

## Course Unit: 956330 - Observation and Analysis of Sports Skills

Year 2 Semester 1 ISCED Code: 813 ECTS: 3,0

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

COURSE COORDINATOR: Paulo Alexandre Sousa Bacalhau Paixão

### 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 |                          |
| 75          | 10            | 15                  | 20                            |            |         |            |                   |       | 30                       |

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

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

- Identify and describe the basic elements for the evaluation of the execution of elementary sports skills;
- To be able to assure the exercise of the basic teaching skills of technique and tactics (observation and correction);
- Evaluate the practitioners and the team in training and competition, analyzing their performance;
- Organize the registration of all training unit and competition information pertinent to the monitoring of the athlete's sporting activity;
- Describe the organization model of the sport performance analysis process;
- knowing its sporting modality from the point of view of the identification and description of performance indicators and the effects of situational factors on sports performance;
- Identify and use information from performance indicators in training sessions and competitions;
- Construct or select measurement tests, according to procedures that ensure greater validity, reliability and objectivity in the results

### CONTENTS

1. Observation and Analysis Concepts;
2. Unsystematic observation;
3. Systematic observation;
4. Models of Qualitative Observation;
5. Observation as a tool of the training process;
6. Observation and evaluation of the Technique;
7. Observation and evaluation of the Tactic;
8. Analysis of Sports Performance;
9. Models of Analysis of the sport performance;
10. Use of new technologies of observation and analysis of sports performance;

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

The objective of observation and analysis is not only the diagnosis of motor conducts, but also the identification and evaluation of the technique or tactic and respective control parameters, in order to understand and modify the target behavior in an individual or collective situation. This course unit intends that the student understands the advantages of a systematic observation to mitigate the effect of the error, ensuring that the observation instrument allows us to record what we really intend to measure. In practice, the UC intends that the student develop a critical sense in the observation and be able to use or construct a valid, reliable, objective and consistent tool in relation to the object under analysis. Current technological tools will also be used to develop skills in this area. The Course Unit will be developed in two large blocks: Observation and Technical Analysis and Observation and Tactical Analysis.

### **TEACHING METHODOLOGIES**

- use of schematic models with dynamics;
- video viewing on the topics covered;
- viewing of photos allusive to the contents;
- discussions on the inherent problems;
- reflection and joint analysis of related articles;
- practical experimentation of the contents covered;
- use of the moodle platform and its functionalities;
- organization of an on-site observation session with an official competition;
- presentation and sharing of the work developed by the students;
- observation and analysis of video competitions;
- preparation of an Observation report;
- Use of Kinovea software for technical analysis
- Use the VideObserver software for tactical analysis;

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

The nature of the curricular unit justifies the use of active methodologies with a strong theoretical-practical component associated with the direct observation of sports skills and indirect observation through the support of the audiovisual media. In order to ensure the validity and reliability of the proposed observation processes, it is important to state the reasons on related articles. It will be recurrent the manipulation of analysis software in the context of the classroom in a supervised way by the teacher.

### **EVALUATION METHODS**

- Individual work of technical observation and analysis in an individual modality chosen by the student;
- Group work of tactical observation and analysis in a collective modality proposed by the teacher.

### **MAIN BIBLIOGRAPHY**

Knudson, D. & Morrison, C. (2001). *Análise Qualitativa do Movimento Humano*, Manole Editora, 1ª Edição, Brasil.

Neves, A., Mesquita, I., Sampaio, J. (2017). *Análise da Performance Desportiva. Manual de curso de treinadores de desporto, Grau III*. Instituto Português do Desporto e Juventude. Programa Nacional de Formação de Treinadores.

Rodrigues, J., Louro, H. (2016). *Observação e Análise das Habilidades Desportivas. Manual de curso de treinadores de desporto, Grau I*. Instituto Português do Desporto e Juventude. Programa Nacional de Formação de Treinadores.

Sarmiento, H., Pereira, A., Campaniço, J., Anguera, M.T., Leitão, J.C. (2013). *Observação e Análise de Jogo em Futebol. Um estudo qualitativo com treinadores portugueses*. Universidade de Trás-Os-Montes e Alto Douro.