

<b>ID</b>	3304
<b>Curricular Unit</b>	Teaching and Training of School Sports
<b>Regent</b>	César José Duarte Peixoto
<b>Learning Outcomes</b>	<p>To identify and critically analyse the structure and organizational dynamics of the school sports system, in its different values.</p> <p>Development and application of specific didactics in School Sports, covering the abilities, attitudes and competences related to the teaching and training of sports tasks.</p> <p>As operational objectives, it is intended to formulate strategies (micro) in the programming and application of intervention tools in sports activities, as well as an organization of specific contents in a progressive, varied and balanced way. Allowing to "manage" the individual within the activity (Plan, Conduct and Evaluate the activities of school sports).</p> <p>The knowledge of the connection structure, between the perception of the contents of an activity and the processes of intervention, at the level of understanding and explanation of the techniques/situations.</p> <p>The course is organized in theoretical-practical course, aiming the formulation of strategies in the programming of sports activities, with a view to its application in School Sports, both in technical terms (learning of motor tasks - observation and correction) and in structural terms (knowledge integration - planning).</p>

## Syllabus

### » MODULE 1 - Organization of the School Sport System

- Identify the organizational structure and dynamics of School Sports, in their different experiences
- Analysis and interpretation of School Sport
- Developed programs of school sports

### » MODULE 2 - School Sports and Physical Education

- Relationship between School Sport and Curricular Physical Education
- Analysis of the values and activities of School Sports

### » MODULE 3 - Skills in School Sport - Specific Technical Content

There are factors (instruments) that are directly linked to the (technical) skills and that articulated with each other, allow to improve the realization of these techniques.

When we want to improve the motor response capabilities of an individual in an activity, it is fundamental to perceive the behaviors, to make the goals both partial and global profitable.

The mental attitude must relate to both, the way of the contents are taught and the degree of development (difficulty / complexity) of the task itself to be learned.

- Technical Skills and Tactical Aspects in Sport
- Physical Skills in School Sport
- Application concepts - teaching and training processes in School Sport
- Evaluation in teaching and training processes

### Organization of sports activities

- Individual Sports (Gymnastics)
- Team Sports (Volleyball)
- Combat Sports (wrestling)
- Slide Sports (Skate; Surfing)
- Nature sports / Great Spaces (climbing, orientation/guidance)

### » MODULE 4 - Observation and Intervention in Techniques

- Sports observation techniques - (To observe: how, when and what)
- Understanding techniques according to the implementation of objectives - Instruments for the analysis and observation of techniques
- Explain the techniques according to deviations from the standard - Intervention tools - correction of errors

### » MODULE 5 - Strategic Planning - Planning Systems

We are talking about a process of planning-management, we are giving rise to the organization of a system (a set of elements linked together and forming a whole). Planning actions is no more than a set of behaviors articulated to each other in function of goals. Planning is, therefore, the way we timed the actions to be developed.

- Identify the principles of planning - Concepts and application in the development of the activity
- Conduct of training in planning - List of contents and stages of development
- The evaluation in the developed processes - Observation of the techniques and the training in the different periods
- Concepts in planning - Interconnection between the training stages (development of the young person) and the complexity of the tasks (technical levels)

Continuous assessment; according to the following guidelines

- » Achievement of success: minimum final score 10 values
- \* Practical classes assisted 2/3
- \* Organization of strategic planning (Practical illustration of the application of planning in each developed area - 5) 60% of the final grade

## **Evaluation**

Theoretical Evaluation/Test - Topics of the different areas of intervention - 40% of the final grade

Final exam

- » Final exam, in accordance with the following guidelines
  - \* Final mark in continuous evaluation, lower than 10 values
- Final exam consists of written test (theoretical assessment) and oral test (theoretical-practical assessment)

## **Bibliography**

- » To be presented according to the training modules
- Specific practical activities  
Specific school sport organization documents