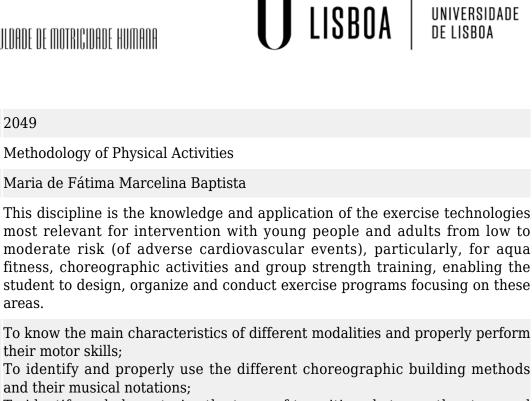


ID

Regent

Learning Outcomes

**Curricular Unit** 



To identify and characterize the types of transitions between the steps and sequences and correctly perform exchanging positions in choreographic classes;

## **Syllabus** To identify the determinants of the level of demand (intensity and difficulty), to make the necessary adaptations / progressions for the purposed level;

To properly use the different control commands (descriptive, reinforcement and anticipatory), the different languages (verbal and gestural) in the application of controls and the various types of feedback (verbal, gestural, kinesthetic) and correction techniques in performing the exercises;

To correctly identify and use different equipment in accordance with the purposed goals and use the physical properties of water to reach the desired level of effort.

The unit works with a weekly schedule of 9 hours of practice classes. It consists of six 1.5-hour classes corresponding to three specific areas and includes lessons from common themes.

## **Evaluation** The evaluation includes a theoretical component (on practice) (40%) and a practical component (60%) corresponding to the sum of ratings in each of the three areas: choreographic activities (30%), group strength training - 1 and 2 (40%), aqua fitness (30%).

	<ul> <li>ACSM (2009): ACSMs Guidelines for exercise Testing and Prescription. 7th</li> <li>Edition. Baltimore: Lippincott Williams &amp; Wilkins.</li> <li>ACSM (2010): ACSMs Resource Manual for exercise Testing and Prescription.</li> <li>6th Edition. Baltimore: Lippincott Williams &amp; Wilkins.</li> <li>AEA (2009): Aquatic Fitness Professional Manual. 5th Edition. Aquatic</li> <li>Exercise Association, Nokomis, FL- Distributed by Human Kinetics</li> </ul>
	Franco, S.; Santos, R. (1999): A Essência da Ginástica Aeróbica. Rio Maior:
Bibliography	<ul> <li>Franco, S., Santos, R. (1999): A Essencia da Ginastica Aerobica. Rio Malor:</li> <li>Escola Superior de Desporto de Rio Maior.</li> <li>Freitas, S.R (2010) Flexibilidade e alongamento: um modelo taxonómico. 1ª</li> <li>Edição. Lisboa: Ed.Gnosis.</li> <li>Gaines, M P (2000) Water Workouts. Illinois: Human Kinetics Publishers.</li> <li>Kraemer, W.J.; Fleck, S.J. (2003) Designing Resistance Training Programs.</li> <li>3rd Edition. Illinois: Human Kinetics</li> <li>Heyward, V (2002). Advanced fitness assessment and exercise prescription.</li> <li>4ª Edição. Illinois: Human Kinetics.</li> </ul>