

POLI ESCOLA SUPERIOR EDUCAÇÃO COMUNICAÇÃO DESPORTO TÉCNICO GUARDA	SUBJECT DESCRIPTION	MODELO PED.012.03
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Course	Degree in Sports					
Subject	Sports II – Athletics II					
Academic year	2023-2024	Curricular year	1st	Study period	2nd semester	
Type of subject	Compulsory	Student workload (H)	Total: 54	Contact: 22,5	ECTS	2
Professor(s)	Faber Martins					
<input checked="" type="checkbox"/> Area/Group Coordinator <input type="checkbox"/> Head of Department	(select)	Teresa Fonseca				

CLIQUE E SELECIONE A VERSÃO PRETENDIDA

1. LEARNING OBJECTIVES

The aim of this course is to provide students with skills in terms of knowledge of the essential foundations of athletics relating to the disciplines of jumping and throwing, in order to develop their technical skills in teaching-learning of postural references, in understanding the request the different chains involved in the movement, the pendular actions characteristic of the movements and the acquisition of the rhythm required in the different modalities. Enable them to intervene in the teaching and training process as coaches of the sport, in a conscious and autonomous way. It is intended, as an output profile, that students are able to analyze and reflect on the quality of athletics practice, as well as actively participate in it.

2. PROGRAMME

2.1 Triple Jump

- General Fundamentals;
- Triple jump phases
- Acceleration, Takeoff, Hop, Step, Jump
- Technical determinants of the triple jump
- Technical progression (combination of hop-steps rhythm)
- Triple jump regulation

2.2 High Jump

- Introduction Level – Jump with Scissors Technique (with 4 to 6 steps of swing running); Elementary Level - Jumping with Fosbury Flop Technique (with 5 to 8 steps swing run); Advanced Level - Jumping with Fosbury Flop Technique (with corner entry for Call); Technical determinants of the jump phases:

a) Approach; b) Take off; c) Flight d) Landing

2.3 Principles and phases of Throws

2.3.1 Posting Basics

- Translation entries
- Releases in rotation

2.3.2 Exit speed, exit angle, exit height

2.3.3 Teaching-learning methodology for releases (Analytical exercises)

2.3.4 Security rules and forms of organization

2.4 Principles and fundamentals of the study of putting weight on

2.5 Principles and fundamentals of disc release study

2.5.1 Study of launch phases: Preparation (handle, starting position), Construction moment; Launch; Recovery

2.6. Launch Movements: Handle, Start Position, Turn or Shift, End or Throw Position, Throw itself, Reverse

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2.6.1 Principles and Fundamentals of Javelin Study; Technical determinants: Grips; Running (front and side); Impulse Step; Principles and Fundamentals of Hammer Throwing Study; Technical determinants: Handle; Starting position; Swings for the reels; Reels; Spins; Release itself; Reversal

3.COHERENCE BETWEEN PROGRAMME AND OBJECTIVES

The UC aims a better understanding of the pedagogical processes that guide the methodology of the learning process of the disciplines covered. In this perspective, it is adopted an analytical conception of the student with the respective environment, allowing a gradual increase of its adaptation and sensory-motor perception, which translates into a better understanding of the description of technical errors related to the contents: posture, amplitude, speed and rhythm. The framing of the syllabus allows to know, dominate and apply the different techniques of jumps and throws.

3. MAIN BIBLIOGRAPHY

Bompa, T.O. (2005). Entrenamiento para jóvenes deportistas. Editorial Hispano Europea.
 Bravo, J., Martínez, J., Durán, J., Campos, J. (1998) "Atletismo (III) Lanzamientos", Ed. Comité Olímpico Espanol.
 Cometti, G. (2008). El Entrenamiento de la Velocidad. Editorial Paidotribo, 2a Edición.
 Dossier do Professor. (2012). Fundamentos Correr, Saltar, Lançar. Federação Portuguesa de Atletismo, Europress, Lda
 Francisco, C. M. (2011). Desporto Individuais - Atletismo. Edições IPG.
 Jeffreys, I. (2013). Developing Speed. NSCA -National Strength & Conditioning Association (NSCA), Human Knetics.
 Sant, J. R. (2009). "Metodología Y Técnicas de Atletismo". Editorial Paidotribo..
 Schmolinsky, G. (1998). "Atletismo", Editorial Estampa, Lda.
 Schmolinsky, G. (2006). Track and Field-The East German Textbook of Athletics. Sport Book Publisher (Can)

4. TEACHING METHODOLOGIES (INCLUDING EVALUATION)

The evaluation includes two components: i) Practical Component - through continuous evaluation of the respective taught modules (Triple Jump, High Jump, Shot Put and Disc Throw, totaling 60% of the final grade (4 modules x 15% each); ii) Theoretical Component - performed by written test, on a scheduled date, which represents 40% of the final grade. The final classification of Sports Practice II results from the sum of its components. For approval, in continuous evaluation regime, students have to obtain the minimum grade of 9.5 values in each module of the evaluated practical component, as well as in the theoretical evaluation. If the student obtains a positive evaluation in the modules of the practical component, but not in the theoretical component, the student is admitted to the examination of the curricular unit

5. COHERENCE BETWEEN TEACHING METHODOLOGIES AND OBJECTIVES

Based on the contents of this curricular unit, the theoretical-practical classes, due to their expositive and interactive dynamics, allow the transmission of essential concepts to the students, enabling them to know, understand and master the general and specific aspects, guiding principles and the determining factors of the learning process of athletics, in particular the concepts inherent in jumps and launches. In addition, practical classes provide students with the opportunity to apply the respective theoretical assumptions inherent to the progression of the teaching/learning methodology of the respective techniques, significantly strengthening the

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assimilation of the necessary skills. The evaluation methodologies follow the teaching/learning methodologies in their relationship with the type of competence and the objectives of the curricular unit. Competencies of the order of knowledge and understanding are essentially assessed by conducting theoretical assessments.

6. **ATTENDANCE** - According to the ESECD Regulation

7. **OFFICE HOURS:** fabermartins@ipg.pt Mondays:15:30-17:00, Tuesdays: 15:00 – 18:00

DATE

19 de fevereiro de 2024

Professor

(signature)

Area/Group Coordinator

(signature)