

Course Unit: 956337 - Didactics of Physical Activity and Sport

Year 2 Semester 4 ISCED Code: 1014 ECTS: 5

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

Language of Instruction: Portuguese

COURSE COORDINATOR: Luís Manuel da Cruz Murta

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	
125	15	35		10					65

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

LEARNING OUTCOMES (knowledge, skills and competence)

- Knowing the process phases of pedagogical decision making relative to the educational situations;
- Identifying the nature and characteristics of the decisions to be made in each of the different phases that make up the referred process;
- Knowing and applying the competences and procedures to be adopted in the creation and implementation of teaching contexts more favourable to learning;
- Recognizing the importance of the different types of variables that influence the teaching-learning process in the scope of sports training;
- Knowing and applying, in simulated and real situations, the methods and strategies considered as most adequate to teaching and learning in sports and physical education;
- Knowing and identifying the dimensions and techniques of pedagogical intervention considered in teaching and learning in physical education.

CONTENTS

1. The didactic training and the adequacy of its principles, norms and procedures, depending on the intervention in each of the specific areas of physical and sports culture
2. The organizations models in physical education and sports
- 2.1 The phases of the decision-making process
3. The organization of teaching in Physical Education and Sport
 - 3.1. Planning - its importance in the preparation of the pedagogical intervention
 - 3.2. The Fundamental Principles and Factors of Effectiveness of the Planning Process
 - 3.3. The phases and stages of the planning process
 - 3.4. The pedagogical intervention and the organization of the teaching and learning process in EFD
 - 3.5. The dimensions of pedagogical intervention
 - 3.6. The principles and techniques of pedagogical intervention
 - 3.7. EFD teaching styles
 - 3.8. The Evaluation in EFD.

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

With this curricular unit it is pretended that the students acquire the knowledge, competences and skills of analysis, planning, organization, implementation and evaluation of the teaching/training process of general nature as well as specific for each activity that make up the spectrum of the physical sporting culture.

TEACHING METHODOLOGIES

The teaching methodologies used in this curricular unit are the following:

- Simulated practical situations of planning, organization and intervention concerning learning and teaching in physical and sports education;
- Reflection over the experienced situations;
- Research, analysis, presentation and debate of documents, individually and in small group.

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 of the conducted research results, in an autonomous way and supervised by the teacher, is recurrent.

EVALUATION METHODS

The assessment in this curricular unit consists of written test and group work including planning, intervention plans and observation of real teaching situations

MAIN BIBLIOGRAPHY

- Bento, J. (2003). Planeamento e avaliação em educação física. Lisboa. Livros horizonte.
- Lopez, L; Diaz del Campo, D. (2017). Aprendiendo a Enseñar Deporte. Madrid. Editorial INDE. ISBN: 9788497293747
- Piéron, M. (1999). Para una enseñanza eficaz de las actividades físico-deportivas. Colección la educación Física en...Reforma. INDE Publicaciones, Barcelona.
- Rodrigues, José; Sequeira, P. (2017). Contributos para a formação de treinadores de sucesso. ed. 1, ISBN: 978-989-99399-9-8. Lisboa: Visão e Contextos.