



Information about the subject

Degree: Bachelor of Sciences of Physical Activity and Sport

Faculty: Faculty of Physical Activity and Sport Sciences

Code: 280214 **Name:** Physical Activity in Nature

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

Module: 2) Obligatory Formation module.

Subject Matter: Manifestations of human motor skills. **Type:** Compulsory

Field of knowledge: Ciencias de la Salud

Department: -

Type of learning: Classroom-based learning

Languages in which it is taught: Spanish

Lecturer/-s:

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Module organization

2) Obligatory Formation module.

Subject Matter	ECTS	Subject	ECTS	Year/semester
Manifestations of human motor skills.	18,00	Body Language	6,00	1/1
		Perceptual Motor Skills	6,00	1/2
		Physical Activity in Nature	6,00	2/2
Sports Fundamentals.	42,00	Adapted Sport and Inclusive Physical Activity	6,00	2/2
		Adversary Sports	6,00	2/1
		Individual Sports	6,00	2/1
		Motor Learning and Development	6,00	1/1
		Native Sports and Games	6,00	1/2
		Team Sports	6,00	2/2
		Training Theory and Practice in PA	6,00	2/2



Learning outcomes

At the end of the course, the student must be able to prove that he/she has acquired the following learning outcomes:

- R1 Experiment, contrast and manage resources related to the different physical sports activities in the natural environment.
- R2 Analyze and promote physical-sports activities in the natural environment in different environments that promote a society with values of justice, sustainability and co-responsibility.
- R3 Identify and promote learning environments conducive to activities in nature.
- R4 Design and implement tasks, sessions and programs for the development of the different capacities and abilities of games and sports in the natural environment, at different ages and contexts, taking into account diversity.
- R5 Evaluate sports facilities and spaces in the natural environment, their accessibility, safety and functional design, in order to be able to practice physical sports activities in a safe and healthy way.



Competencies

Depending on the learning outcomes, the competencies to which the subject contributes are (please score from 1 to 4, being 4 the highest score):

GENERAL		Weighting			
		1	2	3	4
CG1	Understand the scientific literature in English and in other languages ??of significant presence in the scientific field through proper information management.		X		
CG2	Know how to apply information and communication technologies (ICT).		X		
CG3	Develop skills to solve problems through decision making.				X
CG4	Convey any related information properly both in writing and orally.				X
CG5	Plan and organize any activity efficiently.				X
CG6	Develop interpersonal relationship skills and teamwork, both in international and national contexts and in interdisciplinary as well as non-interdisciplinary teams.			X	
CG7	Be able to carry out critical reasoning using the knowledge acquired.				X
CG9	Know and act within the ethical principles necessary for proper professional practice.			X	
CG10	Develop skills for adaptation to new situations and for autonomous learning.		X		
CG11	Develop skills for creativity, initiative and entrepreneurship.	X			
CG13	Be able to apply theoretical knowledge in practice.				X
CG14	Use the internet properly as a means of communication and as a source of information.			X	
CG15	Transmit the knowledge acquired both to people specialized in the matter and to people not specialized in The subject in question .			X	



CG18 Be able to self-evaluate.

X

SPECIFIC	Weighting			
	1	2	3	4
CE 1.1 Understand, develop and know how to apply the procedures, strategies, activities, resources, techniques and methods involved in the teaching-learning process efficiently, developing the entire course of action in all sectors of intervention professional of physical activity and sports (formal and informal physical-sports education; physical and sports training; exercise physical for health; direction of physical activity and sport).			X	
CE 1.3 Communicate and interact appropriately and efficiently, in physical and sporting activity, in diverse intervention contexts, demonstrating teaching skills in a conscious, natural and continuous way.			X	
CE 1.4 Adapt the educational intervention to the individual characteristics and needs for the entire population and with emphasis on special populations such as: schoolchildren, the elderly (elderly), people with reduced mobility and people with pathologies, health problems or assimilated (diagnosed and / or prescribed by a doctor), taking into account gender and diversity.			X	
CE 3.1 Analyze, identify, diagnose, promote, guide and evaluate strategies, actions and activities that promote the adherence to an active lifestyle and the participation and regular and healthy practice of physical activity and sport and physical exercise in an adequate, efficient and safe way by citizens in order to improve their integral health, well-being and quality of life, and with emphasis on populations of a special nature such as: the elderly (elderly), schoolchildren, people with disability and people with pathologies, health problems or similar (diagnosed and / or prescribed by a doctor) attending gender and diversity.	X			



CE 4.1 Fluently develop procedures and protocols to solve unstructured, unpredictable and growing problems complexity, articulating and displaying a domain of the elements, methods, processes, activities, resources and techniques that make up basic motor skills, physical activities, sports skills, play, expressive body activities and dance, and activities in nature in an appropriate, efficient, systematic, varied and methodologically integrated way for all the population and with emphasis on populations of a special nature such as: older people (seniors), schoolchildren, people with disabilities and people with pathologies, health problems or similar (diagnosed and / or prescribed by a doctor), attending to gender and diversity and in any sector of professional intervention of physical activity and sport (teaching formal and informal physical-sports; physical and sports training; physical exercise for health; direction of physical activity and sport).

