



## Information about the course

**Degree:** Bachelor of Sciences of Physical Activity and Sport

**Faculty:** Faculty of Physical Activity and Sport Sciences

**Code:** 280212 **Name:** Adversary Sports

**Credits:** 6,00 ECTS **Year:** 2 **Semester:** 1

**Module:** 2) Obligatory Formation module

**Subject Matter:** Sports Fundamentals **Type:** Obligatoria

**Branch of knowledge:** Health Sciences

**Department:** Physical-Sports Disciplines and Activities

**Type of learning:** Classroom-based learning

**Language/-s in which it is given:** Spanish

### Teachers:

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## Module organization

### 2) Obligatory Formation module

Subject Matter	ECTS	Subject	ECTS	Year/semester
Manifestations of human motor skills	18	Body Language	6	1/1
		Perceptual Motor Skills	6	1/2
		Physical Activity in Nature	6	2/2
Sports Fundamentals	42	Adapted Sport and Inclusive Physical Activity	6	2/2
		Adversary Sports	6	2/1
		Individual Sports	6	2/1
		Motor Learning and Development	6	1/1
		Native Sports and Games	6	1/2
		Team Sports	6	2/2
		Training Theory and Practice in PA	6	2/2



## Learning outcomes

Al finalizar la asignatura, el estudiante deberá demostrar haber adquirido los siguientes resultados de aprendizaje:

R11 - Describe and apply theoretical knowledge related to the origin, historical evolution, technical aspects, tactics, and regulations of adversarial sports.

Learning outcomes of the specified title

### Type of AR: Habilidades o Destrezas

- Communicate and interact appropriately and efficiently, in physical and sports activity, in diverse intervention contexts, demonstrating teaching skills in a conscious, natural and continuous way.
- Design and apply the methodological process integrated by observation, reflection, analysis, diagnosis, execution, technical-scientific evaluation and/or dissemination in different contexts and in all sectors of professional intervention in physical activity and sports.
- Know how to guide, design, apply and technically-scientifically evaluate physical exercise and physical condition at an advanced level, based on scientific evidence, in different areas, contexts and types of activities for the entire population and with emphasis on specific populations. special such as: older people (seniors), schoolchildren, people with disabilities and people with pathologies, health problems or assimilated (diagnosed and/or prescribed by a doctor), taking into account gender and diversity.
- Respect and put into practice the ethical principles and action proposals derived from the objectives for sustainable development, transferring them to all academic and professional activities.
- Understand, develop and know how to apply the procedures, strategies, activities, resources, techniques and methods that intervene in the teaching-learning process efficiently, developing the entire course of action in all sectors of professional intervention of physical activity and sport (formal and informal physical-sports teaching; physical and sports training; physical exercise for health; direction of physical activity and sports).
- Understand, know how to explain and disseminate the functions, responsibilities and importance of a good professional Graduate in Physical Activity and Sports Sciences as well as analyze, understand, identify and reflect critically and autonomously on their identity, training and professional performance to achieve the purposes and benefits of physical activity and sport in an adequate, safe, healthy and efficient manner in all physical-sports services offered and provided and in any professional sector of physical activity and sport.

### Type of AR: Competencias



- Fluently develop procedures and protocols to solve unstructured, unpredictable and increasingly complex problems, articulating and displaying mastery of the elements, methods, processes, activities, resources and techniques that make up basic motor skills, physical activities, sports skills, play, expressive bodily and dance activities, and activities in nature in an appropriate, efficient, systematic, varied and methodologically integrated way for the entire population and with emphasis on special populations such as: older people (seniors), schoolchildren, people with disabilities and people with pathologies, health problems or similar (diagnosed and/or prescribed by a doctor), taking into account gender and diversity and in any sector of professional intervention of physical activity and sport (formal and informal physical education -sports; physical and sports training; physical exercise for health; direction of physical activity and sports).

