

ID	518
Curricular Unit	Physical Activities I
Regent	António Paulo Pereira Ferreira
Learning Outcomes	<ol style="list-style-type: none"> 1. Knowledge of the laws, rules and other elements essential to the practice of a particular sport in an organized manner and its application in formal practice situation; 2. Knowledge and mastery of the lexicon of sports and its application in formal practice situation; 3. Acquisition and elementary domain of technical elements and fundamental to the tactical and technical practice of each of the sports in formal practice situation; 4. Knowledge of the Organization of sporting events at the sports studied (as regards the human and material resources necessary for its achievement).
Syllabus	<p>The discipline of SAI covers 6 different modules of physical activities (sports): Swimming, Handball, Basketball, Volleyball, Gymnastics and Judo (each one of the sports activities above related has a specific program, with effective 15.0 hours each). The purpose is qualifying the Student to: a) In the knowledge and elementary domain of their technical and technical-tactical content; b) Organizational knowledge characteristics so as to be able to perceive and organize sports events taking into account the human and material resources required.</p> <p>General Program: 1. Consolidate the knowledge of each studied sports; 2. Acquisition and consolidation of knowledge, from practical, about what to do and why they do so; 3. Knowledge about the organizational characteristics of each sport to understand how organizes sporting events to according the human and material resources required; There is a specific program for each module (swimming, Handball, basketball, Volleyball, Gymnastics and Judo).</p>

1. General Assessment:

1.1. The final classification will result to the arithmetic mean obtained in all different sports studied (if not less than 9.5 values);

1.2. in no case may be less than 7.5 values;

1.3. Approbation possible if a sport has a negative note, if between 7.5 and 9.4 values, and if the final average is equal to or greater than 9.5 values.

2. Final Exam:

2.1. By module:

a) Written test - 40%;

b) Practical test - 60%;

c) Oral evidence subject to obtaining access to the minimal note values, either at 7.5 written either in the practical test;

d) For approval in the module the final classification must be equal to or greater than 10 values;

3. Continuous Evaluation:

3.1. The attendance of the student must be equal to or greater than 2/3 of lessons;

3.2. The assessment will appreciate: a) practical test - 40%; b) written test and or work - 60%;

4. Final Note: the general evaluation applies in the case of specific assessment for each module being missing.

Evaluation

Bibliography

Supplied in each specific program of the sports activities object of study (or either: Swimming, Handball, Basketball, Volleyball, Gymnastics and Judo).