

<b>POLI</b> ESCOLA SUPERIOR EDUCAÇÃO COMUNICAÇÃO DESPORTO <b>TÉCNICO</b> <b>GUARDA</b>	<b>SUBJECT DESCRIPTION</b>	<b>MODELO</b> PED.012.03
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Course	<b>CTeSP Mountain Sports</b>					
Subject	<b>Mountain Tourism</b>					
Academic year	2023/2024		2nd	Study period	1st Semester	
Type of subject	Compulsory	Student workload (H)	Total: 120	Contact: 75	ECTS	45
Professor(s)	Clique					
<input checked="" type="checkbox"/> Area/Group Coordinator <input type="checkbox"/> Head of Department	Gonçalo José Poeta Fernandes					

## PLANNED SUBJECT DESCRIPTION

### 1. LEARNING OBJECTIVES

*Understand Earth's different environments;*

*Identify the different characteristics of mountain spaces;*

*Understand the structuring factors of mountain landscapes;*

*Identify heritage resources in mountain areas and their importance;*

*Design and prepare a mountain sport activity with a view to publicizing the landscape heritage;*

*Recognize the contribution of sport to the sustainability of the regions where it is developed*

### 2. PROGRAMME

#### 1. Mountain Territories and their Landscape

- a) Geographical features
- b) Different domains of mountain environments
- c) Features of the mountain landscape

#### 2. The structuring factors of the landscape

- a) The geomorphology
- b) Fauna and Flora
- c) the climate
- d) Human Occupation

#### 3. Interpretation of the landscape and natural heritage

- a) The landscape as a heritage resource
- b) Analysis and interpretation of the landscape
- c) Interpretation of heritage resources in mountain environments

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#### 4. Mountain sports and nature routes

a) Sport, tourism and nature

b) Role of mountain sports in the enhancement of Landscape Heritage and in the development of local economies.

### 3. COHERENCE BETWEEN PROGRAMME AND OBJECTIVES

*Environmental and heritage awareness in mountain environments should be an integral part of any coach in nature sports, in general, and mountain sports in particular. In this way, the recognition of the importance of the heritage, natural and cultural, must constitute one of the foundations in the policies of local and regional development, starting from its own valorization. This curricular unit aims to demonstrate the role of the superior sports technician in the development of mountain regions based on their main heritage, their landscape.*

### 4. MAIN BIBLIOGRAPHY

Almeida, P. Araújo, S.; *Introdução à Gestão de Animação Turística*, Lidel, 2012.

Cardoso; *A Importância da Paisagem para o Desenvolvimento Turístico*, Universidade Nova de Lisboa, 2010.

Castro, E.; *Análise Integrada da Paisagem da Raia Central: o território como recurso de desenvolvimento.*, Universidade de Coimbra, 2007.

Cunha L.; *A Montanha do Centro Português: Espaço de refúgio, território marginal e recurso para o desenvolvimento local.*, Universidade de Coimbra, 2003.

ABREU, A. (coord); *Contributos para a identificação e Caracterização da Paisagem em Portugal Continental*, Universidade de Évora, 2005.

Medeiros, Carlos Alberto; *Geografia de Portugal. O Ambiente Físico.*, Círculo de Leitores, Vol. II, 2005Vol. I, 2005.

Fernandes, G.P., Vieira, A.; *Problemáticas do Turismo em Áreas Naturais e o seu significado nos concelhos do Parque Natural da Serra da Estrela*, Instituto Politécnico de Coimbra, 2004.

Fernandes, G.; *Perspetivas de Desenvolvimento das áreas de montanha. O caso da Serra da Estrela*, Edição Campos das Letras, 2006.

Fernandes, G. et Al; *Perceções e significados dos espaços de montanha: da desarticulação produtiva à revalorização eco-cultural*, Principia Editora, 2007.

Silva, F; *Turismo e Desporto Aventura - Atividades com Manobras de Cordas*, Lidel, 2018.

### 5. TEACHING METHODOLOGIES (INCLUDING EVALUATION)

*Expository/iterative lessons, individual and group work, encouraging individual and collective research of documentation on the proposed contents.*

*Various learning aids will be used, such as: diagrams on the board, multimedia supports, scientific articles in the area, for reflection and discussion.*

*The evaluation of the curricular unit is subject to the general evaluation criteria in force at ESECD.*

*Continuous Assessment Mode*

*The summative dimension of the continuous assessment of the curricular unit is defined through the following elements:*

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- A written test, where the theoretical and practical components of the curricular unit will be summarily evaluated, corresponding to 50% of the final classification.

-Practical work, carried out in a group, consisting of a case study. This will be presented and discussed by the group, equivalent to 40% of the final classification.

- Presentation and Discussion of the practical work, carried out in groups, consisting of a case study. equivalent to 10% of the final grade.

*Final Assessment Mode*

*Distributed assessment with final exam*

## 6. COHERENCE BETWEEN TEACHING METHODOLOGIES AND OBJECTIVES

*The central methodology to be applied involves the need to introduce students to the theoretical-practical dimensions of the issues to be addressed, always instilling a global and coherent view of knowledge about contemporary social problems. We will encourage individual intervention and initiative, as well as collective reflection.*

*Assessment is an essential and integral element of the teaching-learning process, considered as an integral, systematic, gradual and continuous process, in order to provide feedback that regulates the activity of students and teachers. We understand the continuous assessment of the Mountain Tourism curricular unit as a dynamic and permanent process, which is not carried out only at the end of the semester, highlighting its formative dimension (active participation of the trainees through doubts, comments, suggestions, criticisms, among others, revealing their interest and ability in relation to the contents covered.*

## 7. ATTENDANCE

*Mandatory attendance of 75% of classes, absences with justification.*

## 8. CONTACTS AND OFFICE HOURS

Monday 13h30 – 14h30 ESECD/IPG [p.proenca@ipg.pt](mailto:p.proenca@ipg.pt)

### DATE

**19 de setembro de 2023**

### SIGNATURES

Professor

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(signature)

Area/Group Coordinator

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