## R12 - Develop and implement methodological progressions for acquiring technique and tactics in adversarial sports.

Learning outcomes of the specified title

### **Type of AR:** Habilidades o Destrezas

- Communicate and interact appropriately and efficiently, in physical and sports activity, in diverse intervention contexts, demonstrating teaching skills in a conscious, natural and continuous way.
- Design and apply the methodological process integrated by observation, reflection, analysis, diagnosis, execution, technical-scientific evaluation and/or dissemination in different contexts and in all sectors of professional intervention in physical activity and sports.
- Develop theoretical-practical responses based on the sincere search for the full truth and the integration of all dimensions of the human being when faced with the great questions of life.
- Know how to guide, design, apply and technically-scientifically evaluate physical exercise and physical condition at an advanced level, based on scientific evidence, in different areas, contexts and types of activities for the entire population and with emphasis on specific populations. special such as: older people (seniors), schoolchildren, people with disabilities and people with pathologies, health problems or assimilated (diagnosed and/or prescribed by a doctor), taking into account gender and diversity.
- Know, prepare and know how to apply the ethical-deontological, structural-organizational conditions, professional performance and the regulations of professional practice of Graduates in Physical Activity and Sports Sciences, in any professional sector of physical activity and sport (teaching formal and informal physical-sports; physical and sports training; physical exercise for health; as well as being able to develop multidisciplinary work
- Respect and put into practice the ethical principles and action proposals derived from the objectives for sustainable development, transferring them to all academic and professional activities.



- Understand, know how to explain and disseminate the functions, responsibilities and importance of a good professional Graduate in Physical Activity and Sports Sciences as well as analyze, understand, identify and reflect critically and autonomously on their identity, training and professional performance to achieve the purposes and benefits of physical activity and sport in an adequate, safe, healthy and efficient manner in all physical-sports services offered and provided and in any professional sector of physical activity and sport.

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**Type of AR:** Competencias

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**R13 - Select, interpret, and explain relevant information about the theoretical-practical content of adversarial sports, both orally and in writing.**

Learning outcomes of the specified title

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**Type of AR:** Habilidades o Destrezas

- Apply the principles derived from the concept of integral ecology in your proposals or actions, whatever the scope and area of knowledge and the contexts in which they are proposed.
- Communicate and interact appropriately and efficiently, in physical and sports activity, in diverse intervention contexts, demonstrating teaching skills in a conscious, natural and continuous way.
- Design and apply the methodological process integrated by observation, reflection, analysis, diagnosis, execution, technical-scientific evaluation and/or dissemination in different contexts and in all sectors of professional intervention in physical activity and sports.
- Develop theoretical-practical responses based on the sincere search for the full truth and the integration of all dimensions of the human being when faced with the great questions of life.



- Know how to guide, design, apply and technically-scientifically evaluate physical exercise and physical condition at an advanced level, based on scientific evidence, in different areas, contexts and types of activities for the entire population and with emphasis on specific populations. special such as: older people (seniors), schoolchildren, people with disabilities and people with pathologies, health problems or assimilated (diagnosed and/or prescribed by a doctor), taking into account gender and diversity.
- Respect and put into practice the ethical principles and action proposals derived from the objectives for sustainable development, transferring them to all academic and professional activities.
- Understand, develop and know how to apply the procedures, strategies, activities, resources, techniques and methods that intervene in the teaching-learning process efficiently, developing the entire course of action in all sectors of professional intervention of physical activity and sport (formal and informal physical-sports teaching; physical and sports training; physical exercise for health; direction of physical activity and sports).
- Understand, know how to explain and disseminate the functions, responsibilities and importance of a good professional Graduate in Physical Activity and Sports Sciences as well as analyze, understand, identify and reflect critically and autonomously on their identity, training and professional performance to achieve the purposes and benefits of physical activity and sport in an adequate, safe, healthy and efficient manner in all physical-sports services offered and provided and in any professional sector of physical activity and sport.

