

<b>ID</b>	2422
<b>Curricular Unit</b>	Methodology of Physical Activities
<b>Regent</b>	Flávia Yázigi
<b>Learning Outcomes</b>	<p>This discipline is the knowledge and application of the exercise technologies most relevant for intervention with young people and adults from low to moderate risk (of adverse cardiovascular events), particularly, for aqua fitness, choreographic activities and group strength training, enabling the student to design, organize and conduct exercise programs focusing on these areas.</p>
<b>Syllabus</b>	<p>To know the main characteristics of different modalities and properly perform their motor skills;</p> <p>To identify and properly use the different choreographic building methods and their musical notations;</p> <p>To identify and characterize the types of transitions between the steps and sequences and correctly perform exchanging positions in choreographic classes;</p> <p>To identify the determinants of the level of demand (intensity and difficulty), to make the necessary adaptations / progressions for the purposed level;</p> <p>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;</p> <p>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.</p>
<b>Evaluation</b>	<p>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.</p> <p>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%).</p>

## **Bibliography**

ACSM (2009): ACSMs Guidelines for exercise Testing and Prescription. 7th Edition. Baltimore: Lippincott Williams & Wilkins.

ACSM (2010): ACSMs Resource Manual for exercise Testing and Prescription. 6th Edition. Baltimore: Lippincott Williams & Wilkins.

AEA (2009): Aquatic Fitness Professional Manual. 5th Edition. Aquatic Exercise Association, Nokomis, FL- Distributed by Human Kinetics

Franco, S.; Santos, R. (1999): A Essência da Ginástica Aeróbica. Rio Maior: Escola Superior de Desporto de Rio Maior.

Freitas, S.R (2010) Flexibilidade e alongamento: um modelo taxonómico. 1ª Edição. Lisboa: Ed.Gnosis.

Gaines, M P (2000) Water Workouts. Illinois: Human Kinetics Publishers.

Kraemer, W.J.; Fleck, S.J. (2003) Designing Resistance Training Programs. 3rd Edition. Illinois: Human Kinetics

Heyward, V (2002). Advanced fitness assessment and exercise prescription. 4ª Edição. Illinois: Human Kinetics.