

Course Unit: **956345 - Propaedeutics and Methodologies in Physical Activity and Sport V - Outdoor Sports**

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: 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	
175	15	90							70

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

LEARNING OUTCOMES (knowledge, skills and competence)

To obtain success in this curricular unit the student has to:

- Understand the importance of continuous training outdoor activities
- Master the assembling of basic safety devices, inherent to outdoor activities, approached in the practical modules of the discipline.

CONTENTS

Frame working, organization and safety in outdoor activities:

Theoretical/practical module – Archery

Theoretical/practical module - Hiking

Theoretical/practical module – climbing

Theoretical/practical module – Ropes

Theoretical/practical module - Adventure team games

Theoretical/practical module - Mountain Bike

Theoretical/practical module – Nautical (canoeing and sailing)

Theoretical/practical module – Orienteering

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

This curricular unit provides the experience/organization of various outdoor activities, approaching its specific characterization, basic safety aspects, assembly and practical framework of each. The design and management of sports events targeted to the area of Adventure Sports is also addressed. It is also an objective of the discipline to create in students incentives, as they create them through personal initiative, motivations on the level of sports organization and management, strategies, ways of promoting products for services, where they can be inserted in the future in a professional context.

TEACHING METHODOLOGIES

Theoretical/practical classes that privilege the direct contact with assembling, frame working and security of the activities of the various modules.

The evaluation of this curricular unit consists of: performance evaluation in the practical lessons of the different modules (60%) and evaluation of the 5 practical modules (40%).

The evaluation in the appeal season consists of a theoretical and practical examination.

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

Participacion in pratical lessons

5 pratical evaluations

MAIN BIBLIOGRAPHY

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- Correia, M. (2011). "Escalada. O manual de iniciação". Edições Challenge;
- Kinetics, H. (2013). Introduction to Recreation and Leisure. Human Kinetics;
- Priest, S. and Gass, M. (2018). Effective leadership in adventure programming. Human Kinetics Publishing. 3rd edition.
- Pinsasch, J. R. (2004). "Metodología de Enseñanza de la Vela". Barcelona, Editorial Paidotribo;
- Redmond, K., Foran, A., & Dwyer, S. (2010). Quality lesson plans for outdoor education. Champaign, IL: Human Kinetics;
- Rohnke, K. (1984). Silver Bullets. A guide to initiate problems, adventure games and trust activities. Iowa: Kendall Hunt Publishing Company;
- Silva, F. (2018). "Turismo e Desporto de Aventura" – Atividades com manobra de corda". Lidel.

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