

Name(s) of lecturer(s)	Catarina Margarida Silva Vasques
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At the end of the course unit the learner is expected to be able to:  
Know the principles and specific methodological procedures in the teachinggroup fitness activities; Demonstrate competence in applying the acquired content.

Not applicable

1. Group fitness activities; 2. Accreditation and training in group classes.

1. Group fitness activities
  - Methodological principles, philosophy and concepts;
  - Characterization and analysis of equipment and material;
  - Training methodology with Swiss ball, elastic band, platform and free weights;
  - Teaching methods of motor skills;
  - Technical execution: breathing, stabilization and balance and position foundation;
  - The anticipation, feedback and corrections in the group class.
  - Choreographic construction methods;
  - Structure and planning group lesson.
2. Accreditation and training in group fitness activities.
  - Businesses and programs implemented in Portugal;
  - Events, conventions and others;
  - Advanced training and specialization.

1. Teixeira, D. (2017). Manual do técnico de exercício físico. Porto Salvo: André Manz Produções Culturais e Desportivas.
2. Campos, F., Melo, R., Mendes, R. (2021). Fitness e Atividades de Ginásio – Guia para Profissionais. Edições LIDEL.
3. Rodriguez, J. (2006). Pilates. Plátano Editora, S. A.
4. Geweniger, V., Bohlander, A. (2014). A teachers' manual. Springer.
5. Kennedy, C. & Yoke, M. (2014). Methods of Group Exercise Instruction (3th Edition). Champaign, IL: Human Kinetics.

Theoretical-practical sessions using audiovisual media. Practical systematization sessions of advanced knowledge acquired in theoretical-practical sessions; practical exercise of different motor skills, methodological progressions in the approach of new techniques and sequences. Project-based learning process with micro class presentation.

1. Continuous evaluation - (Regular, Student Worker) (Final)
  - Intermediate Written Test - 25% (1 written test)
  - Practical Work - 75% (Pratic component: 5 practical works (50%) + pratical class (25%))
2. Exam evaluation - (Regular, Student Worker) (Supplementary, Special)
  - Final Written Exam - 25% (Theoretical component: 1 written test)
  - Practical Work - 75% (The note of this component corresponds to that obtained in point 1b.)

## Portuguese

Catarina Margarida Silva Vasques	Pedro Miguel Monteiro Rodrigues	Pedro Miguel Queirós Pimenta Magalhaes	Carlos Manuel Costa Teixeira
09-01-2024	25-02-2024	26-02-2024	27-02-2024