

Course Unit	Individual Sports I	Field of study	Sport Sciences
Bachelor in	Sports - Minor in Recreation and Leisure	School	School of Education
Academic Year	2023/2024	Year of study	1
Type	Semestral	Semester	1
Workload (hours)	216	Contact hours	T - - TP 10 PL 80 TC - S - E - OT - O -
		Level	1-1 ECTS credits 8.0
		Code	9563-625-1103-00-23

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. - origins and evolution, techniques, prescription and management of gymnastics  
 2. - origins and evolution, techniques, prescription and management of aquatic activities

#### Prerequisites

Before the course unit the learner is expected to be able to:  
 Area and body control. Coordination capacity. Experiences in the aquatic environment Field

#### Course contents

Aquatic activities (adaptation to aquatic environment, competitive swimming, water aerobics); Artistic Gymnastics (women's artistic gymnastics, men's artistic gymnastics); Acrobatic gymnastics; Trampoline.

#### Course contents (extended version)

- Aquatic skills. Rules of Pure Sport Swimming competitions.
  - adaptation to aquatic environment: autonomy in the aquatic environment; learning techniques;
  - swimming pure sports: Crol and Back, Breaststroke and Mariposa;
  - water aerobics: planning and administration of a water aerobics class.
- Basic gymnastics fundamentals.
  - Assitance/Spotting in gymnastic;
  - Gymnastic progressions.
- Women's gymnastic Apparatus and men's gymnastic Apparatus.
  - Floor (acrobatic elements, strength, flexibility, balance);
  - Parallel bars (swings, static elements and take off);
  - Balance beam (combination of balance movements, flexibility and rotation);
  - Uneven bars/horizontal bar (swings, rotation elements on the bar and dismount);
  - Vault (Simple vaults).
- Acrobatic gymnastics.
  - Pairs, triples and quads and group gymnastics;
  - Balance and dynamic elements.
- Trampoline.
  - Mini trampoline (vertical jumps with and without rotation).

#### Recommended reading

- Araújo, C. (2002). Manual de ajudas em ginástica. Edição do Autor. FCDEF-UP.
- BARBOSA, T. e QUEIROS, T. (2004). Ensino da Natação. Ed. Xistarca. Lisboa.
- BARBOSA, T. e QUEIROS, T. (2005). Manual Prático de Actividades Aquáticas e Hidroginástica. Ed. Xistarca. Lisboa.
- Russell, K. (2010). Basic Gym – Fundamentos da Ginástica e da Literacia Motora. Edição Portuguesa pela Federação de Ginástica de Portugal
- Maglisho E. Swimming fastest. Champaign, IL: Human Kinetics; 2003

#### Teaching and learning methods

Practice and study of the individual student; Exercise of motor skills with the guidance of the teacher; Methodological progressions with increasing the degree of difficulty in the approach to new techniques and sequences, oral exposure and through media and interactive multimedia content for teaching; Working with a research mentor; Fieldwork.

#### Assessment methods

- Continuous evaluation - (Regular, Student Worker) (Final)
  - Intermediate Written Test - 25% (Average Gym component with Swimming)
  - Practical Work - 75% (Average Gym component with Swimming)
- Exam evaluation - (Regular, Student Worker) (Supplementary, Special)
  - Final Written Exam - 25% (The grade of the practical component obtained in the continuous assessment remains - 75%)

#### Language of instruction

Portuguese

#### 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