

## Course Unit: 956350 - Intervention Project on Physical Activity and Sport

Year 3 Semester 6 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	10	35							130

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

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

- Enriching the professional component of training;
- Knowing and identifying the main methodologies of idea application in projects;
- Knowing the structure and organizational planning of a project;
- Promoting the articulation between the acquired academic knowledge and current sports reality
- Streamlining current ideas and concepts, adapted to local sports reality;
- Developing in the student an entrepreneurship posture, by putting in practice the idea/concept that was developed throughout the semester
- Enabling practical actions, seminars
- Develop in the student the need for a constant update and master in seminars that might reflect the developed work
- Elaborating a project report in which the process of learning, evolution and implementation of the idea is reflected.

### CONTENTS

- Project models and general structures
- Idea creation
- Concept creation
- Scheduling and planning of different activities/tasks present in the chronogram of the project
- Implementation of the idea

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

The Intervention Project on Physical Activity and Sport aims to create in the students a critical posture and intervention, in order to put in practice projects and initiatives with quality that can be accepted and differentiated in the market.

It becomes more and more decisive the need to develop the "sports" and "physical activity" product, in order to approach the needs, expectations and motivations of our population independent of the adopted segmentation to overcome their expectations, creating consumption needs. In order to do that, projects of physical activity or infrastructures must be elaborated that can satisfy and motivate people by their innovation and creativity.

### TEACHING METHODOLOGIES

Work will consist of an effective participation in the different projects and areas of intervention. These will be framed in different problems that exist in the sports area. The weekly classes will be preponderant for the final planning and intervention of the student in the project/idea.

The whole learning process will result in a written report, where the planning and evaluation of the project is included.

In order for this process to be positive, the weekly presence of the student becomes essential, where the various aspects inherent to the construction of an intervention project can be identified and corrected.

The assessment in this curricular unit consists of: capacity and degree of implementation of the intervention project in the field and project report.

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

The applied methodologies aim for the implementation of an idea associated with sports, in emerging themes that can easily be applied in a learning context. Such as: organization of workshops and actions of theoretical- practical training that can implicate the students and the whole academic community. The procedures and final presentation of field work, as well as the possibility of perpetuating the initiative throughout time will be preponderant factors in assessment.

#### **EVALUATION METHODS**

Work group (implementation)

#### **MAIN BIBLIOGRAPHY**

Almeida, P. (1987): "A procura potencial de Serviços Desportivos no Concelho de Óbidos", DGD-ME, Revista Desporto e Sociedade, N.º13, Lisboa

- Anselmo, J. (2000): "Estrutura e Dinâmica das Organizações Desportivas – A Divisão de Desporto da Câmara Municipal de Montijo", Lisboa, UTL: FMH - Dissertação apresentada com vista à obtenção do grau de mestre em Gestão do Desporto

Ayola, D. et al (2004): "Organización de eventos deportivos", Biblioteca Gestor Deportivo, Ed. Inde, Barcelona Bollaert, L. (1997): "Serviços Públicos Locais de Lazer numa Encruzilhada – Necessidade de novas Visões Estratégicas", Comunicações do II Congresso da Associação Portuguesa de Gestão do Desporto, Lisboa, pág. 67-74

Borges, J. (2004): "Serviços Desportivos – Planeamento e Gestão de Serviços Aquáticos" – Coleção Desporto e Tempos Livres, Ed. Caminho, Lisboa

Lança, R. (2003): "Animação Desportiva e Tempos Livres – Perspectivas de Organização", Coleção Desporto e Tempos Livres, Ed. Caminho, Lisboa

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