

<b>ID</b>	2117
<b>Curricular Unit</b>	Motor Development
<b>Regent</b>	João Manuel Pardal Barreiros
<b>Learning Outcomes</b>	<p>To understand motor development in a life-span approach. To identify periods of development and their characteristics.</p> <p>To identify the most important trends in motor action development, physical capacities and perceptual and information processing changes.</p> <p>To understand the relationship between biosocial variables and the development of motor actions.</p>
<b>Syllabus</b>	<p>Theoretical views on human motor development.</p> <p>Life-span motor development periods. A developmental model for motor behavior.</p> <p>Biosocial variables and motor development.</p> <p>Early motor development, motor development during infancy and childhood, and movement decline with age.</p> <p>Reflex movements, and early voluntary movements. Fundamental motor patterns and the development of specialized movements.</p> <p>Perceptual-motor and information processing development.</p> <p>Physiological changes and the development of motor competency.</p> <p>Motor development assessment.</p> <p>Development of play.</p>
<b>Evaluation</b>	<p>Two types of classes provide all the conditions to the development of the contents: theoretical approaches and discussion/debate classes, in which a specific theme is debated following the presentation of condensed information. The evaluation include one final examination and the presentation of a group work to provide a chance for the students to look deeper into a selected topic of their choice.</p>

## **Bibliography**

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- Gabbard, C. P. (1992). Lifelong motor development. Madison, Brown & Benchmark.
- Cratty, B.J. (1986). Perceptual and motor development in infants and children. Englewood Cliffs: Prentice-Hall.
- Eckert, H.M. (1993). Desenvolvimento motor. S. Paulo: Ed. Manole.
- Gallahue, D. & Ozmun, J. (2005). Compreendendo o Desenvolvimento Motor (3<sup>a</sup> Ed.). Phorte Editora.
- Haywood, K.M., & Getchell, N. (2009). Life Span Motor Development (5th ed.). Champaign, IL: Human Kinetics.