



Study Plan

School: School of Social Sciences

Degree: Master

Course: Teaching of Physical Education in Basic and Secondary Education (cód. 510)

1st Year - 1st Semester

Component code	Name	Scientific Area Field	ECTS	Duration	Hours
PED11169M	Research Methodologies in Education	Education Sciences	6	Semester	156
PSI11170M	Psychology of Education	Psychology	6	Semester	156
DES11171M	Physical Activity and Sports I	Human Kinetics	6	Semester	156
DES11172M	*** TRANSLATE ME: Fundamentos do treino e benefícios para a saúde em Educação Física e Desporto Escolar ***	Human Kinetics	6	Semester	156
PED11173M	Didactics of Physical Education I	Education Sciences	6	Semester	156

1st Year - 2nd Semester

Component code	Name	Scientific Area Field	ECTS	Duration	Hours
PED11177M	Didactics of Physical Education II	Education Sciences	12	Semester	312
DES11191M	Physical Activity and Sports II	Human Kinetics	6	Semester	156
PED11178M	Educational Administration and Management	Education Sciences	6	Semester	156

Group of Options

Component code	Name	Scientific Area Field	ECTS	Duration	Hours
PED11184M	School Environment Communication	Education Sciences	6	Semester	156
PED11186M	Education for Health	Education Sciences	6	Semester	156
PED11187M	Information and Communication Technologies	Education Sciences	6	Semester	156
PED11188M	Multiple Literacy	Education Sciences	6	Semester	156
PED11185M	Education for Citizenship	Education Sciences	6	Semester	156
PED11189M	History of Education in Portugal	Education Sciences	6	Semester	156
PED11190M	School Libraries	Education Sciences	6	Semester	156

2nd Year - 3rd Semester

Component code	Name	Scientific Area Field	ECTS	Duration	Hours
PED11180M	Current issues of teaching PE and school sport	Education Sciences	12	Semester	312
PED11183M	Supervised Teaching (EF)	Education Sciences	48	Year	1248



2nd Year - 4th Semester

Component code	Name	Scientific Area Field	ECTS	Duration	Hours
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Conditions for obtaining the Degree:

*** TRANSLATE ME: Para aprovação na componente curricular é necessário a aprovação (através de avaliação ou creditação) das seguintes unidades curriculares: {\ }newline
{\ }newline
1º Semestre: {\ }newline
5 UC obrigatórias num total de 30 Ects {\ }newline
{\ }newline
2º Semestre: {\ }newline
3 UC obrigatórias num total de 24 Ects {\ }newline
1 UC do Grupo de Optativas num total de 6 Ects {\ }newline
{\ }newline
3º Semestre: {\ }newline
1 UC obrigatórias num total de 12 Ects {\ }newline
{\ }newline
3º e 4º Semestre {\ }newline
UC de Prática de Ensino Supervisionada num total de 48 ECTS {\ }newline
{\ }newline
É necessário também a aprovação no acto público de defesa do relatório da unidade curricular relativa à prática de ensino supervisionada. ***

Program Contents

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Research Methodologies in Education (PED11169M)

1. Research as an essential dimension of professionalism:
 - Relationship between scientific knowledge and professional practice;
 - The research as a mean to support the educational action.
2. Epistemology and research methodology:
 - Construction of scientific knowledge;
 - Fundamentals of scientific knowledge;
 - Research paradigms: scientific / positivist and naturalist / interpretive.
3. Steps in research:
 - Identifying the problem;
 - Review of literature;
 - Population and sample;
 - Research designs: experimental, case study, action research;
 - Construction of instruments for data collection: observation, interviews, and questionnaires;
 - Data Collection;
 - Data Analysis.
4. The writing of scientific reports.
5. The Ethics of Research.



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Psychology of Education (PSI11170M)

1. Psychological Development and Learning in Educational Contexts
 - Theories of psychological development during adolescence.
 - Learning in educational settings: Behavioral, cognitive, socio-cultural, ecological and constructivist perspectives; processes of self-regulation of learning
 - Educational contexts and psychological development
2. Relational and Psychological dimensions involved in Educational Processes
 - Personal, socio-cognitive and affective dimensions
 - Educational Processes and motivational dimensions
 - Interpersonal and contextual dynamics in educational processes
3. Dynamics of Educational Dynamics
 - Teaching process and personal and socio-cognitive dimensions of teacher
 - Dynamics and interaction processes in the classroom
 - Representations and expectations in the educational relationship
 - Classroom and conflicts management

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Physical Activity and Sports I (DES11171M)

I-Expressive Rhythmic Activities/ Dance

1. Expressive Rhythmic Activities/Dance contents in PNEF
2. Creative Dance: basic elements of dance and creating games of the basic elements of dance.
3. Traditional Portuguese Dance
4. Teaching progressions
5. Teaching Practice: skills training of planning, instruction, management, and evaluation of Creative Dance and Traditional Portuguese Dance.

