

Course Unit: 956338 - PMAFD IV - Fitness

Year 2 Semester 2 ISCED Code: 813 ECTS: 6

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

COURSE COORDINATOR: Vânia 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	
150	15	90							45

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

LEARNING OUTCOMES (knowledge, skills and competence)

It is intended that the students achieve motor, pedagogic and communication skills in the Academy's Activities areas, the ability to apply those skills in Health Clubs, sport clubs, associations and projects related to this area.

It is intended that the students achieve motor, pedagogic and communication skills in Located Exercise and Stretching, Cardiofitness, Strength Training. It is intended to allow the students to achieve the level of skills that will allow them to:

Identify different ways of group and/or individual exercise to improve and/or maintain the promotion of Health, Fitness and Well-Being.

Distinguish between two key dimensions of physical fitness: cardiorespiratory, musculoskeletal and apply them in a fitness activity context.

As far as aerobic exercise and localised muscular resistance is concerned, the student should master: body posture, exercise execution techniques, basic movement patterns, musical structure and choreographic sequences.

CONTENTS

The main content of this unit are Located Exercises and Stretching, Cardiofitness, Bodybuilding, and Customised Training.

The following contents will be approached in Located Exercises:

Benefits of Located Exercises and Stretching;

Equipment and resources;

Technique and Posture;

Appropriate Methods for each kind of class;

Structure, Planning and Teaching Methods;

Located Exercises Pedagogy;

Basic Located Exercise;

Stretching and Relaxation exercises.

The following contents will be approached in Cardio, Strength Training and Customised Training:

Theoretical fundamentals of strength training and cardiofitness;

Risk stratification;

Health and activity profile evaluation;
Planning, Prescription and training program scheduling;
Communication skills;
Monitoring of training programs;
Individual training method prescription.

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

<<Max 1000 characters with spaces>>

TEACHING METHODOLOGIES

Application of computerised format in theoretical-practical lessons.
Execution of several theoretical-practical exercises in the classroom.
Micro teaching situations.
Use of videograms for study of technical execution in practical exercises.
Fitness Event, with the presence of guests.

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

EVALUATION METHODS

Ongoing Evaluation

MAIN BIBLIOGRAPHY

- ACSM (2003). Directrizes do ACSM para os testes de esforço e sua prescrição. 6ª Ed. Rio de Janeiro: Editora Guanabara Koogan S.A.
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- ACSM (2006). Manual do ACSM para Avaliação da Aptidão Física Relacionada à Saúde. 1ª Ed.. Rio de Janeiro: Editora Guanabara Koogan S.A.
- Badillo, J. & Ayestarán, E. (2001); Fundamentos do Treinamento de Força – Aplicação ao Alto Rendimento Desportivo; 2ª Edição, Porto Alegre: Artmed Editora
- Balcells, M. (2000). Expresión corporal y danza. Barcelona: INDE Publicaciones.
- Correia, P.; Pascoal, A.; Silva, P. & Espanha, M. (1998). Anatomofisiologia – Estudos Práticos I. Cruz Quebrada: Edições FMH.
- Costa, M.Costa, M. (2000). Ginástica Localizada. 3ª edição. Rio de Janeiro: Edições Sprint.
- Delavier, F. (2000) Guia dos Movimentos de Musculação – Abordagem Anatômica, 2ª Edição; São Paulo ; Editora Manole Lda

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