



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: Health Sciences

Department: Physical-Sports Disciplines and Activities

Type of learning: Classroom-based learning

Languages in which it is taught: Spanish

Lecturer/-s:

282A	<u>Roberto Miranda Ullan</u> (Responsible Lecturer)	roberto.miranda@ucv.es
282B	<u>Ana Pablos Monzo</u> (Responsible Lecturer)	ana.pablos@ucv.es
282C	<u>Victor Sánchez Sanz</u> (Responsible Lecturer)	victor.sanchez@ucv.es
282D	<u>Victor Sánchez Sanz</u> (Responsible Lecturer)	victor.sanchez@ucv.es
282X	<u>Roberto Miranda Ullan</u> (Responsible Lecturer)	roberto.miranda@ucv.es



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 different physical-sports activities in natural environments.
- R2 Analyze and promote physical-sports activities in natural settings across different contexts, fostering a society with values of justice, sustainability, and co-responsibility.
- R3 Identify and promote favorable learning environments for nature-based activities.
- R4 Design and implement tasks, sessions, and programs to develop various capacities and skills specific to games and sports in natural environments, considering diversity in age and context.
- R5 Evaluate facilities and sports spaces in natural settings for accessibility, safety, and functional design, ensuring safe and healthy physical-sports practice.

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):

Weighting				
1	2	3	4	



Assessment system for the acquisition of competencies and grading system

Assessed learning outcomes	Granted percentage	Assessment method
R2, R3, R4	40,00%	Written and/or practical tests.
R1, R2, R4	10,00%	Individual or Group Work / Project.
R1, R4	15,00%	Exercises and Practices in the Classroom.
R1, R2	15,00%	Diary, Portfolio or Notebook.
R1, R2, R3, R4, R5	20,00%	Oral tests or presentation.

Observations

- The student will be able to keep the evaluation instruments passed during the 3 years following the first enrollment.
- It is necessary to obtain a 50% in the following evaluation instruments to pass the course:
- Oral tests or exposition.
- According to article 4.2. of the Guidelines for Evaluation at UCV, the limit of absences that can accommodate eventualities (medical consultation, bureaucratic procedures...) that do not have to be justified, is 30%.
- If any of these criteria is not met, the student will be graded with a maximum of 4.5.

SPECIFICATIONS OF THE EVALUATION INSTRUMENTS

Individual/group work/project

One or several projects of the contents of the subject may be carried out: models, book readings, curricular materials, etc.

Written and/or practical tests

The evaluation system of the course is cumulative, so the grades obtained in the different partial exams are independent and are added together.

The organization of this section will be as follows, divided into two parts:

(10%) Practical partial exam (rope access, climbing, etc.). Date according to schedule.(30%)

Theoretical-practical exam of the rest of the contents of the course on the dates of the official call . It consists of two parts:

Type test: True or False. The standard penalty system will be 1 wrong subtracts 100%.Short questions of interpretation and development: both theoretical and practical application of



knowledge.

Exercises and classroom practice

This section may be divided into two different parts:

Participation in the different tasks performed in class or through the UCVnet platform. Participation in the different sessions carried out and evaluated by the student.

Journal, Portfolio or Notebook

Making of an individual diary/portfolio containing the evidences, descriptions and reflections of each of the seminars and/or extra activities that the students have done during the course of the course. Activities that can be included in the journal/portfolio are:

The active and respectful participation in one of the seminars offered (summer / winter) and whose explanation will be detailed on the platform. The realization of extra activities (orienteering race, mountain race, surfing, paddle surfing, hiking, climbing, canyoning, CADU's related to the subject, etc. to be specified with the teacher), prior information / validation of the teacher and meeting the minimum detailed in the explanatory document posted on the platform.

Oral tests or exposition

Oral presentation of one of the projects or contents of the course.

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.

Learning activities

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

- | | |
|----|---|
| M1 | Attendance at practices. |
| M2 | Resolution of problems and cases. |
| M3 | Discussion in small groups. |
| M4 | Practical laboratories. |
| M5 | Presentation of content by the teacher. |
| M6 | Practical lesson. |



Universidad
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Course guide

Year 2025/2026
280214 - Physical Activity in Nature

M7 Group dynamics and activities.





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. M5	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 classroom, library, etc. Meaningful construction of knowledge through student interaction and activity. M1, M4, M6	R1, R2, R3, R4, R5	46,00	1,84
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, M7	R1, R2, R3	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. M5	R1, R2, R4	2,00	0,08
TOTAL		60,00	2,40



LEARNING ACTIVITIES OF AUTONOMOUS WORK

	LEARNING OUTCOMES	HOURS	ECTS
GROUP WORK: Problem solving. Preparation of exercises, memoirs, to present or deliver in classes and/or in tutoring. M3, M7	R1, R2, R3, R4	30,00	1,20
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. M6, M7	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
BLOCK 1	Theoretical and practical fundamentals of the AFMN.
BLOCK 2	Physical-sports activities on land: basic disciplines.
BLOCK 3	Land physical-sport activities of rope handling: basic maneuvers.
BLOCK 4	Winter physical-sports activities: basic fundamentals.
BLOCK 5	Aquatic physical-sports activities: basic techniques.
BLOCK 6	Games and recreational activities in the natural environment.
BLOCK 7	Sustainability in the AFMN.



Temporary organization of learning:

Block of content	Number of sessions	Hours
BLOCK 1	5,00	10,00
BLOCK 2	10,00	20,00
BLOCK 3	5,00	10,00
BLOCK 4	2,00	4,00
BLOCK 5	4,00	8,00
BLOCK 6	2,00	4,00
BLOCK 7	2,00	4,00



References

BASIC REFERENCES:

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WEBS:



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<http://www.altorendimiento.com>
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Programa de Televisión Evasión de RTVE: <http://www.rtve.es/alacarta/videos/evasion/>
Revista Alternativa de montaña: <http://www.betijuelo.net/>
http://orienteering.org/wp-content/uploads/2010/12/Silva_BOOK_Ages-6-12_English_web.pdf http://orienteering.org/wp-content/uploads/2010/12/Silva_BOOK_Ages13-15_English_web.pdf
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