

<b>ID</b>	3290
<b>Curricular Unit</b>	Systematization of Physical and Sports Activities
<b>Regent</b>	César José Duarte Peixoto

**Learning Outcomes**

Systematics – in this area, the main action is the disciplinary structure of sports activities, which promotes as a method an approach to problems in the understanding and explanation of techniques, instruments and objectives according to contexts. In addition to doing the taxonomy and analysing the nomenclatures of sports activities, they are composed of taxonomies, which group several aspects by affinity, giving rise to nomenclatures framed by terminology, that through dynamic systems intend to increase the operationalization, not only in the description of the phenomena, but also by the mechanisms of functionality and their involvement.

It aims to provide tools for observation and analysis of tasks with their own methodologies or with certain adaptations depending on the specific intervention area.

It is intended to conceptualize the variables, using them according to the context, where they are applied and who applies them; make guesses about the situations/tasks, in order to articulate the instruments between what is standard and the model to be developed by the performer.

The idea is to monetize sports activities in terms of more efficient response levels.

Inherent Concept – Construction of matrices, understanding of situations and knowledge domain at instrumental level.

Taking into account the knowledge of the connection structure between the perception of the contents of an activity, with the intervention processes at the level of understanding and explanation of the tasks/situations, which presupposes: - Relationship-integration of Individuals, instruments and context, in order to intervene and explain the behaviour in sports activities, having as object: analysis, definition and structuring of specific factors of sports activities.

## Syllabus

1. Classifications, main theories
2. Sports with the same characteristics
3. Differences between formal and functional structures
4. Analysis of different sports through structural differences
5. Sports' classification
6. Structural Aspect - Principles
7. The structure of sports
8. Parallelism and transfer between sports
9. Identify, analyse and describe
10. Identify the main elements of an action; analyse in different perspectives
11. Graphically and terminologically describe the exercise
12. Nature of the exercise
13. Systematization of the exercise
14. Demonstrate the ways of systematizing
15. Ability to identify patterns and relationships
16. Evidence of variables (components and constraints)
17. Identify variables
18. Describe graphically according to the objectives and conditions formulated
19. Current systematization trends
20. Identify, evaluate analogies and practical applications
21. Descrição de um modelo de funcionamento das atividades
22. Analyse and identify the task for teaching/performance
23. Versatility of actions/tasks for different activities
24. Exercise Classification
  - a. Concept and key features
  - b. General classification
  - c. Classification according to several authors: categorize
25. Taxonomies, terminologies
  - a. General Criteria
  - b. Nomenclature and Terminology
  - c. Differentiation - correlating requirements

Continuous assessment according to the following guidelines

- » Approval with a minimum final score of 10 values
- [N1 = Theoretical]
- \* Practical Worksheets (theoretical classes) + written test
- [N2 = Theoretical - practical] (different applications)
- \* Practical worksheets (practical classes)
- [N3 = Written paper]
- \* Application model

## **Evaluation**

The assessment is carried out during the classes, according to the established main goals.

The final result of the evaluation consists of the arithmetic mean of the three notes (N1+N2+N3), none of which may be less than 10.

Final Exam:

- » Final exam, according to the following guidelines:
- \* Students submit to final exam when - their final grade is lower than 10.
- \* Their class attendance is lower or equal to 20%.

The final exam consists of a written test (theoretical assessment) and an oral test (theoretical-practical assessment).

## Bibliography

- Enciclopédia Einaudi (1993) — Sistemas n26. Edição Imprensa Nacional — Casa da Moeda
- Enciclopédia Einaudi (2000) — Sistemática n42. Edição Imprensa Nacional, Casa da Moeda
- Enciclopédia Einaudi (2000) — Sistemática n43. Edição Imprensa Nacional — Casa da Moeda
- Fleishman, E. & Quaintance, M. K. (1984) - Taxonomic of Human Performance, Academic Press, INC - New York.
- Hamill, J.; Knutzen, K. M. (1995) - Biomechanics Basis of Human Movement, Williams & Wilkins, USA
- Kirwan, B. & Ainsworth, L. (Eds.). (2001). A guide to task analysis (4ª Ed.). London: Taylor & Francis.
- Laszlo, E. (1987) - Evolução. A Grande Síntese. Editora Instituto Piaget, Lisboa.
- Le Moigne, J-L. (1996). A Teoria do Sistema Geral. (J. Pinheiro, trad.). Lisboa: Instituto Piaget. (Trabalho original publicado 1977)
- Lepschy, G. (1996). Léxico. Linguagem – enunciação. Enciclopédia Einaudi. Imprensa Nacional casa da moeda, Lisboa.
- Moreira, M. (2002) - Desportos de Oposição. O que são? Ludens, vol 17, n1 Jan/Mar, Ed. CDI-FMH
- Moreira, M. (2007) Matriz de análise das tarefas desportivas: sistema de classificação estrutural: modelo taxinómico do Surf. Tese de doutoramento não publicada, FMH-UTL
- Moreira M., Peixoto C. (2014). Qualitative Task Analysis to Enhance Sports Characterization: A Surfing Case Study. Journal of Human Kinetics 42, 245?257
- Parlebas, P. (1981) - Contribution a un Lexique Commenté en Science de L'Action Motrice, Publicações INSEP
- Peixoto, C. (1994) - Terminologia. Um Instrumento de Gestão. Ludens, vol 14, n2, Abr/Jun, Edições FMH
- Peixoto, C. (1997) - Sistemática das Atividades Desportivas. Modelos e Sistemas de Análise do Desempenho Desportivo, Edições FMH.
- Peixoto, C. (2002) - A Classificação e a Ciência. As Ciências do Desporto e o Conhecimento. Ludens vol nº 17, nº1 Jan/Mar, Ed. CDI-FMH
- Piaget, J. (1970). O Estruturalismo. (M. Amorim, trad.). S. Paulo: Difusão Europeia do Livro. (Trabalho original publicado 1968).
- Pieron, M., Cheffers, J. & Barrette, G. (1990). An introduction to the terminology of sport pedagogy (vocabulary used in research in teaching and coaching). ICSP, AIESEP, Liege, Belgium.
- Sérgio, M. (1989) - Motricidade Humana. Uma ciência do Homem. ISEF, Serviço de Ed, Lisboa