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| Course Unit | Academy 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 | 3 |
| Type | Semestral | Semester | 2 |
| Workload (hours) | 108 | Contact hours | T - , TP 10, PL 35, TC - , S - , E - , OT - , O - |
| | | Level | 1-3 |
| | | ECTS credits | 4.0 |
| | | Code | 9563-625-3203-00-23 |

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) Catarina Margarida Silva Vasques

Learning outcomes and competences

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.

Prerequisites

Not applicable

Course contents

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

Course contents (extended version)

- 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.
- Accreditation and training in group fitness activities.
 - Businesses and programs implemented in Portugal;
 - Events, conventions and others;
 - Advanced training and specialization.

Recommended reading

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

Teaching and learning methods

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.

Assessment methods

- 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%))
- 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.)

Language of instruction

Portuguese

Electronic validation

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| 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 |