

Course Unit	Sports Nature II	Field of study	Sport Sciences
Bachelor in	Sports - Minor in Recreation and Leisure	School	School of Education
Academic Year	2023/2024	Year of study	2
Type	Semestral	Semester	1
Workload (hours)	108	Contact hours	T - , TP 10, PL 35, TC - , S - , E - , OT - , O -
Level	1-2	ECTS credits	4.0
Code	9563-625-2102-00-23		

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 the handling of materials, equipment and technical language specific to Trekking.
2. Dominate the theoretical-practical knowledge of trekking marking
3. Dominate the theoretical-practical knowledge of MTB centers
4. Dominate the theoretical and practical knowledge of Cycling 'In Portugal route marking.

#### Prerequisites

Before the course unit the learner is expected to be able to:  
Highlight the systematization of knowledge acquired in Sports Nature I.

#### Course contents

Trekking; Trekking trails marking; MTB centers; MTB tracks marking.

#### Course contents (extended version)

1. Trekking
  - Sports activity
  - Ambiental Activity
  - Tourist and cultural activity
2. The choice of trekking tracks
3. Trekking classification
  - As for the function
  - As for the form
  - As for the degree of difficulty
  - As for the resources used in ambiental interpretation
  - As for the extension
4. Signage
  - The marks
  - The informative panels
  - Indicative boards
  - Informational boards
  - Additional signage
  - Some errors in the trekkings marking
5. Trekking tracks marking
  - Trekking tips classification
  - Organization, planning and implementation of trekking tracks
  - Process for approval of a trekking tracks
  - Safety
  - Material and equipment
6. MTB centers
  - Sports activity
  - Ambiental Activity
  - Tourist and cultural activity
7. General and specific conditions for the homologation of MTB centers
  - General characteristics
  - MTB tracks
  - Enduro tracks
  - Sports facilities for competition
8. Promoters
  - Obligations and collaboration duties
9. Phases of homologation process
  - Homologation process
  - Feasibility opinion on the creation of the Center
  - Previous opinion
  - Tracks Audit
  - Technical report
  - Project Analysis
  - Approval and maintenance certificate emission
  - Homologation certificate and fees renovation
10. MTB tracks marking

#### Recommended reading

1. Alpiarça, M. (2013). Do ABC da BTT até onde pudeses. . . Editora Visão e Contextos.
2. Andrade, W. (2006). Manejo de trilhas. www. femesp. org.
3. FPC (2013). Regulamento de Homologação De Centros de Ciclismo/BTT. <http://www.fpciclismo.pt/ficheirossite/12122013093148.pdf>
4. FCMP (2013). Regulamento de Homologação de Percursos Pedestres. <http://www.fcmpportugal.com>.
5. FCMP (2007). Manual de Monitores de Pedestrianismo. Edic. de Ar Livre e Ambiente, Lda.

#### Teaching and learning methods

Theoretical and practical sessions with the use of media. Practice sessions of systematic acquired advanced knowledge in theoretical and practical sessions. Tutors

**Teaching and learning methods**

sessions: sessions to support the achievement of individual and group work.

**Assessment methods**

1. Continuous Evaluation - (Regular, Student Worker) (Final)
  - Practical Work - 25% (Theoretical/practical work on one of the modalities)
  - Practical Work - 75% (Obtained during continuous evaluation of the practice of the different modalities)
2. Exame 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**

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11-01-2024	25-02-2024	26-02-2024	27-02-2024