

Course Unit	Individual Sports 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	2
Workload (hours)	216	Contact hours	T - - TP 10 PL 80 TC - - S - - E - - OT - - O - -
Level	1-2	ECTS credits	8.0
Code	9563-625-2202-00-23		

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) José Augusto Afonso Bragada

Learning outcomes and competences

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

1. Know and understand the regulations of each of the disciplines of athleticism and disciplines based on skating;
2. Present sequences methodological initiation of the content of programmatic arrangements; Improving the expression of their motor skills;
3. Collect, select and interpret detailed information about the techniques addressed;
4. To know ways to approach the athletics and skating;
5. Cooperating and working together in order to prepare sequences methodological of approach to the different skills;

Prerequisites

Before the course unit the learner is expected to be able to:

1. Satisfactory development of the motor skills (conditional and coordination);
2. To know the major disciplines of Athletics and skating;
3. Understand, interpret and analyze specific texts of this area of expertise.

Course contents

Athletics: Running (speed, obstacles and resistance), jumping (length, height and triple jump) and throws (javelin, discus and weight) Methodology of initiation to the different disciplines; To know the rules of athletics. Skating: The different disciplines of skating (roller hockey, figure skating and speed skating); Methodology of teaching skating, basic techniques of skating. To know the rules of the different sports.

Course contents (extended version)

1. Athletics:
 - Racing speed, jumping height, length and weight; hurdle; Launch of weight, javelin and disc
 - To know the regulation of Athletics
 - Teaching methodology of athletics. Skills and exercises.
2. Skating:
 - The history of skating. The disciplines of skating. Definition and characterization of skating.
 - The material and facilities for the practice of sport.
 - Teaching methodology of skating.
 - To know the regulation of the different skating sports.
 - The basic techniques and tactics of roller hockey.

Recommended reading

1. Bragada, J. (1999): O Atletismo na escola – proposta programática para abordagem dos lançamentos “leves”. Ver. Horizonte, vol XVII, Jun-Jul
2. FPA (2012): Dossier do professor - Fundamentos: correr, saltar e lançar. Edição da Fed. Por. Atletismo
3. BAPTISTA, P. (2003) – Iniciação à patinagem Escola/Clube, patins de rodas paralelas e em Linha, IDP, Lisboa.
4. Rius Sant, J. (2014): Metodologia e técnicas de atletismo. Paidotribo, coleção Atletismo.
5. Llamas Narváez, A. (2012). El Patinaje en linea. Propuesta didáctica para Secundaria: Wanceulen Editorial Deportiva

Teaching and learning methods

Theoretical and practical sessions for the presentation of the contents and the different training methods; Monitoring sessions of students for research and development of individual and group work; Sessions for the presentation and critical analysis of works.

Assessment methods

1. Continuous evaluation - (Regular, Student Worker) (Final)
 - Practical Work - 75% (Evaluation of techniques (60%)
Formative assessment in class (15%))
 - Intermediate Written Test - 25%
2. Evaluation by an exam - (Regular, Student Worker) (Supplementary, Special)
 - Final Written Exam - 25% (Just take the theoretical component)
 - Practical Work - 75% (The mark on this component corresponds to that obtained in the practical continuous assessment.)

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