

	<h2>SUBJECT DESCRIPTION</h2>	MODELO PED.012.03
---	------------------------------	-----------------------------

<i>Course</i>	Licenciatura em Desporto, Condição Física e Saúde					
<i>Subject</i>	Dinâmicas de Grupo no Desporto e no Exercício					
<i>Academic year</i>	2023/2024	<i>Curricular year</i>	3rd	<i>Study period</i>	1st semester	
<i>Type of subject</i>	Compulsory	<i>Student workload (H)</i>	Total: 108	Contact: 45	<i>ECTS</i>	4
<i>Professor(s)</i>	António Manuel Belo de Andrade Correia Amaral					
<input checked="" type="checkbox"/> <i>Area/Group Coordinator</i> <input type="checkbox"/> <i>Head of Department</i>	<i>(select)</i> Teresa Fonseca					

PLANNED SUBJECT DESCRIPTION

1. LEARNING OBJECTIVES

This course is intended that the student is able to:

- a) Understand the importance of Group Dynamics in the scientific study of the behavioral manifestations, caused by the interaction of professional sports with the different users, as well as the internal processes triggered in the individual and arising from these events;
- b) know the basics components (determinants and consequences) for a group to work together to achieve their goals;
- c) The understanding of group processes, through participation in group experiences;
- d) Capacity of relationship with others, oral presentation and respect.

2. PROGRAMME

- a) Structure, Processes and Group Dynamics in Sport (Characteristics and structure of groups; Group cohesion; Group dynamics – cohesion);
- b) Leadership Processes in Sport (Concept of leadership and leadership theories; Leadership styles; Group dynamics – Leadership);
- c) Communication and conflict resolution (Importance of communication; Types of communication, communication styles and processes and their impact on interpersonal relationships; Group dynamics – Communication; The Role of Communication in Cohesion; Human communication – Verbal and non-verbal components -verbal and pragmatic);
- d) Introduction to Group Training and Development (Definition, strategies and benefits of Team Building; Security Strategies; Communication and Icebreaker Activities; Introductory, Intermediate and Advanced Challenge Activities)
- e) Examples of team training programs in different contexts (organizational, health and sports).

	<h2>SUBJECT DESCRIPTION</h2>	<p>MODELO PED.012.03</p>
---	------------------------------	-------------------------------------

3. COHERENCE BETWEEN PROGRAMME AND OBJECTIVES

1. Understand the importance of Group Dynamics in the scientific study of behavioral manifestations, originated by the interaction of the sports professional with different users, as well as the internal processes triggered in the individual, resulting from these manifestations, refer to:

a) Structure, Processes and Group Dynamics in Sport;

2. Know the basic principles for a group to work together to achieve its objectives, refer to:

b) Leadership Processes in Sport and for

c) Communication and conflict resolution

3. Understanding group processes, through participation in group experiences, refers to:

d) Introduction to group formation and development;

4. Demonstrate ability to relate to others, oral presentation, mutual assistance and respect, referring to:

e) Examples of team training programs in different contexts (organizational, health and sports).

4. MAIN BIBLIOGRAPHY

- Beauchamp, M. e Eys, M. (2017). Dinamicas de grupo en el ejerciocy en la psicologia del deporte. Badalona: Paidotribo
- Matos, M. (2005). Comunicação gestão de conflitos e saúde na escola. Cruz Quebrada: FMH Editores.
- Midura, D. & Glover D. (2005). Essentials of Team Building. Principles and Practices. Champaign, IL: Human Kinetics Publishers.
- Priest, S. & Gass, M. (2005) Effective Leadership in Adventure Programming-2nd Edition. Champaign, IL: Human Kinetics Publishers.
- Tenenbaum, G., Eklund, R. & Kamata, A. (2012). Measurement in sport and exercise psychology - With web resource. Champaign, IL: Human Kinetics Publishers.
- López-Yarto Luis Elizalde; Dinámica de grupos cincuenta anos después. ISBN: ISBN 84-330-1254-1
- Corey Gerald; Theory and practice of group counseling. ISBN: 0-534-24066-6
- Guerra Marina Prista 570; Intervenção psicológica em grupos em contextos de saúde. ISBN: 972-796-161-4

5. TEACHING METHODOLOGIES (INCLUDING EVALUATION)

With this curricular unit, the aim is for students to develop skills in terms of group dynamism, learning to communicate better, knowing how to listen and knowing how to select appropriate dynamics for the group phases. The teaching methodologies of this curricular unit are based on the transmission of knowledge through theoretical and theoretical-practical sessions. The first case includes

<p>POLI ESCOLA SUPERIOR EDUCAÇÃO COMUNICAÇÃO DESPORTO</p> <p>TÉCNICO GUARDA</p>	<h2>SUBJECT DESCRIPTION</h2>	<p>MODELO PED.012.03</p>
--	------------------------------	--------------------------------------

- I) expository sessions, which aim to acquire theoretical knowledge and bibliographical research.

In the 2nd case,

II) theoretical-practical sessions, reports, group work and oral presentations are expected that request the participation and promotion of group dynamics techniques by students as members and leaders of a group.

Assessment is continuous and includes:

- 2 questions / class test (50%),
- 1 work with practical application in a group (25%)
- 1 individual work (25%).

For final approval, the student must present an average equal to or greater than 10 in the sum of both components. If this minimum grade is not achieved, there will be an exam whose weighting in the final grade will be 100%.

6. COHERENCE BETWEEN TEACHING METHODOLOGIES AND OBJECTIVES

1) Understand the importance of Group Dynamics in the scientific study of behavioral manifestations, originated by the interaction of the sports professional with different users, as well as the internal processes triggered in the individual, resulting from these manifestations and 2) Know the basic principles for a group works together to achieve their objectives, refer to the following teaching methodologies:

I) expository sessions, which aim to acquire theoretical knowledge and bibliographical research

3) Understand group processes, through participation in group experiences and 4) Demonstrate ability to relate to others, oral presentation, mutual help and respect, refer to the following teaching methodologies:

II) theoretical-practical sessions, reports, group work and oral presentations

7. ATTENDANCE

Following the deliberation at a meeting of the ESECD Technical-Scientific Council, dated 13/09/2023, which provides that “each teacher must define the attendance criteria that they consider most appropriate for promoting academic success, depending on the specificity of the Curricular Unit, without prejudice to the fact that guidelines in this regard may be established by scientific/disciplinary area”, to access continuous assessment in this Curricular Unit, students must attend 2/3 of the theoretical-practical classes.

<p>POLI ESCOLA SUPERIOR EDUCAÇÃO COMUNICAÇÃO DESPORTO</p> <p>TÉCNICO GUARDA</p>	<h2>SUBJECT DESCRIPTION</h2>	<p>MODELO PED.012.03</p>
--	------------------------------	--------------------------------------

8. CONTACTS AND OFFICE HOURS

Email: antonio.amaral@ipg.pt

Attendance: Tuesday from 13:00 to 14:00

9. OTHERS

Nothing to declare.

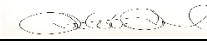
DATE

19 de setembro de 2023

SIGNATURES

Professor(s), Area/Group Coordinator or Head of Department signatures

Professor


(signature)

Assinatura na qualidade de (clicar)

(signature)

Assinatura na qualidade de (clicar)

(signature)

Assinatura na qualidade de (clicar)

(signature)