, choosing a modality or a group of modalities.

On Individual Project of Work Placement are expressed skills to develop in the following steps: Diagnosis and Planning, Conducting the Activity; Evaluation and Conclusion.

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

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Teaching Methodologies (Including evaluation; Lim:1000)

Weekly debate under the supervision of the supervisor (30h) and 150h of work in the professional place under the supervision of the Tutor. In the diagnosis and planning stage, bibliographic and documentary research methodologies are privileged, strengthened with participant observation in the institution where the internship takes place.

The final stage of the evaluation will be based on: a Final Internship Report, an Internship Dossier and a Monograph, defended before a jury designated for that purpose, in public tests.

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

N.A.

Bibliografia / Bibliography (Lim:1000)

Carta Internacional da Educação Física e do Desporto da UNESCO Carta Europeia do Desporto Código da Ética Desportiva Carta Olímpica - 2007

Lei nº 5/2007, de 16 de Janeiro Regime de acesso e exercício da atividade de treinador/a de desporto (Lei n.º 40/2012, de 28 de agosto)

Regime da responsabilidade técnica pela direção e orientação das atividades desportivas desenvolvidas nas instalações desportivas que prestam serviços desportivos na área da manutenção da condição física (Lei n.º 39/2012, de 28 de agosto)

Princípios orientadores da organização e da gestão dos currículos dos ensinos básicos e secundário (Decreto-Lei 139/2012, de 5 de julho)

Regime Jurídico da Educação Física e do Desporto Escolar (Decreto-Lei n.º 95/91, de 26 de Fevereiro)

Regime de autonomia e gestão dos estabelecimentos públicos da educação pré-escolar e dos e. básico e secundário (Dec. Lei 137/2012, de 2 de julho)

