

Course Unit: 956333 - Option III - Sports Animation

Year 2 Semester 3 ISCED Code: 1014 ECTS: 4,0

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

COURSE COORDINATOR: Pedro Bento

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	15	15							70

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

LEARNING OUTCOMES (knowledge, skills and competence)

1. Identify and know the fundamental principles of Sports Recreation ;
2. Know the methods and programming techniques , organization and intervention in different contexts of physical and sport;
3. Master the main concepts , theories and strategies related to the optimization of management behavior of individuals and groups in the Sports entertainment process;
4. Describe the professional competencies and sport animator characteristics;

CONTENTS

1.SPORTS RECREATION FUNDAMENTS

1.1. The great social and cultural changes of the twentieth century : the requirements / needs of society regarding the use of free time and the role play in the evolution of leisure ; 1.2. Leisure and Free Time - Expressions Body and Culture

2.SPORTS RECREATION

2.1. General aspects of Sports Recreation ; 2.2. Features of Sports Recreation ; 2.3. The role of sports animator ; 2.4. The benefits of physical activity

3.ORGANIZE AND PLANNING SPORTS RECREATION

3.1. The characteristics of groups and practice sites of Sports Recreation ; 3.2. Organizational factors of Sports Recreation ; 3.3.Types of Sports Recreation and adaptation to different contexts of intervention .

4.SPORTS RECREATION PROGRAMS

4.1. Colonies and holidays camps; 4.2. schools; 4.3. authorities; 4.4. tourism; 4.5. Activities in nature; 4.6. Sporadic Organized activities

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

This course unit aims to know the fundamentals of sports entertainment and all the inherent function process, such as the skills and characteristics of sports animator and planning , organization, intervention and evaluation in different contexts of practice.

Thus the programmatic contents form defined in clear correspondence with the C.U. objectives : The contents relating to subparagraph 1.1 , 1.2, and 2.1 are aimed at Objective 1 ; the sub-items 3.1, 3.2, 3.3 and section 4 refer to the objective 2; the sub-items 3.1 and 3.3 are aimed at the fulfillment of the objective 3 and finally the sub-items 2.2 and 2.3 for the fourth goal

TEACHING METHODOLOGIES

The approach of the syllabus will be made initially on the basis of expository nature classes and the presentation and topics of discussion arising from the listed contents in this program , and , secondly , more practical -oriented classes (with compulsory attendance) .

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

The theoretical - practical nature of C.U. justifies the use of complementary form of active methodologies with a strong practical component associated with the theoretical exposition often used to support the audio - visual media , as well as bibliographic research .

It's usual to presentation by the students to the group / class of survey results conducted independently and supervised by the teacher.

EVALUATION METHODS

Continuous Assessment scheme: theoretical frequency (40%)

Work: Collection of information on local and sports facilities , as well as data collection on sports 40%. Presentation of group work , exposure time and sharing the knowledge acquired (20%)

The student may not be less than 8 points in the theoretical evaluation . The presentation of the work should be performed during the time of normal exam on the date indicated . The work should be sent by e-mail in electronic form by the date specified . The non-use of one of the time points subject the student to assessment resource .

Final Evaluation and Resource Evaluation : If the student fail only in an evaluation element , the student can maintain the relative weighting of the evaluation continues. If the student has less than 9.5 in the continuous theoretical and practical assessment will the examination of Theoretical and Practical Resources.

MAIN BIBLIOGRAPHY

1. Baptista, F., Silva, A., Mota, J., Santos, R., Vale, S., Ferreira, J., Marques, E., Raimundo, A. & Moreira, H. (2011). Livro Verde da Aptidão Física. Observatório Nacional da Atividade Física e Desporto
 2. HBSC (2014). A saúde dos adolescentes portugueses em tempo de recessão- dados nacionais 2014. Aventura social
 3. Lança, R. (2003). Animação Desportiva e Tempos Livres: Perspectivas de Organização . Coleção Desporto e Tempos Livres. Editorial Caminho.
 4. Martín Olmo, J. (2011). Animación y recreación. Turística, escolar y extraescolar. Animaula. Barcelona: Editorial INDE
 5. Murta, L., Loureiro, V., Loureiro, N. & Cano, N. - "Carta Desportiva do Concelho de Ferreira do Alentejo" (2009). Escola Superior de Educação de Beja/Câmara Municipal de Ferreira do Alentejo
- Soria Verde, M. e Canellas Mayoral, A. (2015). La Animacion Deportiva. 3ª Ed. Barcelona: Editorial INDE

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