

Course Unit	Water Sports	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
Type	Semestral	Semester	2
Workload (hours)	108	Contact hours	T - , TP 5 , PL 40 , TC - , S - , E - , OT - , O -
Level	1-1	ECTS credits	4.0
Code	9563-625-1203-00-23		

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) António Miguel de Barros Monteiro

### Learning outcomes and competences

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

1. Dominate basic and essential concepts in the different specialties of nautical sports
2. Show ability to analyze the basic concepts of meteorology and its effects on nautical activities in confined waters
3. Present methodological approach to Sailing, Rowing, WindSurfing and Kayaking.
4. Demonstrate ability to plan and execute projects and activities within the Nautical Sports

### Prerequisites

Before the course unit the learner is expected to be able to:  
Not applicable.

### Course contents

Nautical Sports (NS); Environment and its meteorological and water features; Materials and equipment for NS practice; Rules and regulations for each different modality of NS; Basic driving and safety techniques of NS (Kayaking, Rowing, Windsurfing and Sailing); Organization, planning and realization of NS.

### Course contents (extended version)

1. Nautical Sports (NS)
  - Environment
  - General meteorological characteristics
  - Water plans characteristics
  - Materials and equipment for the practice of NS
  - Rules and regulations for each different NS
  - Basic DN driving and safety techniques (Kayaking, Rowing, Windsurfing and Sailing)
2. Kayaking
  - Loading and unloading techniques
  - Kayak depletion processes
  - Basic Techniques
  - Plying technique
  - Lifesaving techniques
3. Rowing
  - Vessel mounting
  - Loading and unloading techniques
  - Rowing technique
  - Lifesaving techniques
4. Sailing
  - Characteristics of tides, currents and winds
  - Fundamental nodes
  - Techniques for equipping a sailboat
  - Types of navigation
  - Basic maneuvers
5. Windsurfing
  - Types of navigation
  - Departures
  - Techniques of change of board
  - How to use the harness
  - Planar techniques

### Recommended reading

1. Cort, A. (2009), The Blue Book of Sailing, New York, MC Graw Hill
2. Mattos, B. (2004) Kayaking and Canoeing for Beginners, London, Anness Publishing
3. Nogueira, A; Raul, M (2004). Prancha à vela (Windsurf). Lisboa: Instituto do Desporto de Portugal
4. Sayer B. (2013) Rowing and Sculling : The Complete Manual, London, The Crowood Press Ltd

### Teaching and learning methods

Slide projection, of theoretical and practical contents of the programmatic unit; Individual and practical work in class, according to covered content. Individual and group work, according to covered content in each discipline; Acquired knowledge application in organization and participation of NS.

### Assessment methods

1. Continuous Evaluation - (Regular, Student Worker) (Final)
  - Intermediate Written Test - 25% (Written test)
  - Practical Work - 75% (Obtained during continuous evaluation)
2. Exam Evaluation - (Regular, Student Worker) (Supplementary, Special)
  - Final Written Exam - 25% (Written test)
  - Practical Work - 75% (Obtained during continuous evaluation)

**Language of instruction**

1. Portuguese
2. Portuguese, with additional English support for foreign students.

**Electronic validation**

António Miguel de Barros Monteiro	Pedro Miguel Monteiro Rodrigues	Pedro Miguel Queirós Pimenta Magalhaes	Carlos Manuel Costa Teixeira
11-01-2024	25-02-2024	26-02-2024	27-02-2024