X

CE 5.1 Analyze, diagnose and evaluate the elements, structure, situation and characteristics of all types of organizations of physical activity and sport as well as the legislative and legal elements related to physical and sporting activity.

X

CE 5.4 Identify, organize, direct, plan, coordinate, implement and carry out technical-scientific evaluation of resources organizational and material resources and sports facilities, including their basic and functional design as well as adequate selection and use, for each type of activity, in order to achieve safe, efficient physical and sports activities and healthy, adapted to the development, characteristics and needs of individuals and the type of 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.

X

CE 6.4 Articulate and deploy procedures, processes, protocols, own analysis, with rigor and scientific attitude on matters of social, legal, economic, scientific or ethical nature, when necessary and pertinent in any professional sector of activity physical and sport (formal and informal physical-sport education; physical and sports training; physical exercise for health; direction of physical activity and sport).

X



CE 7.1 Know and know how to apply the ethical and deontological principles and of social justice in the performance and professional involvement as well as having 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.

x

CE 7.2 Know, elaborate and know how to apply the ethical-deontological, structural-organizational conditions, professional performance and the regulations for the professional practice of Graduates in Physical Activity and Sports Sciences, in any sector professional of physical activity and sports (formal and informal physical-sports education; physical and sports training; exercise physical for health; direction of physical activity and sports); as well as being able to develop a multidisciplinary work

x

CE 7.3 Understand, know how to explain and disseminate the functions, responsibilities and importance of a good professional Graduated in Sciences of Physical Activity and Sports as well as analyze, understand, identify and reflect critically and autonomously on their identity, training and professional performance to achieve the goals and benefits of physical activity and sport in an adequate, safe, healthy and efficient way in all the physical-sports services offered and provided and in any sector professional of physical activity and sports.

x



Assessment system for the acquisition of competencies and grading system

Assessed learning outcomes	Granted percentage	Assessment method
R1, R2, R4	10,00%	Carrying out a project.
R1, R2, R4	40,00%	Written / oral and / or practical tests.
R1, R4	15,00%	Active participation.
R1, R2	15,00%	Attendance at interviews, seminars and practical activities.
R1, R2, R3, R4, R5	20,00%	Oral presentation of individual and / or group works.

Observations

- The student may keep the evaluation instruments passed during the 3 years following the first enrollment.
- It is not necessary to obtain a minimum in the evaluation instruments, so the grades will be added according to their weighting percentage.
- Attendance to the practical sessions indicated in the schedule is mandatory. In case of not attending 50%, the student will not be evaluated during that academic year in accordance with article 8 of the UCV exam regulations (it will appear as a Not Presented).

Learning activities

The following methodologies will be used so that the students can achieve the learning outcomes of the subject:

- M2 Group dynamics and activities.
- M3 Practical lesson.



- M4 Presentation of content by the teacher.
- M5 Laboratory practices.
- M7 Small group discussion.
- M8 Resolution of problems and cases.
- M9 Attendance at practices.



IN-CLASS LEARNING ACTIVITIES

	LEARNING OUTCOMES	HOURS	ECTS
THEORETICAL CLASS: Presentation of contents by the teacher. Competency analysis. Demonstration of capabilities, skills and knowledge in the classroom. M4	R1, R2, R3, R4, R5	8,00	0,32
PRACTICAL CLASS / SEMINAR: Group dynamics and activities. Resolution of problems and cases. Practical laboratories. Data search, computer room, library, etc. Meaningful construction of knowledge through interaction and student activity. M3, M5, M9	R1, R2, R3, R4, R5	46,00	1,84
TUTORING: Supervision of learning, evolution. Small group discussion. Resolution of problems and cases. Presentation of results before the teacher. Presentation of diagrams and indexes of the proposed works. M4	R1, R2, R4	2,00	0,08
EVALUATION: Set of oral and / or written tests used in the evaluation of the student, including the oral presentation of the final degree project. M2, M8	R1, R2, R3	4,00	0,16
TOTAL		60,00	2,40



LEARNING ACTIVITIES OF AUTONOMOUS WORK

	LEARNING OUTCOMES	HOURS	ECTS
GROUP WORK: Problem solving. Preparation of exercises, memoirs, to expose or deliver in classes and / or in tutoring. M2, M7	R1, R2, R3, R4	30,00	1,20
SELF-EMPLOYED WORK: Study, individual preparation of exercises, works, memories, to expose or deliver in classes and / or in tutoring. Platform activities or other virtual spaces. M2, M3	R1, R2, R3, R5	60,00	2,40
TOTAL		90,00	3,60



Description of the contents

Description of the necessary contents to acquire the learning outcomes.

