

### Caraterização da Unidade Curricular / Characterisation of the Curricular Unit

<b>Designação da Unidade Curricular / Curricular Unit:</b>	[3181200613] Atividades Físicas e Desportivas II		
<b>Plano / Plan:</b>	[3181200613] Sports and Physical Activities II 2007/2008		
<b>Curso / Course:</b>	Desporto e Atividade Física Sport and Physical Activity		
<b>Grau / Diploma:</b>	Licenciado		
<b>Departamento / Department:</b>	CDM - Ciências do Desporto e Motricidade		
<b>Unidade Orgânica / Organic Unit:</b>	Escola Superior de Educação de Viseu		
<b>Área Científica / Scientific Area:</b>	Ciências do Desporto		
<b>Ano Curricular / Curricular Year:</b>	1		
<b>Período / Term:</b>	S2		
<b>ECTS:</b>	6		
<b>Horas de Trabalho / Work Hours:</b>	0162:00		
<b>Horas de Contacto/Contact Hours:</b>			
(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

[2047] João Luís Garcês Esteves [47622] António Manuel Tavares Azevedo ; [2216] Paulo Alexandre Mendes Ribeiro Eira ;

### **Outros Docentes / Other Teaching**

[2162] Filipe da Cunha Amaral

[2344] Carla Cristina Vieira Lourenço

[2362] Luís Carlos Lopes da Costa

[47622] António Manuel Tavares Azevedo

### **Learning Outcomes of the Curricular Unit**

#### **GYMNASTICS:**

Develop knowledge and the ability to individually express, verbally and/or in writing, the problematization about Gymnastics' fundamentals.

Develop the ability to execute, individually and/or collectively, the gymnastics elements.

Describe and use the specific Gymnastic's terminology.

#### **HANDBALL:**

Identify, distinguish and understand the Game regulations.

Identify and differentiate the different objectives of Reduced Play, Conditioned Play and Formal Play.

Identify and characterize the general Pre-Sport Games and their usefulness in the initiation.

#### **SOCCER:**

Identify and characterize the goals and fundamentals of the game within your organization dynamics (in attack and defense).

Describe the characteristics of the different tactical actions / offensive and defensive techniques as factors of the game of soccer.

Identify the specific principles of offensive and defensive play.

### **Learning Outcomes of the Curricular Unit (Lim:1000)**

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### **Syllabus (Lim:1000)**

#### **GYMNASTICS:**

Gymnastics' basic elements, with special focus on Artistic, Trampoline, GPT and Acrobatic disciplines.

#### **SOCCER:**

Football - A game of tactical skills

Game Laws

The Game Phases

General, Operational and Fundamental Game Principles

Specific Game Principles

Specificity and Specificity of the Team

#### **HANDBALL:**

Handball's general characterization (formal game);

Characterization of initial and elementary steps;

Handball rules and specific regulations;

Game components (offensive and defensive).

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

The Physical Activity and Sports (AFD's) curricular units belong to the Main Thematic Area (MTA) of the AFD's Didactics (D). They are focused on the specific sports actions as didactical contents for education and training, through its technical or technical-tactical characterization, allowing their understanding in order to be interpreted at various levels, with emphasis on the construction of pedagogical progressions of exercises appropriated to the level of practitioners and / or competitors. Divided into blocks organized in appropriated sports venues and equipment, the specific content allow you to start teaching the understanding of the didactical contents of these sports through (a ) execution of its technical and tactical elements (70%) and (b) explanation of its basic multifactorial foundations (30%).

### **Teaching Methodologies (Including evaluation; Lim:1000)**

Classes are based on theoretical and practical contents with a high incidence in exercises organized with equipment and in particular venues of the modalities with the aim of developing the two main areas of skills mentioned above:

- Explanation of Football, Handball and Gimnastic fundamentals;
- Performance - technical and tactical elements on Football, Handball and Gymnastics.

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

The Physical Activity and Sports (AFD's) curricular units belonging from Sport Sciences as main scientific reference area of the course, and from Didactics as the main thematic area of the AFD's, intended to be curricular moments where theoretical and practical knowledge is provided to the students enabling the future organization and direction of activities in different contexts and institutions, standing focused on specific sport actions as didactical content.

Through the organization of tasks and basic exercises of sport motricity of the football in Gymnastic, Football and Handball , skills acquired in school education are consolidated on the understanding domain of these fundamental and nuclear modalities, and the learning objectives are developed in the areas of cognitive-explanatory skills and executive-operational above cited.

### **Bibliografia / Bibliography (Lim:1000)**

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