



IPBeja

INSTITUTO POLITÉCNICO
DE BEJA

School of Education
Course Unit Syllabus

Level of qualification:

First cycle (EQF level 6) - Bachelor

Study cycle:

Sports

Course Unit: 956320 - Propaedeutic and Methodology of Physical Activity and Sport II - Swimming Module

Year 1

Semester 2

ISCED Code: 1014

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)

Through this curricular unit it is intended to endow the students with capacities that enable him/her to:

1. Develop abilities which allow the identification of several phases of swimming learning.
2. Identify the fundamental principles which determine the dynamical balance in the water environment.
3. Develop competences that conduct to the acquisition of gesture stability in the various swimming techniques.
4. Recognize the fundamental critical components in the acquisition of the various swimming techniques
5. Recognize the learning processes and methodological progressions characteristics of the different activities particular to the discipline
6. Master techniques which characterize each of the established styles
7. Know the basic principles of technical and tactical water polo
8. Know the basic technical principles of synchronized swimming

CONTENTS

Theoretical general contents:

1. The history of swimming – From concept to evolution of the various established techniques
2. Biomechanical basis of swimming
3. Motor learning and water environment – a transference problem
4. The development steps of adaptation to the water environment
5. Basic physiology notion applied to swimming
6. Factors affecting fluctuation
7. Factors affecting propulsion
8. Dynamic balance – body alignment
9. Common principles to the four techniques used in swimming
- 10- Swimming techniques analysis
 - 10.1. Crawl technique
 - 10.2. Backstroke technique

- 10.3. Breaststroke technique
- 10.4. Butterfly stroke technique
- 11. Analysis of different starting types
- 12. Practice of the various starts and turns in swimming
- 13. Water polo
- 14. Synchronized swimming

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

It seeks to provide students with theoretical knowledge on hydrodynamics and physical characteristics of water, in order to understand the basics of the sport. In the theoretical chapter the regulation basis of the discipline, in particular the ones associated to the swimming styles, are exposed. The sub-contents of each swimming style are developed, essentially in a practical way, with particular incidences for sub-aquatic routes and the segmental and breathing coordination

TEACHING METHODOLOGIES

The teaching methodologies of this curricular unit consist of theoretical sessions, practical classes and group work.

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 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, proposed and agreed with the students, consists of: Normal season – work group or exam and practical performance in each swimming technique. The appeal season consists of a theoretical examination and a practical examination.

MAIN BIBLIOGRAPHY

- Barbosa, et al (2015) Manual de referência FPN para o ensino e aperfeiçoamento técnico em natação. Lisboa. FPN. In . http://www.fpnatacao.pt/uploads/Manual_Completo_V10.pdf
- Carral J. Baglietto, S., Fernandez, F. Blanco, R. (2010) Tratado de natacion. Del perfeccionamiento al alto rendimiento. Barcelona, Paidotribo."
- Chollet, D. (2003) Natacion Deportiva. Barcelona. INDE
- Maglisho, E, (1991); Nadando ainda mais rápido, São Paulo; Editora Manole
- Navarro, F. et al (2013) Cómo Nadar Bien. Barcelona. EDITEC RED

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