Theoretical contents:

Content block	Contents
1 Theoretical-practical foundations of the AFMN.	1 Theoretical-practical foundations of the AFMN.
2 Physical-sports activities on land: basic disciplines.	2 Physical-sports activities on land: basic disciplines.
3 Land physical-sports activities involving rope handling: basic maneuvers.	3 Land physical-sports activities involving rope handling: basic maneuvers.
4 Winter physical-sports activities: basic fundamentals.	4 Winter physical-sports activities: basic fundamentals.
5 Aquatic physical-sports activities: basic techniques	5 Aquatic physical-sports activities: basic techniques
6 Games and recreational activities in the natural environment.	6 Games and recreational activities in the natural environment.
7 Sustainability in the AFMN	7 Sustainability in the AFMN



Temporary organization of learning:

Block of content	Number of sessions	Hours
1 Theoretical-practical foundations of the AFMN.	5,00	10,00
2 Physical-sports activities on land: basic disciplines.	10,00	20,00
3 Land physical-sports activities involving rope handling: basic maneuvers.	5,00	10,00
4 Winter physical-sports activities: basic fundamentals.	2,00	4,00
5 Aquatic physical-sports activities: basic techniques	4,00	8,00
6 Games and recreational activities in the natural environment.	2,00	4,00
7 Sustainability in the AFMN	2,00	4,00



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(2000). *Orientación*. Madrid: Ed. Desnivel.

Iglesias, J.A. (2005). *Fichero de actividades en la naturaleza*. Barcelona: Inde. López, R.
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Martínez, A. (1996). *La práctica de orientación en centros educativos y deportivos*. Madrid: Gymnos.

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WEB LINKS:

<http://www.femecv.com>

<http://www.fedme.es>

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Programa de Televisión Temps d'Aventura de Canal 33: <http://www.ccma.cat/tv3/temps-aventura/>

Programa de Televisión Evasión de RTVE: <http://www.rtve.es/alacarta/videos/evasion/>

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Addendum to the Course Guide of the Subject

Due to the exceptional situation caused by the health crisis of the COVID-19 and taking into account the security measures related to the development of the educational activity in the Higher Education Institution teaching area, the following changes have been made in the guide of the subject to ensure that Students achieve their learning outcomes of the Subject.

Situation 1: Teaching without limited capacity (when the number of enrolled students is lower than the allowed capacity in classroom, according to the security measures taken).

In this case, no changes are made in the guide of the subject.

Situation 2: Teaching with limited capacity (when the number of enrolled students is higher than the allowed capacity in classroom, according to the security measures taken).

In this case, the following changes are made:

1. Educational Activities of Onsite Work:

All the foreseen activities to be developed in the classroom as indicated in this field of the guide of the subject will be made through a simultaneous teaching method combining onsite teaching in the classroom and synchronous online teaching. Students will be able to attend classes onsite or to attend them online through the telematic tools provided by the university (videoconferences). In any case, students who attend classes onsite and who attend them by videoconference will rotate periodically.

In the particular case of this subject, these videoconferences will be made through:

☐

Microsoft Teams

☐

Kaltura



Situation 3: Confinement due to a new State of Alarm.

In this case, the following changes are made:

1. Educational Activities of Onsite Work:

All the foreseen activities to be developed in the classroom as indicated in this field of the guide of the subject, as well as the group and personalized tutoring, will be done with the telematic tools provided by the University, through:

☐

Microsoft Teams

☐

Kaltura

Explanation about the practical sessions:



2. System for Assessing the Acquisition of the competences and Assessment System

ONSITE WORK

Regarding the Assessment Tools:

☒ The Assessment Tools will not be modified. If onsite assessment is not possible, it will be done online through the UCVnet Campus.

☐ The following changes will be made to adapt the subject's assessment to the online teaching.

Course guide		Adaptation	
Assessment tool	Allocated percentage	Description of the suggested changes	Platform to be used

The other Assessment Tools will not be modified with regards to what is indicated in the Course Guide.

Comments to the Assessment System: