

POLI ESCOLA SUPERIOR EDUCAÇÃO COMUNICAÇÃO DESPORTO TÉCNICO GUARDA	SUBJECT DESCRIPTION	MODELO PED.012.03
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<i>Course</i>	Graduation in Sports					
<i>Subject</i>	Sports Practice II - Gymnastics					
<i>Academic year</i>	2023/2024	<i>Curricular year</i>	1st	<i>Study period</i>	2nd semester	
<i>Type of subject</i>	Compulsory	<i>Student workload (H)</i>	Total: 54	Contact: 22,5	<i>ECTS</i>	2
<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

At the end of the UC the student should be able to:

1. Understand the importance of gymnastics for the child's development and the sports professional's field of action;
2. Identify the technical determinants, common errors and specific aids of the basic elements of floor gymnastics, apparatus and trampolines;
3. Planning, teaching and evaluating gymnastics sessions in school and training context in a conscious and autonomous way, with special emphasis on the first years of training of practitioners.

2. PROGRAMME

A – The framework of gymnastics in a school context:

1. The importance of gymnastics for the child's development
2. General and specific objectives
3. The legal framework
4. The assumptions and limits of the gymnastics teacher's field of action

B - Technical competence of the gymnastics teacher

1. The basic elements of floor, apparatus and trampolines gymnastics;
2. The technical determinants and most common mistakes when learning the basic elements;
3. Specific help for basic elements execution;
4. Determinant motor skills in the execution of basic elements;

C - The pedagogical intervention of the gymnastics teacher

1. Teaching methods and styles
2. The role of pedagogical progressions in teaching basic elements;
3. Ludic-didactic activities for teaching basic elements and motor skills.

D – Gymnastics teaching/training

1. Planning, organizing and conducting school and sports gymnastics training sessions;
2. Functional activation and physical preparation adapted to gymnastics.
3. Training of specific motor skills.
4. Observation, evaluation and training analysis

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3. COHERENCE BETWEEN PROGRAMME AND OBJECTIVES

Content “A” (The framework of gymnastics in a school context) refers to objective number 1 (understand the importance of gymnastics for the child's development and the sports professional's field of action). Content “B” (Technical competence of the gymnastics teacher) refers to the 2nd objective (Identify the technical determinants, common errors and specific aids of the basic elements of floor gymnastics, apparatus and trampolines). The contents “C” (The pedagogical intervention of the gymnastics teacher) and “D” (Gymnastics teaching/training) refer to objective number 3 (Planning, teaching and evaluating gymnastics sessions in school and training context in a conscious and autonomous way, with special emphasis on the first years of training of practitioners.).

4. BIBLIOGRAPHY

a. Main

Araújo, C. (2013). *Ginástica - Manual de ajudas* (3ª ed). Porto Editora.

Maria, A. & Nunes, M. (2007). *Atividade física e desportiva 1º ciclo ensino básico – orientações programáticas*. Editorial do Ministério da Educação.

Werner, P. H., Williams, L. H., & Hall, T. J. (2012). *Teaching children gymnastics*. Human Kinetics.

b. Secondary

Desporto Escolar (2000). *Expressão e educação físico-motora* (2nd edition). Editorial do Ministério da Educação.

Dieckert J. & Koch, K. (1990). *Ginástica Olímpica - exercícios progressivos e metódicos*. Ao livro técnico.

Goodway, J., Ozmun, J. & Gallahue, D. (2019). *Understanding Motor Development: Infants, Children, Adolescents, Adults* (8th edition). Jones & Bartlett Learning.

Quina, J. N. (2009). *A organização do processo de ensino em Educação Física*. Instituto Politécnico de Bragança.

5. TEACHING METHODOLOGIES (INCLUDING EVALUATION)

The theoretical classes will function as a space for transmitting content to understand the framework of gymnastics in the school context and the theoretical processes underlying gymnastics teaching/training. Theoretical-practical or laboratory classes will focus on the oral exposition of the contents to later be assimilated during the performance of tasks eminently of a motor nature. They will essentially be based on work applied individually or in groups underlying the planning, teaching and evaluation of gymnastic programmes. The evaluation will focus on the student's performance in the following components: a) theoretical, by completing a written test (20% with a mandatory minimum classification of 8 points); b) theoretical-practical, by designing, presenting and discussing weekly session plans (15%) and creating a portfolio containing the compilation of all documents derived from the activities developed during the semester (25%) and; c) practical, through teaching of a practical class (20%) and a solo gymnastics sequence (20%). There is no practical component in the final exam. When failing to reach the minimum

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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 tests previously performed. Students with special statutes must attend all evaluation moments without fail.

6. COHERENCE BETWEEN TEACHING METHODOLOGIES AND OBJECTIVES

The methodologies were selected in order to monetize and maximize the acquisition of content associated with each competence to be acquired. A theoretical exposition of the contents will be carried out orally and through multimedia means. This methodology will be used to better present the contents related to objective "1" (understand the importance of gymnastics for the child's development and the sports professional's field of action;) and to support objectives "2" (Identify the technical determinants, common errors and specific aids of the basic elements of floor gymnastics, apparatus and trampolines) and "3" (Plan, teach and evaluate gymnastics sessions in school and training context in a conscious and autonomous way, with special emphasis on the first years of training of practitioners). This will be followed by a strong focus on the practical execution of contents in simulation situations to develop and consolidate skills associated with planning, prescribing and managing gymnastics sessions in a school and training context, fulfilling objectives "2" (Identify the technical determinants, common errors and specific aids of the basic elements of floor gymnastics, apparatus and trampolines) and "3" (Plan, teach and evaluate gymnastics sessions in school and training context in a conscious and autonomous way, with special emphasis on the first years of training of practitioners).

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.

Students who are unable to meet the attendance requirements defined in the regulations based on a medical certificate must complete 50% of effective practical classes (7 classes) to be assessed in the practical component. All students who are unable to fulfill any of the requirements 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 proof.

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

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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