

POLI ESCOLA SUPERIOR EDUCAÇÃO COMUNICAÇÃO DESPORTO TÉCNICO GUARDA	SUBJECT DESCRIPTION	MODELO PED.012.03
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Course	Graduation in Sports					
Subject	Sports Practice III - Swimming					
Academic year	2023/2024	Curricular year	2nd	Study period	2nd semester	
Type of subject	Mandatory	Student workload (H)	Total: 54	Contact: 22,5	ECTS	2
Professor(s)	Raul Filipe Barbosa Bartolomeu					
<input checked="" type="checkbox"/> Area/Group Coordinator <input type="checkbox"/> Head of Department		Teresa de Jesus Trindade Moreira da Costa e Fonseca				

PLANNED SUBJECT DESCRIPTION

1. LEARNING OBJECTIVES

At the end of the semester the student must be capable of:

- 1 - Execute correctly and efficiently the swimming strokes that features alternate limb's actions and the specific starts and turns;
- 2 - Identify the determinant faults and difficulties while performing the swimming strokes that features alternate limb's actions plus their specific starts and turns;
- 3 - Execute correctly and efficiently the main basic synchronized swimming technical and movements.

2. PROGRAMME

- A. Technical model of the front crawl stroke:
 - Body positioning, Upper and lower limbs actions, synchronization between upper and lower limbs and synchronization between the upper limbs and the breathing cycle.
- B. Technical model of backstroke:
 - Body positioning, Upper and lower limbs actions, synchronization between upper and lower limbs and synchronization between the upper limbs and the breathing cycle.
- C. Official rules of Front crawl and backstroke.
- D. Technical models of the starts and turns of competitive swimming:
 - Ventral and dorsal starts and open or roll turns.
- E. Official rules of the starts and turns of competitive swimming;
- F. Background and technical characterization of Synchronized Swimming:
 - Propulsive techniques and basic positions, movements and routines.

3. COHERENCE BETWEEN PROGRAMME AND OBJECTIVES

The contents A "Technical model of the front crawl stroke", B "Technical model of the backstroke" and D "Technical models of the starts and turns of competitive swimming" refer to competence 1 "Perform correctly and efficiently the swimming strokes that features alternate limb's actions, its specific turns and starts". Contents C "Official rules of Front crawl and backstroke" and E "Official rules of the starts and turns of competitive swimming" refer to competence 2 "Identify the determinant faults and difficulties while performing the swimming strokes that features alternate limb's actions plus their

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specific starts and turns”. Content F “Characterization and framework of Synchronized Swimming” refers to competence 3 “Execute correctly and efficiently the main basic synchronized swimming technical and movements”.

4. MAIN BIBLIOGRAPHY

BARBOSA, T., QUEIRÓS, T. (2004). Ensino da Natação. Ed. Xistarca. Lisboa.

BARBOSA, T., QUEIRÓS, T. (2005). Manual Prático de Atividades Aquáticas e Hidroginástica. Ed. Xistarca. Lisboa.

BARBOSA, T.M., COSTA, M.J., MARINHO, D.A., *et al.* (2022). Manual de referência FPN para o Ensino e Aperfeiçoamento Técnico em Natação (2ª Ed). Federação Portuguesa de Natação, Lisboa.

CHOLLET, D. (1990). Approche Scientifique de la Natation. Editions Vigot. Paris.

COSTILL, D., MAGLISCHO, E., RICHARDSON, A. (1992). Swimming. Blackwell Scientific Publications. Oxford.

LOURO, H., GARRIDO, N., FERRAZ, P., MARINHO, D., CONCEIÇÃO, A., NETO, J., TOLENTINO, T., BARBOSA, T., SILVA, A. (2009). As técnicas simultâneas em natação pura desportiva: Modelo biomecânico, modelo técnico e modelo de ensino. UNIMONTES, Montes Claros, MG.

MAGLISCHO, E. (2003). Swimming Fastest. Human Kinetics.

RIERA, M. (1998). Waterpolo: Técnica-Táctica-Estratégia. Gymnos Editorial. Madrid.

MARTINS, M., VERÍSSIMO, T., SILVA, A.J. (2010). O ensino da natação sincronizada. Proposta metodológica. Educación Física y Deportes, 148.

5. TEACHING METHODOLOGIES (INCLUDING EVALUATION)

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

The use of any type of mobile equipment in the classroom is prohibited without express authorization from the teacher: Any violation of this rule may result in a disciplinary action.

The final evaluation will be defined by the student’ results in a theoretical component (30%) by the execution of a written test (required minimum classification of 7.5 values) and two practical tests totalling 70% (front crawl, specific start and turn; and backstroke, specific start and turn; requiring a minimum classification of 10 values) by the accomplishment of two practical tests. 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 30% for the final mark along with the 70% of the practical test previously performed. Working students must attend all evaluation moments. Students who, proved by a medical note, cannot comply with the attendance defined in the regulations, must complete 50% of effective practical classes to complete the practical component. All students who are unable to fulfill any assessment requirement due to permanent physical limitation or disability must submit to administrative services, within the first two weeks after the start of the semester, a medical certificate proving it. They must also agree, within the same period, with the teacher of the area(s) in question, training and assessment alternatives.

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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 11 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: Raul Filipe Barbosa Bartolomeu

Contact: bartolomeu@ipg.pt

Office hours: Tuesday, 14:00h-18:00h

Thursday, 10:30h-12:30h

DATE

ESECD, the 30th of September of 2023