

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

Course	DESPORTO					
Subject	Prática dos Desportos I - Futebol					
Academic year	2023.24	Curricular year	1st	Study period	1st semester	
Type of subject	Compulsory	Student workload (H)	Total: 81	Contact: 40	ECTS	3
Professor(s)	CARLOS SACADURA / MARCO AGUIAR					
<input type="checkbox"/> Area/Group Coordinator <input checked="" type="checkbox"/> Head of Department	(select)	TERESA FONSECA				

PLANNED SUBJECT DESCRIPTION

1. LEARNING OBJECTIVES

The aim of this curricular unit is to provide students with competences in terms of "knowledge of the game":

- Knowledge of the history, laws, rules and organization of the game of football;
- Knowledge of the inner logic of the game, its rational bases and its lexicon;
- Mastery of the fundamental technical-tactical elements for practicing the sport;
- Viewing 7-a-side football and 9-a-side football as a specific practice of the game.

The aim is for trainees to be able to analyze and reflect on the quality of the game, as well as actively participate in it.

2. PROGRAMME

A - Historical evolution of the game of Football

- Analysis of the origins and most important historical moments

B - Laws of the Game and Refereeing

- Laws of the Game
- Refereeing

C - Systemic analysis of the game of football

- The divergent aims of the opposing teams and the dualistic perspective of the game
- Offensive and defensive processes: concept, objectives, advantages, disadvantages, stages, and methods
- Specific principles of the game of football
- Factors in the game of football: individual and collective offensive and defensive actions

D - The game of 7-a-side and 9-a-side football

- Structural and functional organization of 7-a-side and 9-a-side football

E - Aspects of game analysis by the coach during competition

- Observation and analysis - why and what for? Initiation to handling means of observing and analyzing the game.

F - Football management and organization

- The social function of the football club
- The roots of football
- Organizing activities and administrative procedures within the framework of the Football Association

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

3. COHERENCE BETWEEN PROGRAMME AND OBJECTIVES

Direct relationship between the content taught and the objectives made possible through theoretical and practical learning contexts and practical experimentation with the game.

- Knowledge of the history, laws, rules and organization of the game of football
 - o A - Historical evolution of the game of football
 - o B - Laws of the Game and Refereeing
 - o F - Football management and organization
- Knowledge of the inner logic of the game, its rational bases and its lexicon
 - o C - Systemic analysis of the game of football
 - o E - Aspects of game analysis by the coach during competition
- Mastery of the fundamental technical and tactical elements of the game
 - o C - Systemic analysis of the game of football
 - o Viewing 7-a-side and 9-a-side football as a specific practice of the game
 - o E - The game of football 7 and 9

4. MAIN BIBLIOGRAPHY

Barbosa, A. (2014). Os jogos por trás do jogo: o futebol visto por investigadores e treinadores. Prime Books

Casanova, F. e Pacheco, R. (2020). O léxico do futebol português. Ed Universidade Lusófona / FPF

Carvalho, C. (2014). Entre linhas. Prime Books

Castelo, J. (2003). Futebol: guia prático de exercícios de treino. Visão e contextos. Lisboa.

Castelo, J. (2004). Futebol: a organização dinâmica do jogo. FMH. Cruz Quebrada.

Daniel, C. (2016). Futebol a sério, a paixão e a dinâmica do jogo pelo olhar de um especialista. Esfera dos livros

FIFA (2023). Leis do jogo (2023-24). FPF

Garganta, Júlio (1995). Para uma Teoria dos Jogos Desportivos Coletivos. Em: *O Ensino dos Jogos Desportivos*. Amândio Graça e José Oliveira Editores. FCDEF-UP.

Jónatas, R. (2020). Descodificar o treinador e o jogo: do jogo pensar ao jogo jogado. Prime Books

Magalhães, R. e Nascimento, L. (2010). Aprender a jogar futebol – Um caminho para o sucesso. PrimeBooks.

