

Course Unit	Planning in Nature Sports	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
Level	1-3	ECTS credits	3.0
Code	9563-625-3205-00-23		
Workload (hours)	81	Contact hours	T 15 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) António Miguel de Barros Monteiro

### Learning outcomes and competences

- At the end of the course unit the learner is expected to be able to:
1. Demonstrates knowledge to enable the design, implementation and evaluation of nature sports
  2. Demonstrates knowledge of the impact of the practice of nature sports in the environment
  3. Applies the knowledge to plan, organize and develop activities within the advanced practice
  4. Analyzes and interprets information on the context in which form the nature sports
  5. Proposed services sports connive with the needs and expectations of the market

### Prerequisites

Before the course unit the learner is expected to be able to:  
Highlight the systematization of knowledge acquired in training.

### Course contents

The use of natural spaces for nature sports; The impact of the practice of nature sports in the environment; Legislation for nature sports; Risk and safety management; Methodologies for implementation and evaluation of nature sports.

### Course contents (extended version)

1. The use of natural spaces for nature sports
  - Activities of mountain
  - Nautical activities
2. The impact of the practice of nature sports in the environment
  - Fauna
  - Flora
  - Land
3. Legislation for nature sports
  - Nature tourism
  - Protected areas
  - Strategy for the development of Nature Sports in protected areas
  - Sports chart
4. Risk and safety management
  - Risk management
  - Risk management models
  - Security rules
5. Methodologies for implementation and evaluation of nature sports
  - Choice of two nature sports events to organize by students
  - Planning of projects
  - Organization of projects
  - Implementation of the projects
  - Evaluation of the projects

### Recommended reading

1. Almeida, M. C. T. , & Silva, F. A. S. (2009). Gestão do risco em animação turística. . In Soares, G. C. , et al. (Eds. ) Riscos industriais e emergentes (pp. 309-322). Lisboa: Edições Salamandra.
2. Campos, D. (2011). Caracterização do Desporto de Natureza no Parque Natural da Arrábida: Riscos e Potencialidades. Lisboa: FCT/UNL.
3. Daly, J. (2000). Recreation and Sport Planning and Design. USA: Human Kinetics.
4. Fraga, A. (2005). Manual para o investidor em Turismo de Natureza. Bensafrim, Vicentina- Associação
5. Vieira, J. M. (2007), Planeamento e Ordenamento Territorial do Turismo: uma Perspectiva Estratégica, Lisboa: Verbo.

### Teaching and learning methods

Theoretical and practical sessions with the use of media. Practice sessions of systematic acquired advanced knowledge in theoretical and practical sessions. Tutors sessions: sessions to support the achievement of individual and group work.

### Assessment methods

1. Continuous Evaluation - (Regular, Student Worker) (Final)
  - Intermediate Written Test - 50% (Written test)
  - Work Discussion - 50% (Work group)
2. Exam Evaluation - (Regular, Student Worker) (Supplementary, Special)
  - Final Written Exam - 100% (Written test)

### Language of instruction

1. Portuguese
2. Portuguese, with additional English support for foreign students.

## Electronic validation

António Miguel de Barros Monteiro	Pedro Miguel Monteiro Rodrigues	Pedro Miguel Queirós Pimenta Magalhaes	Carlos Manuel Costa Teixeira
11-01-2024	25-02-2024	26-02-2024	27-02-2024