

Caraterização da Unidade Curricular / Characterisation of the Curricular Unit

Designação da Unidade Curricular / Curricular Unit:	[3181200618] Atividades Físicas e Desportivas III		
Plano / Plan:	[3181200618] Sports and Physical Activities III 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		
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:	0120:00	(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

[2196] Carlos Eduardo Gonçalves Da Costa Vasconcelos

Outros Docentes / Other Teaching

[2196] Carlos Eduardo Gonçalves da Costa Vasconcelos

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Learning Outcomes of the Curricular Unit

Block A3 (Swimming):

- Identify and relate the different domains with the acquisition and development of adaptation to the aquatic environment.
- Describe the respective techniques and success criteria.
- Plan and conduct a program with a view to learning each of the Pure Sport Swimming techniques, respecting the progression and coherence of the plan.
- Analyze the technique and select technical exercises with a view to correcting it.
- Apply the mechanical principles underlying the development of swimming effectiveness of different techniques
- Know the characteristics and positioning of the discipline of Artistic Swimming, Water Polo and Water Jumping at national and international level.
- Know and apply different forms played by the Water Polo

Block B3 (Academy Activities)

The Academy Activities variant of the Physical and Sports Activities III Curricular Unit has as its main objective to provide students with basic training in the context of fitness activities, namely in the area of group activities (aerobics, step, localized, hydrogymnastics). Thus, at the end of this Curricular Unit, students should be able to:

- Show theoretical bases that allow you to understand what they are, the origin and evolution of the activities covered in the Curricular Unit;
- Identify and properly use equipment and material resources inherent to group classes;
- Acquire and improve techniques for executing the basic steps and localized muscle training exercises, in the respective classes;
- Understand and apply methodologies for planning and structuring group classes, including aerobics, step, localized and hydrogymnastics classes.

Learning Outcomes of the Curricular Unit (Lim:1000)

Block A3 (Swimming)

- Identify and relate the different domains with the acquisition and development of adaptation to the aquatic environment.
- Describe the respective techniques and success criteria
- Plan and conduct a program with a view to learning each of the Pure Sport Swimming techniques

- Analyze the technique and select technical exercises with a view to correcting it.
- Apply the mechanical principles underlying the development of swimming effectiveness of different techniques
- Know the characteristics of the Synchronized Swimming, Water Polo and Water Jumps discipline.

Block B3 (Academy Activities)

- Identify and properly use equipment and material resources inherent to group classes;
- Acquire and improve techniques for performing basic steps and localized muscle training exercises
- Understand and apply methodologies for planning and structuring group classes, including aerobics, step, localized and hydrogymnastics classes

Syllabus (Lim:1000)

Block A3 (Swimming)

- Basic Water Motor Skills

- Crawl Technique

- Backstroke technique

- Breaststroke Technique

- Butterfly Technique

- Turns,

- Departures

- Arrivals

- Characterization of the Artistic Swimming discipline

- Characterization of the Water Polo discipline

- Water Polo pre sports games

- Characterization of the discipline of Jumps to Water

Block B3 (Academy Activities)

Aerobics:

- Objectives and benefits

- Class structure

Step:

- Objectives, advantages and disadvantages of the step class;

- Characterization of the class

- Structure of a step class, intensity, choreographic construction methods).

Localized Gymnastics:

- Definition, objectives and benefits of localized gym classes;

- Muscle tonification in group classes;

- Characterization of localized gym classes

- Class methodology; intensity Water aerobics:

Hydrogymnastic:

- Objectives, advantages and benefits of Hydrogymnastics; -

- Characterization and methodology of hydrogymnastics classes

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

The curricular units of Physical and Sports Activities are from the Main Thematic Area of Didactics of Physical and Sports Activities. They are focused on specific sports actions as didactic content (teaching and training), through their technical and/or technical-tactical characterization, allowing their understanding so that they can be interpreted at different levels, with emphasis on the construction of progressions pedagogical exercises suited to the level of practitioners and/or competitors. Divided into blocks organized curricularly in spaces and sports equipment specific to the modalities covered, the specific contents allow to start the didactic understanding of the contents of these modalities through (a) Execution of its technical-tactical elements (70%) and (b) Explanation of its fundamentals basic multifactorials (30%).

Teaching Methodologies (Including evaluation; Lim:1000)

Classes are theoretical-practical with a strong focus on organized exercises with equipment and in specific spaces of the modalities, with the aim of developing the two main areas of skills already mentioned:

- Explanation of the fundamentals of Swimming and Academy Activities.
- Execution of technical elements of Swimming and Academy Activities

Regarding the evaluation of the Curricular Unit, this is carried out based on each of the blocks of modalities:

- The level of individual expression on the fundamentals of the modalities: written tests or oral exams (30%);

From the individual level of execution of technical elements of the modalities: practical tests (70%).

The Final Classification of the Course of Physical and Sports Activities 3 = $[(A3*60) + (B3*60)/120]$

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

The main exercises are organized around problem situations that involve individual, pairs or group stimulation, depending on the modalities and disciplines, and the level of the performers. They are contextualized in situations of individual and group exhibition and competition, or simplified game between pairs or teams, in various possible structures for the development of offensive, defensive and transitional technical and technical-tactic actions, in accordance with the norms, values and symbols of the modalities, and in reference to the physical and psychological stimulation required. The success criteria for the (a) practical tasks are based on the levels of demonstration observable in the students' motor production of skills, in the specific parameters of the actions in the modalities addressed, and for the (b) theoretical ones, in the levels of depth and multifactoriality demonstrated in the verbal or written explanation of the fundamentals of each modality.

Bibliografia / Bibliography (Lim:1000)

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