

ID	3679
Curricular Unit	Didactics of Physical Activities and Sports IV
Regent	António Paulo Ferreira
Learning Outcomes	<ol style="list-style-type: none"> 1. Knowledge of the basic rules and specific terminology of physical activities/sports, which are considered as nuclear in current National Physical Education Program of Basic and Secondary Education, National Coaching Education Program and in the nuclear activities of the education process of the Physical Exercise Technicians. 2. Accomplishment of fundamental technical and technical-tactical actions of sports comprised in the course. 3. Knowledge of didactic and methodological aspects of each sport included in the course. 4. Capacity to analyse and interpret the practitioners' performance, identifying the levels of performance. 5. Knowledge of aims, which should guide the initial stages of the learning process of each sport, and capacity to identify the appropriate contents and learning tasks for each of the learning stages.
Syllabus	<p>The present curricular unit is divided into several modules. Each group of particular modules is available for the students considering their option for two curricular minors (the Sport Training minor and the Exercise & Health minor), as follows:</p> <p>Sport Training minor Handball 2 Gymnastics Activities 4 Basketball 2 Football 2 Swimming 2 Volleyball 2</p> <p>Exercise & Health minor Gymnastics Activities 4 Fitness 3 - Choreography introduction Fitness 4 - Localization activities introduction Fitness 5 - Body & Mind Dance 2 Swimming 2</p> <p>The program of each module includes the following specific contents:</p> <ol style="list-style-type: none"> 1. Sport characterization. 2. Organization of the learning process. Aims and contents of the initial stages of the learning process in each sport. 3. Observation, diagnostic and pedagogical progression of specific tasks.

General assessment: The final classification results from the arithmetic mean obtained in all modules of the course (minimum grade of 9,5 values; if less, the student will carry out the final exam in the sport/module in which the minimum grade has not been achieved).

Continuous evaluation:

In all modules the attendance should be equal to or greater than 2/3 of the classes held. The evaluation in each module includes:

- 1) *Practical component* - levels of performance in fundamental technical and tactical-technical actions, as well as the capacity to analyse and interpret the performance of practitioners (minimum grade in this component should be equal to or higher than 9,5 values, and represents 50% of the final grade).
- 2) *Theoretical component* - a written test (minimum grade should be equal to or higher than 9,5 values, and represents 50% of the final grade).

Final evaluation:

For students who did not choose the continuous evaluation or who failed at one of the different components of this evaluation, the final evaluation consists of:

- 1) written test (with a minimum grade of 9,5 values, 50% of the final grade);
- 2) practical or oral test (with a minimum grade of 9,5 values, 50% of the final grade).

Evaluation

Bibliography

Supplied in the specific program of each module.