



Course Unit: 956307 - Propaedeutics and Methodology of Physical Activity and Sport - Basketball

Year 1 Semester 1 ISCED Code: 813 ECTS: 2,5

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

Language of Instruction: Portuguese

COURSE COORDINATOR: Nuno Eduardo Marques de 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	
62,5	10	35							17,5

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

LEARNING OUTCOMES (knowledge, skills and competence)

- Know the structural process of learning basketball;
- Understand the terminology and specific lexicon of Basketball;
- Know the various behaviour patterns, both individual and collective, specific to basketball;
- Apply in an exercise and play situation, according to the profile of effective implementation, the various behaviour patterns, both individual and collective, specific to basketball;
- Understand the variants of collective organization of the game of basketball;
- Know the regulations and regulatory aspects specific to basketball;
- Understand the processes of learning and methodological progressions characteristic of Basketball.

CONTENTS

- 1 - Coach Intervention Guidance Framework
- 2 - Concepts and tools of work
- 3 - How to Start Teaching the Game
- 4 - Minibasket
- 5 - Development of motor skills
- 6 - Offensive individual technique
- 7 - Defensive individual technique
- 8 - Offensive individual tactics
- 9 - Game 3x3
- 10 - Offensive collective tactic
- 11 - Collective defensive tactic

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

In the curricular unit Propaedeutics and Methodology of Physical Activity and Sport I it is intended to develop knowledge and competences in the major team sports practiced in Portugal. This is a theoretical and practical approach of the selected

modalities, which seeks to provide sport experiences that will enable the students to know the main features common to many team sports. It also seeks to provide students with specific knowledge of the covered team sports, according to their technical and tactical aspects, enabling them to a based understanding and interpretation of the modalities. The curricular unit is organized in modules, like the Basketball one which is presented here.

TEACHING METHODOLOGIES

Theoretical exposure of the content featuring audiovisual teaching aids. Performing practical situations of exercises, played forms and game.

Performing individual and small group situations of ad hoc, directed and supervised intervention. Performing situations of observation and analysis of motor/sporting behavior.

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

The theoretical and practical nature of the curricular unit justifies the use, in a complementary way, of active methodologies with a strong practical component associated with the theoretical exposition frequently used with audiovisual media, as well as bibliographical research.

The presentation practice by the students to the group-class of the conducted research results, in an autonomous way and supervised by the teacher, is recurrent.

EVALUATION METHODS

The assessment in this curricular unit consists of: Continuous practical Assessment. Theoretical Continuous Assessment and respective appeal examinations, which maintain the same weigh proportions.

MAIN BIBLIOGRAPHY

Alves, R. (2012). Glossário Bilingue de Basquetebol. Lisboa: Federação Portuguesa de Basquetebol. (http://www.fpb.pt/fpb_zone/portal/img/home_317/fotos/61011011571530160614.pdf)

Barata, T., Ribeiro J. & Araújo, S. (2012). Manuais de Formação Específica – Grau I. Escola Nacional de Basquetebol: Programa Nacional de Formação de Treinadores.

FIBA (2017). Regras Oficiais de Basquetebol 2017- Interpretações Oficiais. Lisboa: Federação Portuguesa de Basquetebol. (http://www.fpb.pt/fpb_zone/portal/img/home_317/fotos/15409094454410104044164357013011.pdf)

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