

Course Unit	Individual Sports I		Field of study	Sport Sciences	
Bachelor in	Sports - Minor in Recreation and Leisure		School	School of Education	
Academic Year	2023/2024	Year of study	1	Level	1-1
Type	Semestral	Semester	1	Code	9563-625-1103-00-23
Workload (hours)	216	Contact hours	T -	TP 10	PL 80
			TC -	S -	E -
			OT -	O -	

T - Lectures; TP - Lectures and problem-solving; PL - Problem-solving, project or laboratory; TC - Fieldwork; S - Seminar; E - Placement; OT - Tutorial; O - Other

Name(s) of lecturer(s) **Pedro Miguel Monteiro Rodrigues**

Learning outcomes and competences

At the end of the course unit the learner is expected to be able to:

- origins and evolution, techniques, prescription and management of gymnastics
- origins and evolution, techniques, prescription and management of aquatic activities

Prerequisites

Before the course unit the learner is expected to be able to:

Area and body control. Coordination capacity. Experiences in the aquatic environment Field

Course contents

Aquatic activities (adaptation to aquatic environment, competitive swimming, water aerobics); Artistic Gymnastics (women's artistic gymnastics, men's artistic gymnastics); Acrobatic gymnastics; Trampoline.

Course contents (extended version)

- Aquatic skills. Rules of Pure Sport Swimming competitions.
 - adaptation to aquatic environment: autonomy in the aquatic environment; learning techniques;
 - swimming pure sports: Crol and Back, Breaststroke and Mariposa;
 - water aerobics: planning and administration of a water aerobics class.
- Basic gymnastics fundamentals.
 - Assitance/Spotting in gymnastic;
 - Gymnastic progressions.
- Women's gymnastic Apparatus and men's gymnastic Apparatus.
 - Floor (acrobatic elements, strength, flexibility, balance);
 - Parallel bars (swings, static elements and take off);
 - Balance beam (combination of balance movements, flexibility and rotation);
 - Uneven bars/horizontal bar (swings, rotation elements on the bar and dismount);
 - Vault (Simple vaults).
- Acrobatic gymnastics.
 - Pairs, triples and quads and group gymnastics;
 - Balance and dynamic elements.
- Trampoline.
 - Mini trampoline (vertical jumps with and without rotation).

Recommended reading

- Araújo, C. (2002). Manual de ajudas em ginástica. Edição do Autor. FCDEF-UP.
- BARBOSA, T. e QUEIROS, T. (2004). Ensino da Natação. Ed. Xistarca. Lisboa.
- BARBOSA, T. e QUEIROS, T. (2005). Manual Prático de Actividades Aquáticas e Hidroginástica. Ed. Xistarca. Lisboa.
- Russell, K. (2010). Basic Gym – Fundamentos da Ginástica e da Literacia Motora. Edição Portuguesa pela Federação de Ginástica de Portugal
- Maglismo E. Swimming fastest. Champaign, IL: Human Kinetics; 2003

Teaching and learning methods

Practice and study of the individual student; Exercise of motor skills with the guidance of the teacher; Methodological progressions with increasing the degree of difficulty in the approach to new techniques and sequences, oral exposure and through media and interactive multimedia content for teaching; Working with a research mentor; Fieldwork.

Assessment methods

- Continuous evaluation - (Regular, Student Worker) (Final)
 - Intermediate Written Test - 25% (Average Gym component with Swimming)
 - Practical Work - 75% (Average Gym component with Swimming)
- Exam evaluation - (Regular, Student Worker) (Supplementary, Special)
 - Final Written Exam - 25% (The grade of the practical component obtained in the continuous assessment remains - 75%)

Language of instruction

Portuguese

Electronic validation

Pedro Miguel Monteiro Rodrigues	José Augusto Afonso Bragada	Pedro Miguel Queirós Pimenta Magalhaes	Carlos Manuel Costa Teixeira
25-02-2024	26-02-2024	26-02-2024	27-02-2024