

Caraterização da Unidade Curricular / Characterisation of the Curricular Unit

Designação da Unidade Curricular / Curricular Unit:	[3181200636] Op. Artes Marciais e Motricidade Reflexivo-Postural [3181200636] Op.Martial Arts and Postural-Reflexive Motricity		
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, 3		
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

Outros Docentes / Other Teaching

[2001] Abel Aurélio Abreu de Figueiredo

Learning Outcomes of the Curricular Unit

Competencies:

1. High interpretation competencies (understanding and explanation) of Martial Arts /Combat Sports and Reflexive and Postural Motricity (MACS&RPM) as specific didactical content for learning and training. Skills:
2. Explain advanced fundamental knowledge of MACS&RPM on a deepest view of a sport discipline nature in physical, technical, tactical, psychological and socio-cultural levels.
3. Perform technical and tactical elements of AMDC&MR-P, demonstrating, in own situations, higher levels of interpretation in the practical execution of some technical actions and/ r technical -tactics of a sport, discipline or specialty chosen by the student.

Learning Outcomes of the Curricular Unit (Lim:1000)

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Syllabus (Lim:1000)

The Fight Motricity as an object of study and the characteristics of the modalities discussed:

Combat Sports on School (DCE);

Karate (K), Taekwondo (T) and Kickboxing (KB);

Wrestling (L), Judo (JD) and Jujitsu (JJ);

Bodycombat and fitness systems (BC);

Fencing (E) and Jogo do Pau (Stick Fencing) (JP);

The Reflective-Postural Motricity as an object of study and modalities characteristics addressed:

Reflective-Postural Motricity on School (MRPE);

Yoga (Y) and Meditation (Md);

Massage (Ms), Relaxation (R) and Respiratory Gymnastics (RG);

Chi-Kung (CK) and Tai Chi Chuan (TCC);

Bodybalance (BB), Pilate (P) and fitness / wellness systems.

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

The Optional curricular units are from the Main Thematic Area (MTA) of the Physical Activity and Sports Didactics (D). They are focused on the specific sports actions as didactical contents for education and training, from its technical or technical -tactical through its multifactorial characterization, allowing their understanding so that it can be interpreted on different levels, highlighting the construction of teaching progressions of exercise appropriated to the level of practitioners and/or competitors. Divided into two main areas, through (a) specific disciplines of the fight motricity and (b) specific disciplines of reflective-postural motricity, as well as its deconstruction for use in eclectic contexts corresponding to initial stages of sporting education, promotes the knowledge and skills provided in 2 (50%) and 3 (50%) learning outcomes.

Teaching Methodologies (Including evaluation; Lim:1000)

Classes are based on theoretical and practical contents with one third of incident in expositive classes and two thirds focused on exercising organized on specific equipment and particular venues of the sports, with the aim to develop in depth the two main areas of skills mentioned above: - Explanation of the fundamentals of MACS&RPM; - Performance of technical and tactical elements of MACS&RPM. - The level of individual expression on the basic knowledge of MACS&RPM in the form of one or more written or oral tests (50%); - The individual level of performance of the technical and tactical elements of MACS&RPM in the form of one or more practical tests (50%).

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

Through the organization of (a) investigation, observation and explanation tasks, referenced to the content, and (b) education and implementation exercises of technical skills and tactics of MACS and R-PM; the acquired skills on the S&FA units are consolidated on the understanding domain of this nuclear group of modalities, contributing to the competencies defined on point 1 of learning objectives. One third of the teaching methodologies, corresponding to 2 hours per week, are predominantly expository and pacing cognitive- explanatory skills of MACS&R-PM contents. Two thirds, corresponding to 4 hours per week, are predominantly practical and stimulating executive-operating skills through exercises of MACS&R-PM, contributing to the defined skills 2 and 3.

Bibliografia / Bibliography (Lim:1000)

Artes Marciais

Figueiredo, A. (1997). Os Desportos de Combate nos Programas de Educação Física. Horizonte - Revista de Educação Física e Desporto, 14(80), 36-39. Retrived from <http://hdl.handle.net/10400.19/454>.

Figueiredo, A. (1998). Os Desportos de Combate nas Aulas de Educação Física. Horizonte - Revista de Educação Física e Desporto, 14(81) Dossier. Retrived from <http://hdl.handle.net/10400.19/465>.

Avelar, B., & Figueiredo, A. (2009). La iniciación a los deportes de combate: interpretación de la estructura del fenómeno lúdico luctatorio. Revista de Artes Marciales Asiáticas, 4(3) 44-57.

Motricidade Reflexivo-Postural

Delimbeuf, J. (Org. 1990). Técnicas Corporais de Bem Estar ¿ Colectânea de Textos. Cruz Quebrada: Faculdade de Motricidade Humana.

De Smedt, E. (1975). Techniques du Bien-Être ¿ Une Journée. Paris : Ed. Robert Laffont.

Figueiredo, A. (1996). Movo-me, Logo Existo!. Millenium - Revista do IPV, 2, 58-64.

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