

Course Unit	Sport Pedagogy		Field of study	Sport Sciences	
Bachelor in	Sports - Minor in Recreation and Leisure		School	School of Education	
Academic Year	2023/2024	Year of study	3	Level	1-3
Type	Semestral	Semester	1	ECTS credits	4.0
Code	9563-625-3104-00-23				
Workload (hours)	108	Contact hours	T 30	TP 15	PL -
			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) **Pedro Miguel Monteiro Rodrigues**

### Learning outcomes and competences

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

1. To know and to understand the nature and significance of sport as an educative issue;
2. To know and to understand the role of sport in the development and multilateral training process of human being;
3. To know and to understand the didactic and methodological implications of research in the teaching / sports practice training and drive the process of teaching/training;
4. To know and to master strategies for teaching/training associated with the core tasks of the teacher/coach;
5. To acquire skills of planning and realization of competitions for children and young people.

### Prerequisites

Before the course unit the learner is expected to be able to:  
Without pre-requirements

### Course contents

1. The Sport Pedagogy in the context of Sport Sciences
2. The education through Sport
3. Methods, styles and models of teaching/training
4. The pedagogical intervention in Sport
5. Values and ethics in Sport
6. The sports competition

### Course contents (extended version)

1. Sport Pedagogy
  - Concept, object and goals
  - historical and anthropological framework
2. The education in and through Sport
  - The role of sports in multilateral training of human being
  - Guiding principles of pedagogical intervention (e. g. teachers, coaches, parents, sports leaders)
3. Methods, teaching styles and models of teaching/training
4. The pedagogical intervention in Sport
  - Preparation and planning of the teaching/training process
  - Realization of the teaching/training process (pedagogical intervention techniques)
  - Monitoring and evaluation of the teaching/training process
5. Values and ethic in Sport
6. Sports competition
  - Concept and goals
  - Competition systems
  - Characteristics of the competition for child and youth

### Recommended reading

1. Mesquita, I & Graça, A. (2006). Modelos de ensino dos jogos desportivos. In G. Tani, J. Bento & R. Petersen (eds), *Pedagogia do desporto* (p. 269-283). Rio de Janeiro: Guanabara Koogan.
2. Metzler, M. (2005). *Instructional models for physical education* (2a ed. ). Arizona: Holcomb HATHAWAY, Publishers, inc.
3. Rink, J. (2009). *Teaching Physical Education for Learning* (6a ed. ). St. Louis: Mosby.
4. Rosado, A & Mesquita, I. (2009). *Pedagogia do Desporto*. Lisboa: FMH-UTL.
5. Sidentop, D. (1999). *Aprender a Enseñar la Educacion Fisica*. Barcelona: Inde.

### Teaching and learning methods

The contents of the UC will be addressed in lectures and practical lessons. The lectures will address more generally the contents. In practical application lessons will proceed to the design, conduct and analysis/evaluation of works of diverse nature (application of methods and models of teaching/training, teaching/training units plans, competitive frameworks, etc).

### Assessment methods

1. Continuous assessment - (Regular, Student Worker) (Final)
  - Practical Work - 50% (Works group (10%+10%+10%+10%=50%))
  - Intermediate Written Test - 50% (Written test of knowledge (50%))
2. Exam assessment - (Regular, Student Worker) (Supplementary, Special)
  - Final Written Exam - 100%

### Language of instruction

Portuguese, with additional English support for foreign students.

### Electronic validation

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