

Course Unit: 956316 – Children and Youth Sport

Year 1 Semester 2 ISCED Code: 813 ECTS: 4,0

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

COURSE COORDINATOR: Ana Ruivo Alves

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	
100	20	15	10						55

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

LEARNING OUTCOMES (knowledge, skills and competence)

- Know the theoretical foundations of children's sport;
- Know the specific skills of the scope of children's sport;
- Know and apply the terminology and concepts related to children and youth sport;
- Provide the necessary information to enable the adoption of appropriate intervention strategies in the children's sport;
- Know the purpose to enable a correct technical and scientific intervention in the juvenile sport.

CONTENTS

1. General Considerations for children and youth sport
2. Detection, Selection and Talent Guidance
3. Early Specialization vs Early Sports Preparation
4. Training of motor skills in children and youth sport
5. Development strategies of motor skills in children and youth sport
6. The training of technical and tactical in children and youth sport
7. Training planning in children's sport.

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

TEACHING METHODOLOGIES

During the sessions the work can withstand the following dimensions:

- Screening of videos on the issues addressed;
- Discussions on the inherent problems;

- Reflection and joint analysis of books with excerpts;
- Bibliographic research.
- Practical realization of content covered.

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

EVALUATION METHODS

- Theoretical assessment: performing a frequency, which focuses on the specific syllabus of the course;
- Practical assessment: preparation of a working group on the specific syllabus of the course; preparatory work in the classroom context.

MAIN BIBLIOGRAPHY

- Adelino, J., Vieira, J., Coelho, O. (1998). O Desporto Juvenil: ...em perguntas e respostas. Centro de estudos e formação desportiva. Lisboa.
- Adelino, J., Vieira, J. e Coelho, O., (2000). Treino de Jovens. O que todos precisam de Saber! 2.ª Edição, Centro de estudos e formação desportiva. Lisboa.
- Adelino, J., Vieira, J., Coelho, O. (2002). Desporto Juvenil. O essencial das Competições. Centro de estudos e formação desportiva. Lisboa.
- Bompa, T. (2005); Entrenamiento para Jóvenes Deportistas. Planificación y programas de entrenamiento en todas las etapas de crecimiento; Hispano Europea; España.
- Giraldez, V.; Patiño, M. Soidan, (2009); Entrenamiento en Niños y Jóvenes Deportistas; Wanceulen Editorial Deportiva, S.L.; Sevilla.
- Graça, A. & Oliveira (1998). O ensino dos jogos desportivos. Edições CEJD – Faculdade de Ciências do Desporto e de Educação Física – Universidade do Porto.
- Stafford, I. (2010); Coaching for Long-Term Athlete development: improve participation and performance in sport; UK.

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