



Information about the course

Degree: Bachelor of Sciences of Physical Activity and Sport

Faculty: Faculty of Physical Activity and Sport Sciences

Code: 280213 **Name:** Individual 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:

R16 - Improve and optimize the technical execution of tasks/exercises/technical movements in individual sports, providing appropriate feedback (using various methodologies: observational, video, and biomechanical).

Learning outcomes of the specified title

Type of AR: Habilidades o Destrezas

- 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).

R17 - Describe and prioritize, practically considering age, levels, and contexts, the elements that constitute the coordinative structure in different individual sports.

Learning outcomes of the specified title



Type of AR: Habilidades o Destrezas

- 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.
- 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).

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).

R18 - Design and implement tasks, sessions, and programs to develop coordinative skills in individual sports, using suitable teaching-learning methodologies for the initiation stage.

Learning outcomes of the specified title

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.
- 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).

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Assessment system

Modalidad presencial

Assessed learning outcomes	Granted percentage	Assessment tool
R16, R17, R18	40,00%	Written and/or practical tests.
R16, R17, R18	30,00%	Individual or Group Work / Project.
R16, R17, R18	10,00%	Exercises and Practices in the Classroom.
R16, R17, R18	20,00%	Oral tests or presentation.

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 COURSES AND UCV's OWN DEGREES.
- The student may keep the evaluation instruments passed during the 3 years following the first registration as long as he/she has obtained the minimum percentage of attendance to practical sessions established in this document (80%).
- It is necessary to obtain a 50% in the following evaluation instruments to pass the course:
Individual or Group Work/Project
Written and/or practical tests
Oral tests or exposition
- Attendance to all the practical sessions indicated in the schedule is mandatory. Therefore, students must attend at least 80% of these sessions in order to be evaluated in any of the two calls of the course. If this percentage is not reached, the student will have to repeat all the practical



sessions in the following registration. Exceptionally, if the non-attendance is duly justified by a major and documented cause, the missed session will be made up with another group, as long as the time schedule of the other groups allows it. Otherwise, the absence will be counted within the 20% margin allowed.

- 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 convocation and may consist of:
Type test: 3-4 answer options. The standard penalty system will be 1 wrong subtract 50%-33.3% respectively. Short questions: they do not subtract if they are wrongly answered. Development questions: they must be completely well answered in order to obtain a score.

Individual/group work/project

This evaluation instrument is divided into two parts:

Written document (15%): realization and delivery of a group work on the analysis of the technical execution of an individual sport and the creation of exercises/tasks for its learning and technical improvement. Audiovisual document (15%): edition, delivery and visualization of a tutorial video with the technical analysis made and the proposal of exercises/tasks created.

Exercises and practices in the classroom

This instrument includes the tasks performed by the students in the practical or theoretical sessions, as well as through the virtual platform. The tasks can be: questionnaires or forms, tasks on technical exercises, description of sessions, individual reflections on practices performed, among others.

The assignments must be submitted in due time and form, complying with the established minimum criteria. The final grade for this instrument will be determined by taking into account whether the minimum criteria of the assignment are met, as well as the quality of the assignments delivered.

Oral tests or exposition

This evaluation instrument will consist of the planning, delivery and oral presentation of a practical group session/s of an individual sport.

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 at the student's disposal.



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:

- M2 Resolution of problems and cases.
- M3 Discussion in small groups.
- 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
THEORETICAL CLASS: Presentation of contents by the teacher. Competency analysis. Demonstration of capabilities, skills and knowledge in the classroom.	R16, R17, R18	Discussion in small groups. Presentation of content by the teacher. Group dynamics and activities.	27,50	1,10



PRACTICAL CLASS / SEMINAR: 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.	R16, R17, R18	Resolution of problems and cases. Discussion in small groups. Practical lesson. Group dynamics and activities.	26,50	1,06
EVALUATION: Set of oral and/or written tests used in the evaluation of the student, including the oral presentation of the final degree project.	R16, R17, R18	Resolution of problems and cases. Group dynamics and activities.	4,00	0,16
TUTORING: 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.	R16, R17, R18	Discussion in small groups.	2,00	0,08
TOTAL			60,00	2,40



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.	R16, R17, R18	Resolution of problems and cases. Group dynamics and activities.	35,00	1,40
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.	R16, R17, R18	Resolution of problems and cases.	55,00	2,20
TOTAL			90,00	3,60



Description of contents

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

Theoretical content:

Block of content	Contents
BLOCK 1	Historical background. Classification and taxonomy. Structures of individual sports. Fields of application of the different individual sports. Facilities and materials. Current regulations.
BLOCK 2	Biomechanical principles on which the different techniques of individual sports are based, in the different media. Evolutionary stages for the learning of individual sports. Demands at the level of physical capacities of the different individual sports. Review and critical analysis of the different models of sports initiation.
BLOCK 3	Description of basic techniques and tactics. Learning exercises of different individual sports, according to the evolutionary stage. Design of sessions and didactic progressions of individual sports in different fields of application.



Temporary organization of learning:

Block of content	Sessions	Hours
BLOCK 1	4	8,00
BLOCK 2	6	12,00
BLOCK 3	20	40,00



References

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