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|------------------|-------------------------------------|----------------|--|
| Course Unit      | Racket Sports                       | Field of study | Sport Sciences                                     |
| Bachelor in      | Sports - Minor in Sports Management | School         | School of Education                                |
| Academic Year    | 2023/2024                           | Year of study  | 3  |
| Type             | Semestral                           | Semester       | 2  |
| Workload (hours) | 108                                 | Contact hours  | T - , TP 5 , PL 40 , TC - , S - , E - , OT - , O - |
|                  |                                     | Level          | 1-3  |
|                  |                                     | ECTS credits   | 4.0  |
|                  |                                     | Code           | 9563-624-3203-00-23                                |

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) Pedro Miguel Monteiro Rodrigues

#### Learning outcomes and competences

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

1. Knows and applies the specific language of racket sports.
2. Correctly performs technical gestures of racket sports.
3. Prescribe, plan and to manage racket sports programs (applying proper methodological / pedagogical sequences of teaching).

#### Prerequisites

Not applicable

#### Course contents

Tennis and Badminton. Teaching and pedagogical / methodological sequence of the different technical gestures in Tennis and Badminton.

#### Course contents (extended version)

1. Tennis
  - Grips
  - Stances
  - Technical skills
  - Pedagogical progression / methodological teaching
2. Badminton
  - Grips
  - Technical skills
  - Pedagogical progression / methodological teaching

#### Recommended reading

1. Regulamento – Federação Portuguesa de Ténis
2. Regulamento – Federação Portuguesa de Badminton
3. Matsuzaki C. Tennis fundamentals. Human Kinetics, Champaign IL, 2004
4. Hoskins T. The Tennis Drill Book. Human Kinetics, Champaign IL, 2003
5. Grice T. Badminton. Human Kinetics, Champaign IL, 2007

#### Teaching and learning methods

The classes will focus on acquisition and aperf. knowledge, whether motor, central to a better understanding and experience of the activities under study. The theoretical focus on oral exposure, and through media and multimedia of cognitive knowledge of their very nature, fundamental to understanding and mastering the content of practical application addressed.

#### Assessment methods

1. Continuous evaluation - (Regular, Student Worker) (Final)
  - Practical Work - 75%
  - Intermediate Written Test - 25%
2. Evaluation by an exam - (Regular, Student Worker) (Supplementary, Special)
  - Practical Work - 75% (Classification obtained in the practical component of the assessment of frequency.)
  - Final Written Exam - 25%

#### Language of instruction

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

#### Electronic validation

|                                 |                             |  |                              |
|---------------------------------|-----------------------------|--|------------------------------|
| Pedro Miguel Monteiro Rodrigues | José Augusto Afonso Bragada | Pedro Miguel Queirós Pimenta Magalhaes | Carlos Manuel Costa Teixeira |
| 25-02-2024                      | 26-02-2024                  | 26-02-2024                             | 27-02-2024                   |