

**Course Unit: 956329 – Propaedeutics and Methodologies of Physical Activities and Sports III - Fitness**

Year 2

Semester 2

ISCED Code: 1014

ECTS: 7,0

**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	
175	30	90							55

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

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

It is intended that the student acquire motor competences, pedagogical and communicative skills in the different areas of the curricular unit, namely in the modalities of Water Fitness, Aerobics, Step and Pilates. The aim is provide to the student the following skills:

- Identify different forms of exercise (group and / or individual), which propose is promoting, improving and/or maintaining the Physical Fitness, Health and Well-Being.
- Learn the modalities' specific patterns and their instructional tips and delivery (technique).
- Distinguish and apply the essential dimensions of Physical Fitness (cardiorespiratory and musculoskeletal).
- Plan and instruct a group exercise following the specific modalities methodologies;
- Prescribe appropriate exercises to the different population, considering the intensity, complexity, duration and frequency.

**CONTENTS**

Methodology; Fitness class design, basic principles and structure of the class, music and rhythm structure, choreographic methods; pedagogical intervention and cueing; Guidelines to the prescription of physical exercise in the following modalities: Water Fitness, Aerobics, Step and Pilates.

Water Fitness, Aerobics and Step: modality characteristics; equipment resources; technique and posture; specific patterns (teaching methods, variations, modifications); synchronization between the exercise and music; choreographic methods.

Pilates: history and evolution; benefits of a "mind-body" program; Essential principles; equipment resources; specific patterns (teaching methods, safety, variations, modifications).

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

Programmatic contents are associated with learning proposes which able the student to understand, prescribe and apply the different forms of group exercise. To the future exercise instructor, it is also providing a practical and theoretical knowledge within the scope of different modalities. These skills are promoted through the theoretical and practical foundation, providing a real situations to the students be able to development a critical sense about the learned contents.

**TEACHING METHODOLOGIES**

Theoretical classes; theoretical-practical classes; Practical application of the modalities' principles; microteaching situations; use of videography to the practical analysis of the modalities specific patterns.

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

The curricular unit' nature explains the use of active methodologies. Thus, a strong practical component associated with the theoretical exposition is applied, often delivered through audio-visual resources by the professor. Moreover, it is also request an autonomously bibliographic research by the student, but supervised by the professor.

Students' presentations to the group-class, based on the results of the proposed tasks presented in the classroom.

## **EVALUATION METHODS**

The final mark in the continuous assessment consists on: exam (transversal to the theoretical components of all modalities addressed) and practical assessment of the Water Fitness, Aerobics, Step and Pilates.

Appeal exam: written exam and practical exam.

## **MAIN BIBLIOGRAPHY**

AEA (2018) Aquatic Fitness Professional Manual 7th Edition, Champaign IL, USA: Human Kinetics.

Isacowitz R. (2011). Pilates Anatomy. Human Kinetics Publishers.

Osar E. and Bussard M. (2015). Functional Anatomy of the Pilates Core: an illustrated guide to a safe an effective core training program. Lotus Publishing.

Kennedy-Armbruster, C. & Yoke, M. (2014) Methods of Group Exercise Instruction, 3rd Edition, Champaign IL, USA: Human Kinetics.

Sanders, M. (2000) (ed.) YMCA Water fitness for health. Champaign. Human-Kinetics.

Rieger, T.; Naclerio, F.; Jiménez, A. & Moody, J. (2015) EuropeActive's Foundations for Exercise Professionals, Human Kinetics.

National Academy of Sports Medicine (2019) NASM AFAA Principles of Group Fitness Instruction, Jones and Bartlett Learning.

National Academy of Sports Medicine (2019) Essentials of Sports Performance Training, Second Edition, Jones and Bartlett Learning.

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