



Course Unit: 956319 – Propaedeutics and Methodologies in Physical Activity and Sport II - Gymnastics

Year 1 Semester 2 ISCED Code: 1014 ECTS: 2,5

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	
62,5	10	35							17,5

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

LEARNING OUTCOMES (knowledge, skills and competence)

The main goals of this curricular unit are related to the need of endowing the students with sufficient theoretical and practical knowledge, specific to gymnastic activities, so as to enable them to perform and teach basic techniques, either within school or within the training of lower age groups;

Equip students with practical experiences to improve their technical gestures; Promote and exercise basic gymnastic activities;

Promote the acquisition of knowledge on aid techniques in gymnastics; Develop observation abilities for the teaching of gymnastics;

Promote the acquisition of theoretical and practical knowledge allusive to the learning/teaching process of basic elements of the area of study;

Basic and common mastering of the filing study areas;

Acquire general knowledge on the technical structure of the gymnastic activity.

CONTENTS

Framework (origin, regulation, basics of judges evaluation, forms and playful plays, coach profile, apparatus, nomenclature);

General and specific warm - up and physical preparation (General and specific warm-up methodology; physical fitness components; general and specific physical preparation adapted to initial levels);

Fundamentals of gymnastics (Biomechanics; Stationary, linear and rotational patterns; motor patterns: standards);

Session planning and control of training (General characterization of sport preparation; different levels of planning; evaluation and control of the training);

Basics of security (Security components, Aid, Age Particularities, injury prevention);

Music and Choreography (body technique; music / movement; choreography and construction of routines, creative dance);

General Technical Elements and Artistic: women and men, Acrobatics, Trampoline, Rhythmic, Aerobic and Gymnastics for all.

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

The curricular unit of Gymnastics aims to provide students with a development perspective that allows the maximization of the existing material and educational conditions, implementing a healthy physical and sporting activity, rewarding and culturally

significant. It is demanded that the student knows the gymnastics reality, master the theoretical and methodological gymnastics modalities and learn how to implement these fundamentals in a particular reality and contextual initial technical training.

According to the above, the contents shown are adjusted to a specific area of intervention: the initial sports training.

TEACHING METHODOLOGIES

Work will consist of an effective participation of the students in the learning process. The used techniques will be individual and collective through practical classes, text and film discussion and analysis, oriented study, bibliographical research, written test and paper guidance. Attendance, punctuality, attitude and commitment of the students to the proposed tasks is highly valued.

It is intended that the student develops a taste for the practice of sport through participation (actor / spectator) in gymnastic soirees and festivals.

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 presentation practice by the students to the group-class and to the academic community is recurrent.

EVALUATION METHODS

The evaluation consist in a practical and a theoretical component. In the practical evaluation assessing students prepare, in group, public presentations (Acrobatic gymnastics, Aerobic and Gymnastics for All) and individual presentations (artistic-different apparatus, trampoline, rhythmic). The theoretical assessment consist in a written test. At the time of appeal will be held a theoretic test and a practical evaluation.

MAIN BIBLIOGRAPHY

Albuquerque, A. (s/d); Ginástica Desportiva, Como se “joga”?, Porto Editora. Araújo, C. (2002) Manual de Ajudas em Ginástica, Carlos Araújo, Porto.

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Nunomura, M. & Tsukamoto, M. (2009) Fundamentos das Ginásticas; Ed. Fontoura.

Peixoto, C. (1988) Ginástica Desportiva 2, Lisboa, FMH.

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Russell, K. (2010) Basic Gym: Fundamentos da Ginástica e Literacia Motora, Federação de Ginástica de Portugal.

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