



Course Unit: **956318 - Propaedeutic and Methodology of Physical Activity and Sport II - Athletics**

Year 1 Semester 2 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)

- To know the historical origins of the modality;
- To identify the different disciplines of the modality and its techniques;
- Perform the different technical gestures of the athletic disciplines, associating the abilities of observation / correction;
- Promote knowledge of the technical regulation of the modality and its application;
- Approach didactically and methodologically the teaching of athletics;
- Identify the main critical components of the different technical disciplines addressed;
- To know the regulatory norms associated to the different specialties;
- Understand the importance of the modality in motor development;
- To promote the active, committed, and cooperative participation in the classes;
- Comply with the rules that guarantee the conditions of safety, preparation, stowing and preservation of the material;
- Experiencing the different specific tasks (races, jumps and throwing);
- To guarantee the pedagogical progress adopted for the teaching of disciplines

CONTENTS

Introduction to Athletics teaching

1.1 The athletics as a cultural and historical element.

1.2 The athletics official proofs.

1.3 The athletics as an educational way.

1.4 The importance of games, plays and materials adapted to the teaching of techniques

1.5 The running technique (Structure Kinematics; Biomechanical Analysis): assimilation exercises and development;

1.6 Dynamic initial Mobility : conditions of realization, relevance and technical organization;

1.7 Athletics essentials: Specific Technical and Fundamental Rules

2. sprints races

3. Hurdle races
4. Middle distance races
5. Relays races
6. Long jump
7. Triple jump
8. High jump
9. Shot put
10. Javelin throw
11. Discus throw
12. Hammer throw
13. Obstacle race
14. Race Walking Training
15. Combined events.

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

Athletics is the oldest sport known to man. The story of Athletics can be confused with his own humanity. Run, jump and throw are activities that constitute basic motor patterns that we use in our day-to-day. Athletics, for humans, is not, therefore, more than the use of its natural heritage motor. This Curricular Unit intends to transmit in the course of its classes a theoretical and practical knowledge of the basic technical and regulatory fundamentals of athletics in its different disciplines aiming at the effective knowledge, the motor domain and the transmission capacity of its characteristics in sports learning contexts.

TEACHING METHODOLOGIES

- Use of schematic models with movement;
- Viewing videos about the issues addressed;
- Critical analysis of technics and its correction by viewing videos;
- Photo viewing alluding to the contents;
- Discussion of the inherent problems;
- Reflection and joint analysis excerpts of the books;
- Use of the Moodle platform and its features;
- Task distribution in the organization and operation of the exercises in the field;
- Practical approach to all treaties content theoretically;
- Initial mobilization specific to each discipline addressed;
- Exercises with progressive character of complexity to the trial of the official context;
- Use of technical drills to promote efficiency in the implementation of gesture proof context;
- Promote intra-class competitive times each approached content

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

The theoretical and practical nature of this curricular unit justifies the use, in a complementary way, of active methodologies with a strong practical component associated with theoretical exposition frequently used with audiovisual media, as well as bibliographical research. The critical analysis of the movement based on the specific technique is recurrent, seeking a "know-how" to better "know how to teach". The lived practice is irreplaceable in the evolution of the student but must be based on a theoretical knowledge of the critical components of the gesture and on the regulatory parameters.

EVALUATION METHODS

The assessment of this CU consists of the following components: practical performance proves situation with official characteristics in different technical disciplines; a group work with the critical analysis to the technical gesture of an Athletics discipline based on a video proposed by the teacher. At the time of appeal, students have the possibility to take a practical exam with all the subjects covered and a theoretical exam based on the contents of the classes according to the technical and regulatory descriptions.

MAIN BIBLIOGRAPHY

Federação Portuguesa de Atletismo (2012). Atletismo: Dossier do Professor. Fundamentos: correr, saltar, lançar.

Federação Portuguesa de Atletismo (2016). Referenciais de Formação, Atletismo – Grau I e Grau II. Instituto Português do Desporto e Juventude, I.P.

Matthisen, S. Q. (2007). Atletismo: teoria e prática. Educação Física no Ensino Superior. Guanabara Koogan. Rio de Janeiro.

Pereira, A., Caldas, M., Graça, A., Molfetta, D., Rocha, P., Augusto, J. e Capsir, T.P. (2009). O Treino com Jovens. Edição Especial: Dossier de Treino, Revista Técnica da Federação Portuguesa de Atletismo. Linda-a-Velha.

Year of implementation: 2021/2022 | Date of approval by the Technical-Scientific Board: 2021-07-23