

## Course Unit: 956301 – Life Span Motor Development and Motor Learning

Year 1 Semester 1 ISCED Code: 1014 ECTS: 5,0

Type of Course Unit: Compulsory Delivery Mode: Face-to-face Language of Instruction: Portuguese

COURSE COORDINATOR: Vânia Azevedo Ferreira Brandão Loureiro

### HOURS OF WORK

TOTAL HOURS	Contact Hours								Hours in autonomous work
	Theory	Theory and practice	Practical and laboratory work	Field work	Seminar	Internship	Tutorial guidance	Other	
125	15	15	15						80

Prerequisites (if applicable): <<Max 500 characters with spaces>>

### LEARNING OUTCOMES (knowledge, skills and competence)

- Knowing the intrinsic and extrinsic determinants involved in the process of motor development and learning and interpret the behavioural changes of the individual;
- Ident. the factors that influence the process of motor development and the interactions established between growth, maturation and learning;
- Analyzing the process of motor development, identifying the different phases and stages of evolution of the acquisition of motor skills;
- Analyzing the process of motor development, in relation to changing physical and motor capabilities;
- Analyzing the process of child socialization
- Understanding and applying a set of techniques and tools for observation and motor behaviour;
- Knowing the determinants and / or intrinsic and extrinsic mechanisms involved in the process of development and motor learning and behavioural changes in the individual;
- Studying and interpreting the operations in the process of motor learning and performance variables, relating evolution to practice;

### CONTENTS

PART I: MOTOR DEVELOPMENT PROCESS: General concepts of human development; Lifelong Motor development; Anthropometric evaluation techniques; Motor development in different ages; The Development of Physical Skills - Motor: coordinative skills and conditional abilities - educational implications; Qualitative observation of the movement

PART II. MOTOR LEARNING PROCESS: Learning analysis perspectives; Intrinsic and extrinsic determinants of the learning process; The changing conditions of practice and learning process; A theory of anticipative Representation and Learning; The sensory feedback - "Feedback"; Learning, Sensation and Perception; Attention; Emotional reactions; Transfer of Learning; Motor Learning Process; The evolution of the learning process as complex and subject to contradictory trends; Motor memory

### DEMONSTRATION OF THE CONTENTS COHERENCE WITH THE COURSE UNIT'S LEARNING OUTCOMES

The curricular unit Development and Motor Learning belongs to the first year of Sport Science and falls within the scope of the study of human beings, specifically oriented in the field of variables and processes related to the motor domain.

This curricular unit will consist of two parts. In the first part, there will be an approach to the study of Human Motor Development, which is complemented in the second part, which is geared specifically for the field variables and processes related to the field of Motor Learning. Thus, it is intended to impart knowledge inherent in human development and learning, primarily in an ontogenetic perspective, with emphasis on the motor domain

### **TEACHING METHODOLOGIES**

The work will consist of an effective participation of the students in the learning process. The used techniques will be individual and collective through practical lessons, analysis and discussion of texts and films, oriented study, bibliographical research, written tests and work guidance. Importance will be given to attendance, punctuality, attitude and commitment of the students towards the proposed tasks.

### **DEMONSTRATION OF THE COHERENCE BETWEEN THE TEACHING METHODOLOGIES AND THE LEARNING OUTCOMES**

The theoretical and practical nature of this curricular unit justifies the use, in a complementary way, of active methodologies with a strong practical component associated with theoretical exposition frequently used with audiovisual media, as well as bibliographical research. The practice presentation by the students to the group-class of the conducted research results, in an autonomous way and supervised by the teacher, is recurrent.

### **EVALUATION METHODS**

The evaluation of curricular unit is composed of theoretical assessment (written test). Theory and practice Evaluation - Work in group (Written and Presentation.). During appeal season a theoretical examination will take place.

### **MAIN BIBLIOGRAPHY**

Fragoso, I. & Vieira, F. (2000) *Morfologia e Crescimento – Curso Prático*. Edições F.M.H., Ciências da Motricidade. U.T.L. – Lisboa.

Fragoso, I. & Vieira, F. (2000) *Morfologia e Crescimento*. Edições F.M.H. Ciências da Motricidade. U.T.L. – Lisboa.

Gallahue D. & Ozmun, J. (2005) *Compreendendo o Desenvolvimento Motor: Bebés, Crianças, Adolescentes e Adultos*, 3ª Edição, São Paulo, Brasil Phorte Editora.

Gallahue D. & Ozmun, J. (2005) *Compreendendo o Desenvolvimento Motor: Bebés, Crianças, Adolescentes e Adultos*, 3ª Edição, São Paulo, Brasil Phorte Editora.

Gallahue, D. & Donnelly, F. (2008) *Educação física desenvolvimentista para todas as crianças*. 4. ed. São Paulo: Phorte.

Schmidt, R. & Wrisberg C. (2001) *Aprendizagem e Performance Motora - Uma Abordagem da Aprendizagem Baseada no Problema*, Artmed.

Year of implementation: 2015/2016 | Date of approval by the Technical-Scientific Board: 2015-09-01