

Updated On	2024/02/05										
Curricular Year / Period	2023/24 / S1										
Course	Equiniculture										
Curricular Unit	Sports Training and Coaching										
Language(s) of Instruction	Português										
ECTS/tempo de trabalho (horas)	ECTS	Total	Horas de contacto semestral								
	6	160	T	TP	PL	S	TC	E	O	OT	EC
			32	64	32	0	0	0	0	0	0
T - Theoretical; TP - Theoretical and practical; LP - Laboratory Practice; S - Seminar; TG - Tutorial guidance; FW - Fieldwork; T - Training; ; EC - Clinical teaching; O* - Other hours typified as Clinical Training under the Directive 77/453/EEC of June 27, adapted by Directive 2005/36/EC.											
Teacher in charge (GDPR consent) <small>[complete name, email]</small>	Nelson André Alcacer Valente / nelsonvalente@ippportalegre.pt										
Prerequisites <small>[Curricular Units that must precede and specific entry competences]</small>	There is not										
Learning outcomes <small>[Description of the overall and specific objectives] [Knowledge, skills and competences to be developed by students]</small>	To know the professional attributions of the Coach of Grade I and II. To identify the particularities and procedures of the stages of the teaching methodology. To envision the role of the trainer as a cultural one, requiring technical and pedagogical skills. To identify sports training as a pedagogical process. To distinguish phases of development. To describe the concepts related to the body's adaptation process to effort. To describe the concepts of training load and adaptive processes. To describe sports training as an integrated system. To describe concepts inherent in the process of improving sports performance. To identify different physical qualities. To know the sports performance factors. To know the theoretical model of Claude Bouchard. To approach an accident victim. To diagnose respiratory and cardiorespiratory arrest.										
Sustainable Development Goals											
Syllabus	Grade I and II professional assignments Sport didactics Human learning and development Concepts in sports traumatology and first aid Theory and methodology of sports training Sports training as an integrated system The training of physical qualities The training of conditional and coordinative capacities Planning the sports training process Planning and periodization of the annual sports training process										
Teaching methodologies (including assessment) <small>[Specify the types of assessment and the weights and evaluation criteria]</small>	1 - Teaching methodologies Theoretical-practical classes in which the concepts are approached and discussed, opting for a methodology of work in small groups of students. 2 - Period assessment Final grade (3 * Test + 2 * Individual work + P-I-M) / 6 3 - Examination assesement										

	100%
Bibliography	<p>1 - Main Bibliography</p> <p>Weineck Jurgen, Sports Training Manual, Editora Manole Ltda. 1986 Batista, First Aid Manual, Specialized Notebooks ENB (no. 5). National School of Firefighters, Sintra. ISBN: 978-972-8792-29-9 (2010). Curado José Training Planning and Coaching Preparation, Editorial Caminho, 1982 Mogos Alexandru & Mitra Gheorghe; The Development of Motor Qualities in the Young Athlete, Horizon Books 1982 Matveiv, The process of Sports Training, Horizon Books 1981 Matveiev Lev P. Fundamentals of Sports Training Libros Horizonte, 1986 Manno Renato, Fundamentals of Sports Entrepreneurship, Paidotribo, 1991; National Institute of Medical Emergency The Tripulantede Ambulance, Manual TAT, 1st edition, Lisbon. ISBN 978-989-8646-09-5 (2012).</p> <p>2 - Complementary Bibliography</p>
Special Situations [Students with special status]	<p>1 - Period assessment - Students with special status</p> <p>2 - Examination assesement - Students with special status</p>