

Course Unit	Physical and Motor Expression	Field of study	Training in Teaching Area
Bachelor in	Basic Education	School	School of Education
Academic Year	2022/2023	Year of study	1
Type	Semestral	Semester	1
Workload (hours)	162	Contact hours	T - , TP 18, PL 45, TC - , S - , E - , OT 9, O -
Level	1-1	ECTS credits	6.0
Code	9853-531-1101-00-22		

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. To understand the nature and meaning of Physical Education while educational domain;
2. To recognize the pedagogical potential of Physical Education in global development and training of children and young people;
3. To learn motor capacities, fundamental motor patterns and physical and sports activities as well as the factors inherent in the development and learning of the same;
4. To dominate, to the levels of "know" and "know-how", a diverse set of motor skills and abilities and physical and sports activities;
5. To be able to plan, implement and evaluate diverse learning situations and progressively complex given the capabilities and features of children and young people.

### Prerequisites

Before the course unit the learner is expected to be able to:  
There are no pre-requirements.

### Course contents

- The nature and meaning of Physical Education; - The motor skills (conditional and coordinative); -The motor abilities and physical-sports activities; - The factors of development and learning; - The pedagogical intervention in Physical Education.

### Course contents (extended version)

1. The Physical Education
  - Concept, object, characteristics and objectives.
  - The role of Physical Education in the multilateral training of children and young people
2. The motor skills: condicional and coordinative
3. The basic motor abilities and the physical-sports activities
4. The factors of development and learning
  - The instruction
  - The discipline and the relationship climate.
  - The motivation, the self-esteem, the emotion and the anxiety.
5. The pedagogical intervention in Physical Education
  - Preparation and planing of the educational process
  - Realization of the educational process (methods and techniques of pedagogical intervention)
  - Analysis and evaluation of the intervention process and learning of children and young people

### Recommended reading

1. Piéron, M. (1999). Para una enseñanza eficaz de las actividades físico-deportivas. Barcelona: INDE
2. Coletivo de autores (1998). Manual de Educação Física: 1º Ciclo do Ensino Básico. Lisboa: Desporto Escolar.
3. Rink, J. (2009). Teaching Physical Education for Learning. St. Louis: Mosby.
4. SPEF (2019). Avaliação em Educação Física. Perspetivas e desenvolvimento. Lisboa: Omniserviços
5. Sidentop, D. (2007). Introduction to Physical Education, Fitness, and Sport. San Francisco, CA: McGraw Hill Higher Education.

### Teaching and learning methods

The program contents will be treated in two types of sessions: 1) theoretical and practical sessions where will carry out an initial analysis of the contents; 2) Laboratory practice sessions where the practical contents will be experienced.

### Assessment methods

1. Continuous assessment - (Regular, Student Worker) (Final)
  - Practical Work - 50% (a) Practice (25%); b) Group task (25%).)
  - Intermediate Written Test - 50% (Written test)
2. Exam assessment - (Regular, Student Worker) (Supplementary, Special)
  - Final Written Exam - 50% (The evaluation in question affects only the contents of a theoretical nature)
  - Practical Work - 50% (Practical work carry out over the year (50% - obtained during continuous evaluation))

### Language of instruction

Portuguese

### Electronic validation

José Augusto Afonso Bragada	Pedro Miguel Monteiro Rodrigues	Maria Cristina do Espírito Santo Martins	Carlos Manuel Costa Teixeira
09-12-2022	03-01-2023	08-01-2023	09-01-2023