

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	Level	1-2
Type	Semestral	Semester	2	ECTS credits	8.0
Code	9563-625-2202-00-23				
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. 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 Magalhães	Carlos Manuel Costa Teixeira
25-01-2024	25-02-2024	26-02-2024	27-02-2024