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

Pacheco, R. (2001). O ensino do Futebol – Futebol de 7: um jogo de iniciação ao Futebol de 11. Edição do autor.

Queiroz, Carlos (1986). Estrutura e Organização dos Exercícios de Treino em Futebol. FPF. Lisboa.

Ramos, F. (2002). Futebol: da rua à competição. CEFD. Lisboa.

Toldo, I., Guilherme, J. e Garganta, J. (2022). Football intelligence: Training and tactics for soccer success. Routledge. New York

Vicente, J. e Dias, L. (2020). Jogar com pés e cabeça.. Green Evolution. Lisboa

Ventura, N. (2013). Observar para ganhar – O scouting como ferramenta do treinador. PrimeBooks

Wein, H. (1995). Fútbol a la medida del niño. Real Federacion Española de Fútbol – Centro de estudios e desarrollo e investigacion del fútbol. . Madrid.

Wein, H. (1999). Fútbol a la medida del adolescente – Programas formativos para desarrollar y mejorar su capacidade de juego. Federacion Andaluza de Fútbol – CEDIFA. Sevilla.

5. TEACHING METHODOLOGIES (INCLUDING EVALUATION)

The training process includes theoretical-practical sessions and laboratory practices where, after theoretical exposition of the content, students consolidate their knowledge through exercises, methodological progressions, simulated training sessions and match practice.

In order to reflect on and consolidate learning, students are encouraged to write critical reports on the topics covered in class and to carry out small pieces of research on teaching, training and playing football.

Attendance is compulsory for 2/3 of the lessons (except under the conditions set out in the IPG regulations). Equipment required to take part in lessons.

Assessment has the following components:

Practical Assessment - carried out through continuous assessment of the performance of the technical-tactical actions of the game of football in teaching/training situations and in a formal game - 80% of the final grade. The student must obtain a mark of 9.5 or more to be submitted to the final assessment.

Theoretical Assessment - carried out through a written test and/or bibliographical research work on scheduled dates and 3 class reports (group) - 20% of the final assessment.

Final Assessment = Practical Assessment + Theoretical Assessment.

The student may take advantage of the exam assessment if:

- Has not passed the theoretical component of the course, but
- They have obtained a mark of 9.5 or more for the practical component.

In these cases, the final classification will result from:

- The grade for the practical component, obtained in continuous assessment, and
- A mark for the theoretical component obtained in the examination.

6. COHERENCE BETWEEN TEACHING METHODOLOGIES AND OBJECTIVES

Through a theoretical and theoretical-practical approach consolidated with practical experimentation, the aim is for students to understand the inner logic of the game and identify the different forms, means and methods of play, as well as to improve their technical-tactical ability to practice the game.

7. ATTENDANCE

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

Following the decision of the ESECD's Technical-Scientific Council, dated 13/09/2023, which states that "each teacher should define the attendance criteria they consider most appropriate for promoting academic success, depending on the specific nature of the course, without prejudice to the possibility of guidelines being established by scientific/disciplinary area in this regard", in order to access continuous assessment in this course, students must participate (actively and practically) in at least 22 lessons.

Students who are unable to fulfil the attendance requirements set out in the regulations due to a medical certificate must attend 50% of the actual practical classes in order to be assessed in the practical component. All students who are unable to fulfil any assessment requirement due to a permanent physical limitation or disability must submit a medical certificate to the administrative services within the first two weeks after the start of the semester. They must also agree on training and assessment alternatives with the teacher of the area(s) in question within the same period.

8. CONTACTS AND OFFICE HOURS

csacadura@ipg.pt / marco-aguiar@ipg.pt

Thursday 10.30 - 11:30

9. OTHERS

Mandatory equipment for class participation

DATE

17 de setembro de 2023

SIGNATURES

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

Professor

(CARLOS SACADURA)

Professor

(MARCO AGUIAR)

Head of Department

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

(TERESA FONSECA)