

Caraterização da Unidade Curricular / Characterisation of the Curricular Unit

Designação da Unidade Curricular / Curricular Unit:	[3181200643] Op. Desportos Individuais [3181200643] Individual Sports		
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:	S1		
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

[47622] António Manuel Tavares Azevedo

Outros Docentes / Other Teaching

[2344] Carla Cristina Vieira Lourenço

Learning Outcomes of the Curricular Unit

Gymnastics:

- Basic assumptions for learning technical gestures;
- Motor action determinants (critical components, aids, technical errors);
- Evaluation notions and strategies;
- Observation and analysis of technical elements.

Learning Outcomes of the Curricular Unit (Lim:1000)

Gymnastics:

- Basic assumptions for learning technical gestures;
- Motor action determinants (critical components, aids, technical errors);
- Evaluation notions and strategies;
- Observation and analysis of technical elements.

Syllabus (Lim:1000)

Gymnastics:

- Basic assumptions for learning technical gestures;
- Motor action determinants (critical components, aids, technical errors);
- Evaluation notions and strategies;
- Observation and analysis of technical elements.

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 Gymnastics and (b) 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;
- Performance of technical and tactical elements of. Individual expression on the basic knowledge, in the form of one

or more written or oral tests

(50%); The individual level of performance, in the form of one or more practical tests (50%).

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

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 Gymnastics and (b) 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.

Bibliografia / Bibliography (Lim:1000)

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Etapé, E., López, M., Grande, I. (2015). Las habilidades gimnásticas y acrobáticas en el ámbito educativo. INDE Publicaciones. Barcelona, Espanha.(Cap.1 e 2)

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