Arquivo acivitiy_fragment_layout.xml:

```xml
<?xml version="1.0" encoding="utf-8"?>
<FrameLayout xmlns:android="http://schemas.android.com/apk/res/android"
   android:layout_width="match_parent"
   android:layout_height="match_parent" >
   <fragment
      android:id="@+id/titles"
      android:layout_width="match_parent"
      android:layout_height="match_parent"
      class="profoswaldo.com.fragments.FragmentLayout$TitlesFragment" />
</FrameLayout>
```

Arquivo LinguagensDeProgramacao.java:

```java
package profoswaldo.com.fragments.apis;
public final class LinguagensDeProgramacao {
    public static final String[] linguagens =    {
         "Linguagem C", "Java", "Swift", "Android", "Delphi", "Visual Basic", "Cobol",
"Python"
   };

   public static final String[] descricaoLinguagens =    {
         "Breve descrição da Linguagem C",
         "Breve descrição da linguagem Java.",
         "Breve descrição da linguagem Swift",
         "Breve descrição da linguagem Android",
         "Breve descrição da linguagem Delphi",
         "Breve descrição da linguagem Visual Basic",
         "Breve descrição da linguagem COBOL",
         "Breve descrição da linguagem Python"};
}
```

Arquivo FragmentLayout

```java
package profoswaldo.com.fragments;
import android.app.*;
import android.content.Intent;
import android.content.res.Configuration;
import android.os.Bundle;
import android.util.TypedValue;
import android.view.*;
import android.widget.*;
import profoswaldo.com.fragments.apis.LinguagensDeProgramacao;
```

```java
public class FragmentLayout extends Activity {
    @Override
    protected void onCreate(Bundle savedInstanceState) {
        super.onCreate(savedInstanceState);
        setContentView(R.layout.activity_fragment_layout);}
    public static class DetailsActivity extends Activity {
        @Override
        protected void onCreate(Bundle savedInstanceState) {
            super.onCreate(savedInstanceState);
            if (getResources().getConfiguration().orientation ==
Configuration.ORIENTATION_LANDSCAPE) {
                finish();
                return; }
            if (savedInstanceState == null) {
                DetailsFragment details = new DetailsFragment();
                details.setArguments(getIntent().getExtras());
                getFragmentManager().beginTransaction()
                                .add(android.R.id.content,
details).commit(); } } }
    public static class TitlesFragment extends ListFragment {
        boolean mDualPane;
        int mCurCheckPosition = 0;
        @Override
        public void onActivityCreated(Bundle savedInstanceState) {
            super.onActivityCreated(savedInstanceState);
            setListAdapter(new ArrayAdapter<String>(getActivity(),
                    android.R.layout.simple_list_item_activated_1,
                    LinguagensDeProgramacao.linguagens));
            View detailsFrame = getActivity().findViewById(R.id.details);
            mDualPane = detailsFrame != null
                    && detailsFrame.getVisibility() == View.VISIBLE;
            if (savedInstanceState != null) {
                mCurCheckPosition =
savedInstanceState.getInt("curChoice", 0); }
            if (mDualPane) {

    getListView().setChoiceMode(ListView.CHOICE_MODE_SINGLE);
                showDetails(mCurCheckPosition);
            } else {

    getListView().setChoiceMode(ListView.CHOICE_MODE_SINGLE);
                getListView().setItemChecked(mCurCheckPosition, true);
            }
        }
        @Override
        public void onSaveInstanceState(Bundle outState) {
            super.onSaveInstanceState(outState);
            outState.putInt("curChoice", mCurCheckPosition);
        }
        @Override
```

```java
        public void onListItemClick(ListView l, View v, int position, long id) {
            showDetails(position);
        }

void showDetails(int index) {
                mCurCheckPosition = index;
                if (mDualPane) {
                    getListView().setItemChecked(index, true);
                    DetailsFragment details = (DetailsFragment)
getFragmentManager()
                                        .findFragmentById(R.id.details);
                    if (details == null || details.getShownIndex() != index) {
                        details = DetailsFragment.newInstance(index);

                        FragmentTransaction ft = getFragmentManager()
                                        .beginTransaction();
                        ft.replace(R.id.details, details);

        ft.setTransition(FragmentTransaction.TRANSIT_FRAGMENT_FADE);
                        ft.commit();
                    }
                } else {
                    Intent intent = new Intent();
                    intent.setClass(getActivity(), DetailsActivity.class);
                    intent.putExtra("index", index);
                    startActivity(intent);
                }
            }
        }
        public static class DetailsFragment extends Fragment {
            public static DetailsFragment newInstance(int index) {
                DetailsFragment f = new DetailsFragment();
                Bundle args = new Bundle();
                args.putInt("index", index);
                f.setArguments(args);
                return f;
            }
            public int getShownIndex() {
                return getArguments().getInt("index", 0);
            }
            @Override
            public View onCreateView(LayoutInflater inflater, ViewGroup
container,
                    Bundle savedInstanceState) {
                ScrollView scroller = new ScrollView(getActivity());
                TextView text = new TextView(getActivity());
                int padding = (int) TypedValue.applyDimension(
                        TypedValue.COMPLEX_UNIT_DIP, 4, getActivity()
                                .getResources().getDisplayMetrics());
                text.setPadding(padding, padding, padding, padding);
```

```
            scroller.addView(text);

        text.setText(LinguagensDeProgramacao.descricaoLinguagens[getShownIndex(
)]);
                return scroller;
            }
        }
    }
```