

Course Unit	Option 2 - Socio Sports Animation		Field of study	Visual Arts/Sport Sciences/Music	
Bachelor in	Social Education		School	School of Education	
Academic Year	2021/2022	Year of study	2	Level	1-2
Type	Semestral	Semester	1	ECTS credits	4.0
Code	9084-628-2103-01-21				
Workload (hours)	108	Contact hours	T -	TP 36	PL -
			TC -	S -	E -
			OT 9	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) Antonio Manuel Malvas Reis, José Augusto Afonso Bragada

### Learning outcomes and competences

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

1. To express interest in history and concepts of Cultural and Social Sports Animation.
2. Knowing the potential of recreational and sports activities in the Northeast Transmontano, such as traditional and popular games among other cultural activities.
3. Realize the importance of animation as a psychosocial development process.
4. To envision the possibilities of recreational activities of animation implemented in different institutions: kindergarten, elementary schools, institutions of occupation of leisure, holiday camps.
5. To show ability to reflection around the attitudes, ideas and values that characterize and justify the festive activities, sports and playful activity of man.
6. To master the methodological knowledge for the design, implementation and evaluation of social and sport animation projects.

### Prerequisites

Not applicable

### Course contents

Theoretical concepts in social sports animation; Traditional games and leisure activities of animation; Conception of projects of social sports animation; Planning and conduction of social sports animation sessions.

### Course contents (extended version)

1. Theoretical foundations of social sports animation
  - Concepts of animation, cultural, entertainment and community intervention
  - Historical evolution of the concept of animation.
  - The animation process as non-formal education
  - The characteristics of the animator
  - Different context of animation
2. Traditional games and other games animation
  - Practice of games animation
  - Collection of traditional games
3. Conception of projects of social sports animation
  - Steps for the conception of projects
  - Importance of innovation and creativity to the success of projects
4. Planning and conduction of social sports animation sessions
  - The definition of objectives, by levels or fields
  - Forms of organizing the activity
  - Structure of the session plan
  - Analysis and reflection on the pedagogical practice

### Recommended reading

1. Bragada, J. (2002). Jogos tradicionais e o desenvolvimento das capacidades motoras na escola. Lisboa: Centro de Estudos e Formação Desportiva.
2. Dias, G.; Mendes, R. (2013). Vamos aprender com: Jogos tradicionais portugueses. Santa Comba Dão: Edições Convite à Música.
3. Lança, R. (2009). Animação Desportiva e Tempos Livres. Perspetivas de Organização. Lisboa: Texto Editores.
4. Azeredo, Z. (2018). Envelhecimento Ativo: Processo sociocultural. Ed. Instituto Piaget.
5. Almeida, M.F. (2007). Envelhecimento: activo? Bem-sucedido? Saudável? Possíveis coordenadas de análise. in Fórum Sociológico, 17, II série. Lisboa. CESNOVA.

### Teaching and learning methods

The program contents will be treated in two types of sessions: 1) theoretical and practical sessions where will carry out an initial analysis of the contents; 2) Laboratory practice sessions where the practical contents will be experienced. Will be taken into account the use of: Exhibition-interactive approach; -Individual and group work; -Presentation and discussion of work tasks.

### Assessment methods

1. Continuous evaluation - (Regular, Student Worker) (Final)
  - Intermediate Written Test - 50%
  - Projects - 50%
2. Evaluation by an exam - (Regular, Student Worker) (Supplementary, Special)
  - Final Written Exam - 100%

### Language of instruction

Portuguese

## Electronic validation

Antonio Manuel Malvas Reis, José Augusto Afonso Bragada	Pedro Miguel Monteiro Rodrigues	Maria do Céu Ribeiro	Carlos Manuel Costa Teixeira
14-12-2021	18-01-2022	20-01-2022	22-01-2022