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**Type of AR:** Competencias

- Fluently develop procedures and protocols to solve unstructured, unpredictable and increasingly complex problems, articulating and displaying mastery of the elements, methods, processes, activities, resources and techniques that make up basic motor skills, physical activities, sports skills, play, expressive bodily and dance activities, and activities in nature in an appropriate, efficient, systematic, varied and methodologically integrated way for the entire population and with emphasis on special populations such as: older people (seniors), schoolchildren, people with disabilities and people with pathologies, health problems or similar (diagnosed and/or prescribed by a doctor), taking into account gender and diversity and in any sector of professional intervention of physical activity and sport (formal and informal physical education -sports; physical and sports training; physical exercise for health; direction of physical activity and sports).

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**R14 - Demonstrate and apply theoretical-practical content for educational, recreational, and competitive purposes in adversarial sports.**

Learning outcomes of the specified title

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**Type of AR:** Habilidades o Destrezas





- Apply the principles derived from the concept of integral ecology in your proposals or actions, whatever the scope and area of knowledge and the contexts in which they are proposed.
- Communicate and interact appropriately and efficiently, in physical and sports activity, in diverse intervention contexts, demonstrating teaching skills in a conscious, natural and continuous way.
- Design and apply the methodological process integrated by observation, reflection, analysis, diagnosis, execution, technical-scientific evaluation and/or dissemination in different contexts and in all sectors of professional intervention in physical activity and sports.
- Identify, organize, direct, plan, coordinate, implement and carry out technical-scientific evaluation of organizational resources and material resources and sports facilities, including their basic and functional design as well as adequate selection and use, for each type of activity, with the purpose of achieving safe, efficient and healthy physical and sports activities, adapted to the development, characteristics and needs of individuals and the typology of the activity, space and entity in any type of organization, population, context and in any sector of professional intervention of physical activity and sport and with emphasis on special populations and guaranteeing safety, efficiency and professionalism in the activity carried out in compliance with current regulations.
- Know how to guide, design, apply and technically-scientifically evaluate physical exercise and physical condition at an advanced level, based on scientific evidence, in different areas, contexts and types of activities for the entire population and with emphasis on specific populations. special such as: older people (seniors), schoolchildren, people with disabilities and people with pathologies, health problems or assimilated (diagnosed and/or prescribed by a doctor), taking into account gender and diversity.
- Know, prepare and know how to apply the ethical-deontological, structural-organizational conditions, professional performance and the regulations of professional practice of Graduates in Physical Activity and Sports Sciences, in any professional sector of physical activity and sport (teaching formal and informal physical-sports; physical and sports training; physical exercise for health; as well as being able to develop multidisciplinary work
- Respect and put into practice the ethical principles and action proposals derived from the objectives for sustainable development, transferring them to all academic and professional activities.
- Understand, develop and know how to apply the procedures, strategies, activities, resources, techniques and methods that intervene in the teaching-learning process efficiently, developing the entire course of action in all sectors of professional intervention of physical activity and sport (formal and informal physical-sports teaching; physical and sports training; physical exercise for health; direction of physical activity and sports).
- Understand, know how to explain and disseminate the functions, responsibilities and importance of a good professional Graduate in Physical Activity and Sports Sciences as well as analyze, understand, identify and reflect critically and autonomously on their identity, training and professional performance to achieve the purposes and benefits of physical activity and sport in an adequate, safe, healthy and efficient manner in all physical-sports services offered and provided and in any professional sector of physical activity and sport.



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**Type of AR:** Competencias

- Know and know how to apply ethical and deontological principles and social justice in professional performance and involvement, as well as have habits of scientific and professional rigor and a constant attitude of service to citizens in the exercise of their professional practice with which improvement, excellence, quality and efficiency are intended.
- Fluently develop procedures and protocols to solve unstructured, unpredictable and increasingly complex problems, articulating and displaying mastery of the elements, methods, processes, activities, resources and techniques that make up basic motor skills, physical activities, sports skills, play, expressive bodily and dance activities, and activities in nature in an appropriate, efficient, systematic, varied and methodologically integrated way for the entire population and with emphasis on special populations such as: older people (seniors), schoolchildren, people with disabilities and people with pathologies, health problems or similar (diagnosed and/or prescribed by a doctor), taking into account gender and diversity and in any sector of professional intervention of physical activity and sport (formal and informal physical education -sports; physical and sports training; physical exercise for health; direction of physical activity and sports).

