

POLI ESCOLA SUPERIOR EDUCAÇÃO COMUNICAÇÃO DESPORTO TÉCNICO GUARDA	SUBJECT DESCRIPTION	MODELO PED.012.03
--	----------------------------	-----------------------------

<i>Course</i>	Graduation in Sports					
<i>Subject</i>	Sports Practice IV - Swimming					
<i>Academic year</i>	2023/2024	<i>Curricular year</i>	2nd	<i>Study period</i>	2nd semester	
<i>Type of subject</i>	Compulsory	<i>Student workload (H)</i>	Total: 81	Contact: 45	<i>ECTS</i>	3
<i>Professor(s)</i>	Raul Filipe Barbosa Bartolomeu					
<input checked="" type="checkbox"/> <i>Area/Group Coordinator</i> <input type="checkbox"/> <i>Head of Department</i>		Teresa de Jesus Trindade Moreira da Costa e Fonseca				

PLANNED SUBJECT DESCRIPTION

1. LEARNING OBJECTIVES

1. To execute efficiently the simultaneous strokes of competitive swimming, the specific starts and turns;
2. To identify the determinant faults and difficulties while performing the simultaneous strokes of competitive swimming, the specific starts and turns;
3. To execute efficiently the water polo technical and tactical actions.

2. PROGRAMME

- A. Technical model of the breaststroke;
 - Body positioning
 - Lower limbs action
 - Upper limbs action
 - Synchronization between lower and upper limbs
 - Synchronization between upper limbs and breathing cycle
- B. Technical model of the butterfly stroke;
 - Body positioning
 - Lower limbs action
 - Upper limbs action
 - Synchronization between lower and upper limbs
 - Synchronization between upper limbs and breathing cycle
- C. Official rules of the simultaneous swimming strokes.
- D. Technical models of the starts and turns of competitive swimming;
 - Ventral start
 - Breaststroke turn
 - Butterfly turn
 - Medley turns
- E. Official rules of the starts and turns of competitive swimming.
- F. Background and technical / tactical characterization of Water Polo
 - Official rules
 - Ways of displacement
 - Handling the ball

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

- Playing forms (offensive and defensive movements)

3. COHERENCE BETWEEN PROGRAMME AND OBJECTIVES

The contents A “Technical model of the breaststroke”, B “Technical model of the butterfly stroke” and D “Technical models of the starts and turns of competitive swimming” are related with the skill 1 “Execute efficiently the simultaneous strokes of competitive swimming, the specific starts and turns”. The contents C “Official rules of the simultaneous swimming strokes” and E “Official rules of the starts and turns of competitive swimming” are related with the skill 2 “Identify the determinant faults and difficulties while performing the simultaneous strokes of competitive swimming, the specific starts and turns”. The content F “Background and technical / tactical characterization of Water Polo” is related with the skill 3 “Execute efficiently the water polo technical and tactical actions”.

4. BIBLIOGRAPHY

a. Main

Barbosa, T. M., Costa, M. J., Marinho, D. A., Queirós, T. M., Costa, A. M., Cardoso, L., Martins, M., Leite, F., Machado, J. & Silva, A. J. (2022). *Manual de referência FPN para o ensino e aperfeiçoamento técnico em natação: Um modelo multidisciplinar*. Federação Portuguesa de Natação.
https://fpnatacao.pt/uploads/MANUAL_RefFPN_22.pdf

Guzman, R. J. (1998). Swimming drills for every stroke. Human Kinetics

Maglischo, E. (2003). *Swimming Fastest*. Human Kinetics.

Mullen, J. G. (2018). *Swimming Science: Optimum performance in the water*. Ivy Press.

b. Secondary

Barbosa, T. M. & Queirós, T. (2005). *Manual Prático de Atividades Aquáticas e Hidroginástica*. Xistarca.

Barbosa, T. M., Marinho, D. A., Costa, M. J. & Silva, A. J. (2011). Biomechanics of competitive swimming strokes. In Klika, V. (Ed). *Biomechanics in Applications*. pp. 367-388. Intech.
<http://www.intechopen.com/books/biomechanics-in-applications/biomechanics-of-competitive-swimming-strokes>

Chollet, D. (1990). *Approche Scientifique de la Natation*. Editions Vigot.

Costill, D., Maglischo, E. & Richardson, A. (1992). *Swimming*. Blackwell Scientific Publications.

Rieira, M. (1998). *Waterpolo: Técnica-Táctica-Estratégia*. Gymnos Editorial.

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

5. TEACHING METHODOLOGIES (INCLUDING EVALUATION)

The theoretical-practical and laboratorial lessons will be focused on oral transmission of the contents (technical models) to have further application and consolidation in motor tasks.

The final evaluation will be defined by the student's results in a theoretical component by the execution of a written test (20%, with a required minimum classification of 10 values) and in the practical component by the execution of three tests (15%, 15% and 50% of the final mark, with a required minimum classification of 10 values in each one). There is no practical component in the final exam. When failing to reach the minimum mark of the theoretical test, the student will have a final exam that will contribute with 20% for the final mark along with the 80% of the practical test previously performed.

6. COHERENCE BETWEEN TEACHING METHODOLOGIES AND OBJECTIVES

Teaching methods will be selected to maximize the acquisition of the skills defined. Thus, the oral communication of cognitive knowledge will be determinant for the understanding and dominance of the contents defined and will be related to all the skills proposed. The acquisition of motor behaviour will be important for the skills under study.

7. ATTENDANCE

Following the deliberation at a meeting of the ESECD Technical-Scientific Council, dated 13/09/2023, which states 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 be admitted to the continuous evaluation in this Curricular Unit, students must participate (in an active and practical way) in at least 22 classes.

Students who failed the subject in the previous year, if in possession of proof of overlapping timetables with other subjects from the curricular year in which they are enrolled, must coordinate with the teacher the attendance regime to be followed. Nevertheless, presence at all evaluation moments is mandatory.

Notwithstanding the specific attendance regime in this curricular unit, the student is required to be punctual, and failure to comply with this rule must only be exceptional and justified.

8. CONTACTS AND OFFICE HOURS

Professor: Raúl Filipe Barbosa Bartolomeu

Contact: bartolomeu@ipg.pt

Attendance: tuesdays, 14:00h-17:00h

wednesdays, 14:00h-17:00h

DATE

ESECD, 19th of February of 2024