



**Course Unit: 956344 – Internship I**

Year 3 Semester 5 ISCED Code: 1014 ECTS: 7

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	
175					20	85			70

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

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

- Enriching the professional component of training;
- Known and identify the main applied training methodologies;
- Provide practical professional experience in an organizational context;
- Promote articulation between knowledge and reality;
- Known the fundamental type behaviours that support the construction and operationalization of the process
- Known the functional mode in the selected area and in our specific context;
- Domain the terminologic area and lexicon;
- Develop in the student the need for a constant update in research and scientific, technical and pedagogical knowledge;
- Enable, in a learning context, a critical reflection over reality and develop an intervention project in real work context;
- Develop in the student the need for a constant update and management of new technologies;
- Construct a critical and personal way in the observations.

**CONTENTS**

The real work situations based on an appropriate and updated theoretical framework, must develop the following contents:

Characterization of the sporting organization (infrastructure and material, time, spatial and human resources, structuring of the sporting organizations and planning of the sports season):

Analyse and evaluate the working group(s): detailed presentation of the athletes/clients as a percentage; Planning, organization and evaluation of the sports events;

Used procedures for the collecting of evaluation elements;

Description of other complementary activities and documents (participation in events, trainings, organization of activities, etc.)

Frame worked reflection of the developed process and of the obtained results.

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

The curricular unit Internship II is framed in the scientific area of sports science and pretends to promote professional training in a close link to the real working context. It is considered strategic the development of this curricular unit because it predicts a

holistic approach about the use of the competences that students acquired throughout the degree. The UC Internship II constitutes also a privileged moment for the hosting institutions and for the School of Education of Beja, because of the connections developed in the Sports Organizations. The domain of human relations, the theoretical learning in an autonomy situation presents limitations on the level of the development the capacities of organizational integration and interpersonal relations, capacities that need to be experienced in a supported and supervised context.

## **TEACHING METHODOLOGIES**

The UC Internship II has a regular functioning during the six semester.

The work consists in a effective participation of the students in the learning process. The weekly meeting with the tutor in the School of Education it's preponderant for the week planning and intervention in the hosting institution (sports organization).

The activities developed by the students, as well the practical accompaniment of their intervention will result in a written report, with the planning and consequent theoretical-practical evolution of the student.

The assessment in this curricular unit consists of: final internship report and evaluation document by the hosting institution.

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

The teaching methodology, essentially practical, becomes very important in the area of adventure sports. In this way, the direct contact with activities and materials inherent to the assembly and safety of the devices is a critical success factor in the curricular unit. The various modules are taught in a practical way so that the intervention of the students in a professional context can be effective and all the safety norms can be assured.

## **EVALUATION METHODS**

Report document

Skills and responsibility evaluation of the hosting institution (sports organization)

## **MAIN BIBLIOGRAPHY**

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