

Course Unit	Academy 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	2
Type	Annual	Semester	-
Level	1-2	ECTS credits	8.0
Code	9563-625-2002-00-23		
Workload (hours)	216	Contact hours	T - TP 10 PL 80 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) José Augusto Afonso Bragada

Learning outcomes and competences

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

1. Show knowledge about the origin and evolution of the subjects addressed, namely Aerobic-Step, Karate, Galhofa and Strength.
2. Identify and use appropriately the equipment and material resources of academy class activities.
3. Show the ability to apply their knowledge in the presentation of a lesson.
4. Understand and correctly apply the appropriate methodologies in teaching these sports.

Prerequisites

Not applicable

Course contents

Aerobics/Step; Shotokan Karate; Galhofa; Strength condition.

Course contents (extended version)

1. Group fitness activities: Aerobics/Step
 - Origin and evolution;
 - Objectives and benefits of group classes
 - Equipment and material resources;
 - Musical structure;
 - Communication: command orders;
 - Motor skills;
 - Choreographic construction methods;
 - Class stages.
2. Shotokan Karate
 - Kion;
 - Kata Heian Shodan;
 - Gohon-Kumute.
3. Traditional Portuguese fight (Galhofa)
 - The Traditional Game (TG) in the context of physical activity and sport;
 - The TG as a way of harmonious development of motor skills;
 - Experimentation and practice of this traditional game.
4. Strength condition
 - Theoretical (biomechanical and physiological) of strength training;
 - Structuring and planning of strength training.

Recommended reading

1. Bragada JB (22fev2017). Galhofa - luta tradicional de Portugal. EBook: Ed. Leya. ISBN 97898992073699
2. American College of Sports Medicine (2011). ACSM's Complete Guide to Fitness & Health. Human Kinetics.
3. Cerca, L. (2003) Metodologia da ginástica de grupo. 3ª Edição ManzProduções.
4. Rielly, RL (2000). The secrets of Shotokan Karate. Tuttle.
5. Clark, M. ; Lucett, S. & Sutton, B. (2012). NASM Essentials of Personal Fitness Training. 4ª Ed. Baltimore: Lippincott Williams & Wilkins

Teaching and learning methods

Practice of individual student; Exercise practice of different techniques and movements; Methodological progression with increasing the degree of difficulty in dealing with new techniques and sequences; Working with the coaching search.

Assessment methods

1. Continuous evaluation - (Regular, Student Worker) (Final)
 - Intermediate Written Test - 25% (Weighted averagedos of the 4 blocks (Galhofa, Karate, Strength and Aeróbica-Step))
 - Practical Work - 75% (Weighted averagedos of the 4 blocks (Galhofa, Karate, Strength and Aeróbica-Step))
2. Evaluation by an exam - (Regular, Student Worker) (Supplementary, Special)
 - Final Written Exam - 25%
 - Practical Work - 75% (The mark of this component is that obtained in the practical work during the continuous evaluation.)

Language of instruction

Portuguese, with additional English support for foreign students.

Electronic validation

José Augusto Afonso Bragada	Pedro Miguel Monteiro Rodrigues	Pedro Miguel Queirós Pimenta Magalhaes	Carlos Manuel Costa Teixeira
25-01-2024	25-02-2024	26-02-2024	27-02-2024