

Course Unit	Socio-Sports Recreation	Field of study	Sport Sciences
Bachelor in	Sports - Minor in Recreation and Leisure	School	School of Education
Academic Year	2023/2024	Year of study	3
Type	Semestral	Semester	2
Workload (hours)	108	Contact hours	T - , TP 10, PL 35, TC - , S - , E - , OT - , O -
		Level	1-3
		ECTS credits	4.0
		Code	9563-625-3201-00-23

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) Antonio Manuel Malvas Reis

### Learning outcomes and competences

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

1. Realize the importance of animation as a social development process between a restricted group and the surrounding society, as well as the improvement / maintenance of the subjects' quality of life.
2. Present and defend works / projects / tutorials performed.
3. Plan and carry out socio-sports animation activities in person or in the form of projects / plans / tutorials with resources to diversified technological tools.
4. Dominates the methodological knowledge that allows the design, implementation and evaluation of socio-sports animation projects in different intervention contexts.
5. To know possible forms of socio-sports animation that can be applied in different institutions and social contexts of intervention.

### Prerequisites

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

1. To understand, interpret and analyze texts specific to this field.
2. To have motor capability and some experience recreational activities.

### Course contents

Fundamental theoretical concepts on socio-sports animation. Experience the practical realization of recreational-recreational activities aimed at different target audiences. Planning and implementation of socio-sports animation techniques in the context of practical micro-teaching sessions in groups and in the community.

### Course contents (extended version)

1. Block A - fundamental theoretical concepts in sports animation
  - Concepts of entertainment, cultural entertainment, animation and community.
  - Entertainment, recreation and leisure. The growing importance of leisure in today's society.
  - Historical concept of animation.
  - Different contexts of animation.
  - Game and sport. The animation through games and sports.
2. Block B - Sport animations activities
  - Practice of traditional / popular games and other forms of cultural and sports activities.
  - Experimentation of activities for different populations and using different materials
3. Block C - Planning and implementation of sport animation activities.
  - Prepareof sports entertainment projects. . Presentation and public defense.
  - Planning and execution of sessions. Micro teching context.
  - Critical analysis of sessions

### Recommended reading

1. Bragada, José (2002): Jogos tradicionais e o desenvolvimento das capacidades motoras na escola. CEFD - IND
2. Lança, Rui (2003): Animação desportiva e tempos livres. Editorial Caminho
3. Ferreres, Joan (2004): Animacion deportiva, el juego y los deportes alternativos. ISBN: 8497290488 (Espanha)
4. Ruiz Omeñaca, Jesús Vicente (2011): JUEGOS COOPERATIVOS Y EDUCACIÓN FÍSICA. Paidotribo. ISBN: 978-84-8019-433-4
5. Azeredo, Z. (2018). Envelhecimento Ativo: Processo sociocultural. Ed. Instituto Piaget.

### Teaching and learning methods

The methodologies will be mainly of the active type (individual and of pairs). Students will be invited to conduct reflections, debates and discussions, as well as theoretical-practical tasks, using micro-teaching sessions and the production of projects / works / tutorials, using diverse technological tools, synchronous and asynchronous.

### Assessment methods

1. Continuous assessment - (Regular, Student Worker) (Final)
  - Work Discussion - 15% (Active participation in the discussion of topics, either in person or in forums, chats, etc.)
  - Projects - 40% (Production and presentation of an intervention project, using different formats and tools.)
  - Intermediate Written Test - 45% (Perform a knowledge assessment test.)
2. Evaluation for final exam - (Regular, Student Worker) (Supplementary, Special)
  - Final Written Exam - 100% (Exam face-to-face (written) or using online methodology.)

### Language of instruction

Portuguese

### Electronic validation

Antonio Manuel Malvas Reis	Pedro Miguel Monteiro Rodrigues	Pedro Miguel Queirós Pimenta Magalhaes	Carlos Manuel Costa Teixeira
18-02-2024	25-02-2024	26-02-2024	27-02-2024