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R15 - Observe, detect, and correct technical-tactical issues in adversarial sports to assess skill acquisition in different contexts.

Learning outcomes of the specified title

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**Type of AR:** Habilidades o Destrezas

- Communicate and interact appropriately and efficiently, in physical and sports activity, in diverse intervention contexts, demonstrating teaching skills in a conscious, natural and continuous way.
- Design and apply the methodological process integrated by observation, reflection, analysis, diagnosis, execution, technical-scientific evaluation and/or dissemination in different contexts and in all sectors of professional intervention in physical activity and sports.
- Develop theoretical-practical responses based on the sincere search for the full truth and the integration of all dimensions of the human being when faced with the great questions of life.
- Know how to guide, design, apply and technically-scientifically evaluate physical exercise and physical condition at an advanced level, based on scientific evidence, in different areas, contexts and types of activities for the entire population and with emphasis on specific populations. special such as: older people (seniors), schoolchildren, people with disabilities and people with pathologies, health problems or assimilated (diagnosed and/or prescribed by a doctor), taking into account gender and diversity.





- Know, prepare and know how to apply the ethical-deontological, structural-organizational conditions, professional performance and the regulations of professional practice of Graduates in Physical Activity and Sports Sciences, in any professional sector of physical activity and sport (teaching formal and informal physical-sports; physical and sports training; physical exercise for health; as well as being able to develop multidisciplinary work
- Respect and put into practice the ethical principles and action proposals derived from the objectives for sustainable development, transferring them to all academic and professional activities.

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### Type of AR: Competencias

- Know and know how to apply ethical and deontological principles and social justice in professional performance and involvement, as well as have habits of scientific and professional rigor and a constant attitude of service to citizens in the exercise of their professional practice with which improvement, excellence, quality and efficiency are intended.
- Analyze, review and select the effect and effectiveness of the practice of research methods, techniques and resources and scientific work methodology, in solving problems that require the use of creative and innovative ideas.
- Fluently develop procedures and protocols to solve unstructured, unpredictable and increasingly complex problems, articulating and displaying mastery of the elements, methods, processes, activities, resources and techniques that make up basic motor skills, physical activities, sports skills, play, expressive bodily and dance activities, and activities in nature in an appropriate, efficient, systematic, varied and methodologically integrated way for the entire population and with emphasis on special populations such as: older people (seniors), schoolchildren, people with disabilities and people with pathologies, health problems or similar (diagnosed and/or prescribed by a doctor), taking into account gender and diversity and in any sector of professional intervention of physical activity and sport (formal and informal physical education -sports; physical and sports training; physical exercise for health; direction of physical activity and sports).



## Assessment system

### Modalidad presencial

Assessed learning outcomes	Granted percentage	Assessment tool
R11, R14, R15	40,00%	Written and/or practical tests.
R12, R13, R14, R15	50,00%	Individual or Group Work / Project.
R12, R13, R14, R15	5,00%	Exercises and Practices in the Classroom.
R12, R13, R14	5,00%	Non-face-to-face autonomous work.

### Observations

- This subject is NOT susceptible to requesting a single evaluation according to article 10.3 of the GENERAL RULES FOR EVALUATION AND GRADING OF OFFICIAL EDUCATION AND UCV's OWN DEGREES.
- The student may keep the evaluation instruments passed during the 3 years following the first enrollment.
- It is necessary to obtain a 50% in all the evaluation instruments to pass the course.
- Attendance to all the practical sessions indicated in the schedule is mandatory (including block 4). Additionally for this subject, in case of not attending 80% of these, the student will fail the two calls of the course, having to recover again all the practices in the following enrollment.
- In case of not complying with any of these criteria, the student will be graded with a maximum of 4.5.