II- Athletics

1. Athletics contents in PNEF
2. Velocity and barriers
3. Throwing
4. Jumping
5. Teaching progressions in Athletics
6. Playful strategies for approaching athletics

III - Wrestling

1. Historical evolution
2. Wrestling contents in PNEF
3. Specific rules and regulations
4. The key technical elements of the soil and Fight on foot: basic position, displacement, forms of control of the opposing party; techniques.

IV - Gymnastic

1. Gymnastic contents in PNEF
2. Gymnastic technics in the floor, in acrobatics and in diverse apparatus
3. Teaching progressions
4. individual and/or group gymnastic schemes



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Didactics of Physical Education I (PED11173M)

1. The trilogy didactics - practice - research
 - 1.1. Concepts of Pedagogy, Didactics and Specific didactics
 - 1.2. The Specific Didactic as a field of knowledge integrator
 - 1.3. The construction of teacher didactic knowledge
 - 1.4. The didactics skills of teacher

- 2 . Research on teaching and learning in physical education (PE) : perspectives, outcomes and their educational implications
 - 2.1. The concept of paradigm research
 - 2.2. Research perspectives that coexist in contemporary research on teaching in PE
 - 2.3. The pedagogical effectiveness in the teaching of PE
 - 2.4. The mediating processes of teaching and learning in PE
 - 2.5. The ecology of PE class

- 3 . Equity and educational success in PE
 - 3.1. The hidden curriculum
 - 3.2. The issue of coeducation and gender equity
 - 3.3. PE and (in) the inclusive school

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Didactics of Physical Education II (PED11177M)

1. The National Programs of PE: conceptual framework , objectives and competencies ; curricular composition; methodological guidelines;

- 2.The planning of teaching in PE: structural sources; levels of decision and its articulation ; characteristic planning models.

- 3.The pedagogical intervention in PE: determinants of lesson preparation, structure of the lesson plan, teaching strategies; classroom management and techniques of pedagogical intervention in the dimensions instruction, organization, discipline and climate; observation, psychomotor diagnosis and feedback; diversity and hierarchy of motor tasks ; equity and pedagogical differentiation.

4. Methodological aspects of the teaching of some subjects of PNEF and modalities of school sports



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Physical Activity and Sports II (DES11191M)

Block I - Physical Activities Sports - Sports Games

1. National Programs of Physical Education Framework

1.1. Team Sports

1.1.1. Conceptual Framework

1.1.2. Structural characterization

1.1.3. Functional Characterization

1.1.3.1. Invasion / Territory Games

1.1.3.1.1. Handball

1.1.3.1.2. Basketball

1.1.3.1.3. Football

1.1.3.1.4. Rugby

1.1.3.2. Net Games

1.1.3.2.1. Volleyball

1.1.3.2.2. Rackets

Block II - Teaching Models

2. Evolution of educational methodological procedures

2.1. The emergence of the Technical or Traditional model

2.2. Constraints led approach

2.3. Non Linear Pedagogy

2.4. Differential Learning

2.5. Teaching Games for Understanding ? TgfU

3. Exercise/Task conceptualization

3.1 Dealing with individual difference

3.2 Instruction

3.3 Organization

3.4 Feedback

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Educational Administration and Management (PED11178M)

1- Object of study of Educational Administration and Organization

2-Educational system, organization and structures-The constitutional ideology and guiding principles-The Educational System Act as structuring of the referential system of education and teaching . Educational aims and organizational and pedagogical implications

Educational administration, organic structures and levels

3-Administration and educational policies- Education, contextual factors and educational equity -Territorialization and municipalization of education

4- Educational policies, autonomy and development of school-School Organizations, structures and configurations-Educational regulation and logical adjustment of conformity-The educational project in the context of management and school autonomy

5 - The class as the unit of analysis

The flexible organization of groups of students and teachers-

The size and structural composition of the class as factors in school performance



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School Environment Communication (PED11184M)

1. Human communication.
 - 1.1. Verbal aspect.
 - 1.1.1. Communication models.
 - 1.2. Non-verbal aspect.
 - 1.2.1. Functions of non-verbal communication.
 - 1.2.2. The body.
 - 1.2.3. Non-verbal communication in Education.
2. Barriers to communication.
 - 2.1. Among people, among people and groups and among groups.
 - 2.2. In educational situations

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Education for Health (PED11186M)

- Education and health.
- Factors that determine the level of health and disease in the world today.
- Paradigms of health promotion.
- Environment and Health.
- Health promotion and education.
- Emerging fields in health education.
- Health in the post transactional societies in the twenty-first century.
- Healthy Living and evolution of disability.
- The ABC model and the model of empowerment in health education
- Theories and models in health education.
- Perception of risk communication and prevention.
- Group work and the development of preventive behaviors.
- Habits of risk and prevention: Prevention of diseases of our time with a healthy diet; Body and health: determinants and implications of body dissatisfaction; Prevention and mental health promotion; Neuroscience as a meeting point for the prevention and treatment of addiction; Transmitted diseases; The school and some health problems in childhood; Risks, accident rates and injuries.

