

Course Unit	Academy Sports 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	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	9563-625-3203-00-23		

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) Catarina Margarida Silva Vasques

Learning outcomes and competences

At the end of the course unit the learner is expected to be able to:
Know the principles and specific methodological procedures in the teachinggroup fitness activities; Demonstrate competence in applying the acquired content.

Prerequisites

Not applicable

Course contents

1. Group fitness activities; 2. Accreditation and training in group classes.

Course contents (extended version)

- Group fitness activities
 - Methodological principles, philosophy and concepts;
 - Characterization and analysis of equipment and material;
 - Training methodology with Swiss ball, elastic band, platform and free weights;
 - Teaching methods of motor skills;
 - Technical execution: breathing, stabilization and balance and position foundation;
 - The anticipation, feedback and corrections in the group class.
 - Choreographic construction methods;
 - Structure and planning group lesson.
- Accreditation and training in group fitness activities.
 - Businesses and programs implemented in Portugal;
 - Events, conventions and others;
 - Advanced training and specialization.

Recommended reading

- Teixeira, D. (2017). Manual do técnico de exercício físico. Porto Salvo: André Manz Produções Culturais e Desportivas.
- Campos, F. , Melo, R. , Mendes, R. (2021). Fitness e Atividades de Ginásio – Guia para Profissionais. Edições LIDEL.
- Rodriguez, J. (2006) Pilates. Plátano Editora, S. A.
- Geweniger, V., Bohlander, A. (2014). A teachers' manual. Springer.
- Kennedy, C. & Yoke, M. (2014). Methods of Group Exercise Instruction (3th Edition). Champaign, IL: Human Kinetics.

Teaching and learning methods

Theoretical-practical sessions using audiovisual media. Practical systematization sessions of advanced knowledge acquired in theoretical-practical sessions; practical exercise of different motor skills, methodological progressions in the approach of new techniques and sequences. Project-based learning process with micro class presentation.

Assessment methods

- Continuous evaluation - (Regular, Student Worker) (Final)
 - Intermediate Written Test - 25% (1 written test)
 - Practical Work - 75% (Pratic component: 5 practical works (50%) + pratical class (25%))
- Exam evaluation - (Regular, Student Worker) (Supplementary, Special)
 - Final Written Exam - 25% (Theoretical component: 1 written test)
 - Practical Work - 75% (The note of this component corresponds to that obtained in point 1b.)

Language of instruction

Portuguese

Electronic validation

Catarina Margarida Silva Vasques	Pedro Miguel Monteiro Rodrigues	Pedro Miguel Queirós Pimenta Magalhaes	Carlos Manuel Costa Teixeira
09-01-2024	25-02-2024	26-02-2024	27-02-2024