

ID	2190
Curricular Unit	Internship in Sports Training I
Regent	Miguel António de Almeida Garcia Moreira
Learning Outcomes	This course of Sport Coaching Internship I, while developing skills and technical and methodological, theoretical and practical knowledge, aims to promote the preparation required to solve all the tasks inherent to the teacher-coach intervention, in the scope of the organization, planning, direction, and control of training in the different stages of the performer career: from beginners to top level.
Syllabus	<p>The aim of the course of Sport Coaching Internship I is the study of the theoretical, the methodological and pedagogical principles of sports coaching of a specific sport option (Handball, Track and field, Basketball, Football, Gymnastics, Judo, Wrestling, Swimming, Orientation, Surf, Volleyball), as a process guided by the scientific and pedagogic principles inherent to sports education. The students must, thus:</p> <ol style="list-style-type: none"> 1. Research the theoretical fundamentals of sports performance: the integrating preparation, development and generalization of the knowledge, concepts, and categories, which represent the scientific basis for the complex process of the development sports performance. 2. Improve the methodology aiming to develop the system of principles, regulations, methods, procedures, and specific means that determine not only the programmed development of the complex sports performance, but also the partial factors conditioning performance in training and in competition.
Evaluation	<p>The week load for theoretical and practical lectures is 6 hours, split in two 3hours sessions.</p> <p>The week load for internship is 3 hours</p> <p>With participation within the field of sport coaching the student will undergo real situations in order to improve knowledge not only about evaluation and control of the training aspects but also about competition environment.</p> <p>The evaluation of Sport Coaching Internship I could be in continuous assessment or final exam and is based in following criteria:</p> <p>Continuous assessment</p> <ol style="list-style-type: none"> 1. One written test (40%) 2. Student's participation (20%) 3. Observation and analysis Report of training and competition sessions (40%). <p>The final exam for students with results lower than 10 or less than 20% class attendance consists of a written test (theoretical assessment) and an oral exam (theoretical and practical assessment).</p>
Bibliography	Each specific program of sport modalities under study provided the own specific bibliography.