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Information and Communication Technologies (PED11187M)

Scientific basis of the use of technology in education

The information and communication technologies in educational contexts Multimedia in education:

Foundations and principles of multimedia learning Computational Thinking: Microworlds computational learning: Scratch / Kodu

Social networks and learning communities: the new sociability.

Security, ethics and protection of children and youth in the use of ICT

Design, planning and evaluation of curriculum projects using ICT

ICT and special educational needs (resources, educational materials and technical assistance support).

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Multiple Literacy (PED11188M)

A. Literacy/critical literacy/multiliteracy

B. Reading the world/texts (written/oral/visual/other): 1) breaking the code(s); 2) Participate in the meanings of texts; 3) Use texts functionally; 4) Critically analyze and transform texts;

C. Literacy practices inducting strategies: verbal/information/aural and oral/visual.

D. Multiliteracies, social media and cyberspace:

E. Multiliteracies and Education: creativity, critical thinking and ethics.



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Education for Citizenship (PED11185M)

- A. Conceptual key Instruments: City, citizen, politics, ideology, rationality, modernity, post-modernity, globalization, individualism, liberalism, socialism, civil society, empowerment, accountability.
- B. Conceptual, political and legal framework for citizenship education in Portugal.
- C. Citizenship education as education for the values: models and methods
- D. The dimensions citizenship education: themes, issues and intervention projects (in accordance with the provisions of the General Directorate of education to be implemented in basic and secondary education)
 - D1 European Dimension of education
 - D2 Environmental education for sustainability.
 - D3 Consumer education
 - D4 Financial education
 - D5 Intercultural education
 - D6 Education for peace
 - D7 Gender equality education
 - D8 Awareness education
 - D9 Education for development
 - D10 Entrepreneurship education
 - D11 Education for volunteer work
 - D12 Human rights education
 - D13 Media education
 - D14 Road safety Education
 - D15 Health and sexuality education

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History of Education in Portugal (PED11189M)

- 1. Introduction: definition of concepts - History of Education, History of Ideas, Educational, Current Contemporary Educational Thought, History of Pedagogy
- 2. Historical roots of contemporary educational thinking - The pedagogical debate in the Enlightenment (eighteenth century)
- 3. Liberalism and the defence of Public Instruction (nineteenth century)
- 4. The Republic and the construction of the "New Man" (1910-1926)
- 5. The 'Estado Novo' and nationalistic and traditional education (1933-1945)
- 6. The pedagogical modernity Portuguese - Proponents of the "New School Movement"

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School Libraries (PED11190M)

The School Libraries Network: history and legislation. Documents of the School Libraries Network. The support for curriculum development and the School Library. The role of School Library in the development of reading and literacy. Relationship between School Library and the educational community. Management of School Library. The Evaluation Model School Library.



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Current issues of teaching PE and school sport (PED11180M)

1. The research and pedagogical innovation in EF
The pedagogical and educational significance of the teacher-researcher
The methodology of action research in educational practices
2. School Sports (SS) as an curricular complement activity
Concept, objectives and regulatory framework of SS
The SS project, the curricular project of PE and the educational project of school
The interactions between PE,SS and sports in society
3. Sports Ethics and Education
The values of sport ethics
The promotion of sports ethics code in PE and SS
4. Education for Health
The concepts of physical activity, physical fitness and health
Active lifestyles and health
The role of PE and SS in Health Education
5. Inclusion in PE and School Sports
The concept of inclusion
Obstacles and factors promoting inclusion
Inclusion strategies in PE classes and SS
6. Gender issues in PE and SS
The construction of gender in physical activity
Pedagogical and educational implications
Strategies for promoting gender equity in PE

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Supervised Teaching (EF) (PED11183M)

1. DIMENSION OF DEVELOPMENT OF TEACHING AND LEARNING
 - 1.1. Planning: Structuring sources; Differentiation of teaching and progression of learning; Articulated conception of annual plans, step plans and lesson plans.
 - 1.2. Evaluation: Collection and analysis of data from the initial assessment; Articulation between the results of formative assessment and summative assessment; Design and operationalizing instruments to assess student learning.
 - 1.3. Teaching classes in basic and secondary education and in groups of school sports
2. PARTICIPATION IN SCHOOL AND RELATIONSHIP WITH THE COMMUNITY
Collaboration in group activities of PE
Conception, and development of complementary curricular activities / activities with participation of the educational community
3. DIMENSION PROFESSIONAL, SOCIAL AND ETHICS
Collaborative work
The professional attitude
4. PROFESSIONAL DEVELOPMENT LIFELONG
Development of a research project-action and its public presentation.