

<b>ID</b>	2055
<b>Curricular Unit</b>	Physical Activities I
<b>Regent</b>	Vítor Manuel Santos Silva Ferreira
<b>Learning Outcomes</b>	<ol style="list-style-type: none"> <li>1. Knowledge of the laws, rules and other elements essential to the practice of a particular sport in an organized manner and its application in formal practice situation;</li> <li>2. Knowledge and mastery of the lexicon of sports and its application in formal practice situation;</li> <li>3. Acquisition and elementary domain of technical elements and fundamental to the tactical and technical practice of each of the sports in formal practice situation;</li> <li>4. Knowledge of the Organization of sporting events at the sports studied (as regards the human and material resources necessary for its achievement).</li> </ol>
<b>Syllabus</b>	<p>The discipline of SAI covers 6 different modules of physical activities (sports): Swimming, Handball, Basketball, Volleyball, Gymnastics and Judo (each one of the sports activities above related has a specific program, with effective 15.0 hours each).</p> <p>The purpose is qualifying the Student to:</p> <ol style="list-style-type: none"> <li>a) In the knowledge and elementary domain of their technical and technical-tactical content;</li> <li>b) Organizational knowledge characteristics so as to be able to perceive and organize sports events taking into account the human and material resources required.</li> </ol> <p>General Program:</p> <ol style="list-style-type: none"> <li>1. Consolidate the knowledge of each studied sports;</li> <li>2. Acquisition and consolidation of knowledge, from practical, about what to do and why they do so;</li> <li>3. Knowledge about the organizational characteristics of each sport to understand how organizes sporting events to according the human and material resources required;</li> </ol> <p>There is a specific program for each module (swimming, Handball, basketball, Volleyball, Gymnastics and Judo).</p>

General Assessment:

The final classification will result to the arithmetic mean obtained in all different sports studied (if not less than 9.5 values);

in no case may be less than 7.5 values;

Approbation possible if a sport has a negative note, if between 7.5 and 9.4 values, and if the final average is equal to or greater than 9.5 values.

Final Exam:

By module:

Written test - 40%;

Practical test - 60%;

**Evaluation**

Oral evidence subject to obtaining access to the minimal note values, either at 7.5 written either in the practical test;

For approval in the module the final classification must be equal to or greater than 10 values;

Continuous Evaluation:

The attendance of the student must be equal to or greater than 2/3 of lessons;

The assessment will appreciate: a) practical test - 40%; b) written test and or work - 60%;

Final Note: the general evaluation applies in the case of specific assessment for each module being missing.

**Bibliography**

Supplied in each specific program of the sports activities object of study (or either: Swimming, Handball, Basketball, Volleyball, Gymnastics and Judo).