

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	Level	1-2
Type	Annual	Semester	-	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