## SPECIFICATIONS OF THE EVALUATION INSTRUMENTS

### Written and/or practical tests

The exam consists of a single final test on the dates of the official call and consists of two parts :

Type test: 30 questions with 3 answer options. The standard penalty system will be 1 wrong subtract 50%. Examination of practical application of knowledge.

Both parts must be passed in order to pass the exam in all the calls.

### Individual/group work/project

This evaluation instrument will consist of two different projects:

Group project (20%): Poster. Delivery through the Moodle platform in the SONARA application.

The evaluation tool is the rubric that is posted on the platform. To pass this section it will be essential to obtain at least a 5. Individual project (30%): 5 observation practices where each of the practices has two parts: The first part is the completion of the assignment, based on the observation practice. The second part is to answer a questionnaire on the practice itself. The standard penalty system will be 1 bad subtract 50%. To pass this section the sum of all the practices must be equal or higher than 5.

### Exercises and Practices in the Classroom

Lecture with an expert in physical preparation in adversary sports to exchange, comment, expose and debate.

Attendance is mandatory.

A questionnaire will be completed at the end. The standard penalty system will be 1 bad subtract 50%.

### Non-attendance autonomous work

They can submit one of these two assignments:

Reading and analysis of a scientific article and completion of the activity through the platform. Participation in a UCV research group task related to adversarial sports.

*The detailed explanation (procedure of the tasks) as well as the evaluation instruments (cards or rubrics) of each section will be published on the platform of each group available to the student.*



## Use of Artificial Intelligence Tools in the CAFD Degree Program

Use of Artificial Intelligence tools in the CAFD degree program In the Bachelor's Degree in Physical Activity and Sports Sciences (CAFD), the use of Artificial Intelligence (AI) tools is permitted in a complementary and responsible manner, as long as it contributes to active learning, the development of critical thinking, and the improvement of students' professional skills. Under no circumstances should AI replace personal effort, direct practice, or independent reflection, which are fundamental pillars of this degree program.

### Permitted Uses of AI:

- Obtaining alternative explanations of theoretical or methodological concepts.
- Generating outlines, concept maps, or summaries to support study.
- Simulating interviews, questionnaires, or training sessions as part of methodological or research practices.
- Receiving feedback on report writing, provided that the original content is the student's own.
- Supporting the search for bibliography or scientific references, always contrasting with reliable and real academic sources, and respecting the CAFD regulations for the presentation of university work.

### Prohibited Uses of AI:

- Writing complete sections of academic papers, classroom exercises and practices, internship reports, journals, or portfolios, as well as the Final Degree Project.
- Formulating hypotheses, objectives, or conclusions for academic work.
- Replacing qualitative or quantitative data analysis with automated tools without human validation.
- Creating videos, presentations, or avatars with AI as a substitute for the student's oral or practical presentation.
- Obtaining automatic answers to tests, rubrics, or assessable activities through the use of AI.

### Citation and Attribution Guidelines:

- Any use of AI tools must be explicitly acknowledged in the submitted document (e.g., in a footnote or appendix).
- The name of the tool, the purpose of use (e.g., grammatical review, organization of ideas, interview simulation), and where it was used in the work must be indicated.
- Responsible use of AI will be evaluated within the framework of originality, academic honesty, and digital competence.

### Additional recommendations:

Students are encouraged to combine the use of AI with traditional methods (manual problem solving, practical session design, direct observation, etc.) to ensure the comprehensive development of their skills.



If there are any doubts about the permitted use of AI in a specific activity, students should consult the faculty responsible for the course.

