

Course Unit: 956342 - Physical Activity and Heritage

Year 3 Semester 5 ISCED Code: 1014 ECTS: 4

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	10	30							60

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

LEARNING OUTCOMES (knowledge, skills and competence)

Through the teaching of this program it is intended that the students are able to:

- know and understand the concept of heritage;
- know the concepts associated with the natural areas and respective sports activities;
- know and apply the legal framework of sporting activities in nature and respective procedures for action;
- know the basic notions of environmental education;
- Design a sports product that promote the physical activity with the heritage;

CONTENTS

Theoretical blocks

a) Concepts of Recreation, Leisure and heritage;

-Definition and importance of concepts;

-Specificity of the territories of leisure;

-Planning and management of recreation areas - case studies;

b) Portugal Regions (overview and case study examples)

-North, Centre, Lisbon, Alentejo, Algarve and the Azores and Madeira

-Territory (Identification of NUTS - geonomenclature Beja district);

c)- Planning activities (National Parks Vs Activities and licenses);

d)- Practical Blocks (Field trips):Beja, Évora e Mértola

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

This unit has as main goal to get know and do the inventory of different natural and patrimonial resources, essential to the planning process of different sport activities, in the framework of territorial sustainable.development, particularly in Alentejo..

TEACHING METHODOLOGIES

During the sessions, work might assume the following dimensions:

- Expositive lessons
- Group work
- Field trips

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

The intervention of the higher technician in sports, taking into account the promotion of physical activities framed in historical and patrimonial contexts has been increasing through initiatives and projects with locals. Thus, it becomes urgent to focus and sensitize the students to this emerging area. The demand for physical activities associated with the local roots where they take place becomes a more current and demanding goal. The work group tests the students ability to develop a physical activity program associated with the heritage area.

EVALUATION METHODS

Expositive lessons

Group work

Field trips

MAIN BIBLIOGRAPHY

Briedenhann, J., & Wickens, E. (2004). Tourism routes as a tool for the economic development of rural areas -vibrant hope or impossible dream? *Tourism Management*, 25(1), 71e79;

Castro Henriques, P. (2007), a,b,c das áreas protegidas de Portugal Continental, Instituto de Conservação da Natureza e Biodiversidade, Lisboa;

International Council on Monuments and Sites (ICOMOS) (2011). *Guidance on Heritage Impact Assessments for Cultural World Heritage Properties*, ICOMOS, Paris, (acessível em: www.international.icomos.org/world_heritage/HIA_20110201.pdf – acedido em Julho 2018);

Roders, A. P. e Oers, R. V. (2012). Editorial: *Guidance on Heritage Impact Assessments: learning from its application on World Heritage site management*. *Journal of Cultural Heritage Management and Sustainable Development*, 2 (2), 104-114;

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