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

Year 3  
Semester 5  
ISCED Code: 1014  
ECTS: 7  

Tipe of Course Unit: Compulsory  
Delivery Mode: Face-to-face  
Language of Instruction: Portuguese

COURSE COORDINATOR: Pedro Bento

HOURS OF WORK

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<th>TOTAL HOURS</th>
<th>Contact Hours</th>
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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.
- Knowing how to project, manage and evaluate an outdoor sports event

CONTENTS

Frame working, organization and safety in outdoor activities; The importance of specific training in the area (theoretical)  
Theoretical/practical module – Archery  
Theoretical/practical module - Hiking  
Theoretical/practical module – climbing  
Theoretical/practical module – Mountaineering and ropes  
Theoretical/practical module - GPS  
Theoretical/practical module - Mountain Bike  
Theoretical/practical module – Nautical (canoeing)  
Theoretical/practical module – Management/organization of adventure sporting events

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 a also and objective of the discipline to create in students incentives, insofar 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 3 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

Participation in practical lessons
3 practical evaluations

MAIN BIBLIOGRAPHY