## Actividades formativas

The methodologies to be used so that the students reach the expected learning outcomes will be the following:

- M1 Attendance at practices.
- M2 Resolution of problems and cases.
- M4 Practical laboratories.
- M5 Presentation of content by the teacher.
- M6 Practical lesson.
- M7 Group dynamics and activities.

### IN-CLASS TRAINING ACTIVITIES

ACTIVITY	RELATIONSHIP WITH THE COURSE LEARNING OUTCOMES	METHODOLOGY	HOURS	ECTS
<b>THEORETICAL CLASS:</b> Presentation of contents by the teacher. Competency analysis. Demonstration of capabilities, skills and knowledge in the classroom.	R11, R12, R14	Presentation of content by the teacher.	20,00	0,80



<b>PRACTICAL CLASS / SEMINAR:</b> R13, R15 Group dynamics and activities. Resolution of problems and cases. Practical laboratories. Data search, computer classroom, library, etc. Meaningful construction of knowledge through student interaction and activity.		Attendance at practices. Practical laboratories. Practical lesson. Group dynamics and activities.	34,00	1,36
<b>EVALUATION:</b> Set of oral and/or written tests used in the evaluation of the student, including the oral presentation of the final degree project.	R11	Resolution of problems and cases. Presentation of content by the teacher.	4,00	0,16
<b>TUTORING:</b> Supervision of learning, evolution. Discussion in small groups. Resolution of problems and cases. Presentation of results before the teacher. Presentation of diagrams and indexes of the proposed works.	R11, R12	Presentation of content by the teacher.	2,00	0,08
<b>TOTAL</b>			<b>60,00</b>	<b>2,40</b>





## TRAINING ACTIVITIES OF AUTONOMOUS WORK

ACTIVITY	RELATIONSHIP WITH THE COURSE LEARNING OUTCOMES	METHODOLOGY	HOURS	ECTS
GROUP WORK: Problem solving. Preparation of exercises, memoirs, to present or deliver in classes and/or in tutoring.	R12	Practical lesson. Group dynamics and activities.	25,00	1,00
SELF-EMPLOYED WORK: Study, Individual preparation of exercises, assignments, reports, to present or deliver in classes and/or in tutoring. Activities in platform or other virtual spaces.	R15	Resolution of problems and cases. Practical lesson.	65,00	2,60
<b>TOTAL</b>			<b>90,00</b>	<b>3,60</b>



## Description of contents

Descripción de contenidos necesarios para la adquisición de los resultados de aprendizaje.

### Theoretical content:

Block of content	Contents
BLOCK 1	Historical evolution of adversarial sports. The process of sports institutionalization of adversarial activities. Characterization and concept of adversarial sports. Criteria for the classification of adversarial sports.
BLOCK 2	The game action as a unit of analysis of the sport. Fundamentals of adversary sports: space, time, communication, rules and strategy. Factors that make up the functional structure of the sport. Fundamentals of physical condition for sport. Physical demands.
BLOCK 3	Basic techniques. Tactical and strategic fundamentals. Generalities and characteristics of the modalities. Learning exercises. Basic tactical situations. Tactical phases. Learning exercises. Practical sessions. Basic fundamentals. Specific preparation. Types of training. Learning exercises. Of the different grappling sports.
BLOCK 4	Realization of practical sessions. Basic fundamentals. Specific preparation. Types of training. Learning exercises. Of the different racquet, paddle or hand sports. Practical sessions. Basic fundamentals. Specific preparation. Types of training. Learning exercises. Of the different sports of hitting or touching with implement. Intervention programs, adapted. Adults, wheelchair, psychic and sensorial disability. Basic fundamentals.
BLOCK 5	The process of teaching / learning of the technique, tactics and strategy of the sport: physical education teaching, 3rd age, sport schools, special groups, etc.



## Temporary organization of learning:

Block of content	Sessions	Hours
BLOCK 1	2	4,00
BLOCK 2	6	12,00
BLOCK 3	15	30,00
BLOCK 4	2	4,00
BLOCK 5	5	10,00



## References

### BASIC REFERENCES:

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