

Course Unit	Sports Nature II	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	Semestral	Semester	1
Workload (hours)	108	Contact hours	T - , TP 10, PL 35, TC - , S - , E - , OT - , O -
Level	1-2	ECTS credits	4.0
Code	9563-625-2102-00-23		

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) 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. Dominate the handling of materials, equipment and technical language specific to Trekking.
2. Dominate the theoretical-practical knowledge of trekking marking
3. Dominate the theoretical-practical knowledge of MTB centers
4. Dominate the theoretical and practical knowledge of Cycling 'In Portugal route marking.

Prerequisites

Before the course unit the learner is expected to be able to:
Highlight the systematization of knowledge acquired in Sports Nature I.

Course contents

Trekking; Trekking trails marking; MTB centers; MTB tracks marking.

Course contents (extended version)

1. Trekking
 - Sports activity
 - Ambiental Activity
 - Tourist and cultural activity
2. The choice of trekking tracks
3. Trekking classification
 - As for the function
 - As for the form
 - As for the degree of difficulty
 - As for the resources used in ambiental interpretation
 - As for the extension
4. Signage
 - The marks
 - The informative panels
 - Indicative boards
 - Informational boards
 - Additional signage
 - Some errors in the trekkings marking
5. Trekking tracks marking
 - Trekking tips classification
 - Organization, planning and implementation of trekking tracks
 - Process for approval of a trekking tracks
 - Safety
 - Material and equipment
6. MTB centers
 - Sports activity
 - Ambiental Activity
 - Tourist and cultural activity
7. General and specific conditions for the homologation of MTB centers
 - General characteristics
 - MTB tracks
 - Enduro tracks
 - Sports facilities for competition
8. Promoters
 - Obligations and collaboration duties
9. Phases of homologation process
 - Homologation process
 - Feasibility opinion on the creation of the Center
 - Previous opinion
 - Tracks Audit
 - Technical report
 - Project Analysis
 - Approval and maintenance certificate emission
 - Homologation certificate and fees renovation
10. MTB tracks marking

Recommended reading

1. Alpiarça, M. (2013). Do ABC da BTT até onde pudeses. . . Editora Visão e Contextos.
2. Andrade, W. (2006). Manejo de trilhas. www. femesp. org.
3. FPC (2013). Regulamento de Homologação De Centros de Ciclismo/BTT. <http://www.fpciclismo.pt/ficheirossite/12122013093148.pdf>
4. FCMP (2013). Regulamento de Homologação de Percursos Pedestres, <http://www.fcmpportugal.com>.
5. FCMP (2007). Manual de Monitores de Pedestrianismo. Edic. de Ar Livre e Ambiente, Lda.

Teaching and learning methods

Theoretical and practical sessions with the use of media. Practice sessions of systematic acquired advanced knowledge in theoretical and practical sessions. Tutors

Teaching and learning methods

sessions: sessions to support the achievement of individual and group work.

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