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| Course Unit | Sports Nature 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 | Level | 1-1 |
| Type | Semestral | Semester | 2 | ECTS credits | 4.0 |
| | | | Code | 9563-625-1202-00-23 | |
| Workload (hours) | 108 | Contact hours | T - | TP 5 | PL 40 |
| | | | TC - | S - | E - |
| | | | OT - | 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) António Miguel de Barros Monteiro

Learning outcomes and competences

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

1. Use outdoor and mountain areas as a privileged space for achievement of Nature Sports (NS)
2. Dominate the basic theoretical and practical concepts in exploration of nature
3. Dominate basic and advanced climbing techniques
4. Dominate advanced techniques bike all terrain
5. Dominate string maneuvers techniques

Prerequisites

Not applicable

Course contents

Use of mountain areas to the accomplishment of Nature Sports (NS); Concept of NS; Mountaineering; Orienteering; Climbing; Mountain Bike; Rope maneuvers.

Course contents (extended version)

1. Use outdoor and mountain areas to accomplish physical and sporting outdoor activities
2. Nature Sports concept
 - Profile of the technician in Nature Sports
 - Planning, organize and evaluate nature sports activities
3. Mountaineering
 - Terrain reconnaissance and weather understanding
 - Equipment and clothing
 - Noção de ritmo
 - Feeding
4. Orienteering race
 - Chart reading (military chart m888)
 - Military chart legend
 - Location and orientation by landmarks
 - Notion of distance and scales
 - Magnetic Compass and Compass Rose
 - Orientation maps with compass and expeditious processes
 - Advanced Techniques: reading field, azimuth, relocation, path, contours
5. Climbing basic techniques
 - Equipment
 - Stringing
 - Top rope security
 - Rule of 3 supports
 - Location / control center of mass
 - Reversible movements (unclimb)
6. Climbing, advanced technics
 - First climb
 - Grip and Support technic
 - Specific muscular and joint heating
 - Dülfer technic
 - Classification of climbing routes by difficulty
 - Controlled fall
 - Security and rescue
7. Mountain Bike
 - Types of bicycle
 - Equipment
 - Advanced techniques: ditches, mud, sand, rock, climbing, descending, braking, pedaling standing
8. Rope manoeuvres
 - Technical planning of rope maneuvers
 - Mounting, framing and security
 - Rappel
 - Slide
 - Tyrolean
 - Parallel
 - Gearing systems, stretch ropes and cables
 - Anchors and moorings

Recommended reading

1. AA. VV. (2011) Manual de orientación. Ediciones Alpina, Barcelona.
2. Aires, A. et al. (2005): "Manual do Traçador de Percursos", FPO.
3. Alpiarça, M. (2012), Do ABC da BTT até onde pudeses. . . Ed. Wanceulen
4. Hill, P. (2009). Guia completa de escalada. Ediciones Desnivel, Espanha.
5. Pons, J. (2008). Manual Prático de Meteorología – Tiempo y Clima en Montaña. Ediciones Desnivel, Espanha.

Teaching and learning methods

Slide projection, of theoretical and practical contents of the programatic unit; Individual and practical work in class, according to covered content. Individual and group

Teaching and learning methods

work, according to covered content in each discipline.

Assessment methods

1. Continuous Evaluation - (Regular, Student Worker) (Final)

- Practical Work - 25% (Theoretical/practical work on one of the modalities)

- Practical Work - 75% (Obtained during continuous evaluation of the practice of the different modalities)

2. Exame Evaluation - (Regular, Student Worker) (Supplementary, Special)

- Final Written Exam - 25% (Written test)

- Practical Work - 75% (Obtained during continuous evaluation)

Language of instruction

1. Portuguese

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

| Electronic validation | | | |
|-----------------------------------|---------------------------------|--|------------------------------|
| António Miguel de Barros Monteiro | Pedro Miguel Monteiro Rodrigues | Pedro Miguel Queirós Pimenta Magalhaes | Carlos Manuel Costa Teixeira |
| 11-01-2024 | 25-02-2024 | 26-02-2024 | 27-02-2024 |