Information about the course

Degree: Bachelor of Sciences of Physical Activity and Sport

Faculty: Faculty of Physical Activity and Sport Sciences

Code: 280217 **Name:** Training Theory and Practice in PA

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

Module: 2) Obligatory Formation module

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

Branch of knowledge: Health Sciences

Department: Physical Preparation and Conditioning

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:

R28 - Design Programs and Tasks for Developing Basic Physical Capacities (Strength, Endurance, Speed, and Range of Motion), Complementary Skills (Coordination, Balance, Agility, and Proprioception), and Technical-Tactical-Strategic Aspects in Different Training Contexts.

Learning outcomes of the specified title

Type of AR: Habilidades o Destrezas

- Analyze, identify, diagnose, promote, guide and evaluate strategies, actions and activities that encourage 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 by citizens with the purpose of improving their comprehensive health, well-being and quality of life, and with emphasis on special populations such as: older people (senior citizens), schoolchildren, people with disabilities and people with pathologies, health or assimilated problems (diagnosed and/or prescribed by a doctor) taking into account gender and diversity.

- 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.

- Know how to readapt, retrain and/or reeducate people, groups or teams with injuries and pathologies (diagnosed and/or prescribed by a doctor), whether they compete or not, through physical-sports activities and physical exercises appropriate to their characteristics and needs.

- 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.

Type of AR: Conocimientos o contenidos

- Know and understand the bases of the methodology of scientific work.

R29 - Critically Analyze and Discriminate Various Documentary Information Sources (in Spanish and English) Related to Methods and Theories in Physical-Sports Training.

Learning outcomes of the specified title

Type of AR: Habilidades o Destrezas

- Analyze, identify, diagnose, promote, guide and evaluate strategies, actions and activities that encourage 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 by citizens with the purpose of improving their comprehensive health, well-being and quality of life, and with emphasis on special populations such as: older people (senior citizens), schoolchildren, people with disabilities and people with pathologies, health or assimilated problems (diagnosed and/or prescribed by a doctor) taking into account gender and diversity.

- 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.

- 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: Conocimientos o contenidos

- Know and understand the bases of the methodology of scientific work.

R30 - Select Appropriate Instruments and Technologies Based on Theoretical-Practical Grounding to Manage the Physical-Sports Preparation and Training Process in Different Contexts.

Learning outcomes of the specified title

Type of AR: Habilidades o Destrezas

- Analyze, identify, diagnose, promote, guide and evaluate strategies, actions and activities that encourage 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 by citizens with the purpose of improving their comprehensive health, well-being and quality of life, and with emphasis on special populations such as: older people (senior citizens), schoolchildren, people with disabilities and people with pathologies, health or assimilated problems (diagnosed and/or prescribed by a doctor) taking into account gender and diversity.

R31 - Organize and Justify Methods, Techniques, Exercises, and Physical Activity Programs in a Clear and Understandable Manner (Written or Oral) Based on Population Type and Context of Application.

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.

- Identify, communicate and apply scientific anatomical-physiological and biomechanical criteria at an advanced level of skills in the design, development and technical-scientific evaluation of appropriate procedures, strategies, actions, activities and guidelines; to prevent, minimize and/or avoid a health risk in the practice of physical activity and sport in all types of population.

- 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.

Assessment system

Modalidad presencial

Assessed learning outcomes	Granted percentage	Assessment tool
R28, R29, R30, R31	40,00%	Written and/or practical tests.
R28, R29, R30, R31	40,00%	Individual or Group Work / Project.
R28, R29, R30, R31	20,00%	Exercises and Practices in the Classroom.

Observations

Students may keep the assessment instruments passed during the 3 years following the first enrolment.
It is necessary to obtain 50% in all assessment instruments to pass the subject.
According to article 4.2. of the UCV Assessment Guidelines, the limit for absences that may be due to eventualities (medical consultation, bureaucratic procedures...) that do not have to be justified, is 30%.
Attendance at all the practical sessions indicated in the timetable is compulsory. Additionally for this subject, in the event of not attending 70% of these, the student will fail the two sessions of the course, having to make them up in the following enrolment.
In case of not fulfilling any of these criteria, the student will be graded with a maximum of 4.5.

SPECIFICATIONS OF THE EVALUATION INSTRUMENTS

Written and/or practical

It consists of a single final exam on the dates of the official call (1st and/or 2nd call)
The exam is carried out in 2 phases:
·Multiple-choice test of 15-30 questions (25% of the final exam mark):

·Several answer options, penalty of 25% to 50% depending on the magnitude of the error in the answer).

·True/false; Matching; Short answer (one word, number or phrase (no penalty for incorrect answers).

·Must be passed with at least 5 points in order to proceed to the 2nd part of the exam (development).

·Developmental exam-3-6 questions: (75% of the final exam mark):

·Theoretical: Development questions related to the theoretical contents of the syllabus.

·Practical: Development questions related to the practical content of the syllabus.

·It is assessed according to the use of specific slang and content included in the subject.

·It must be passed with at least 5 points in order to pass the theoretical part.

Students who have passed the multiple-choice part, but not the development part, will have to retake only the development part at the next exam session. In case of failing the developmental part, students must take both parts (test and developmental part) at the next registration.

Individual or Group Work / Project

Part 1: Individual Work (20%)

·Assessable Forums and Quizzes (10%)+ Individual Work (10%)

Part 2: Group Work (20%)

The papers will be submitted in digital format on UCVnet, and a hard copy may also be requested (1 copy per participant / group) within the established deadlines. Failure to submit the work on time will result in the **non-evaluation** of that work.

Exercises and Practices in the Classroom

Delivery of activities, questionnaires, forums, surveys, during theoretical or practical classes, seminars and exhibitions. This grade may be penalised for ‘inadequate’ behaviour in class (late arrival or early departure, lack of attention - cannot be made up in subsequent examinations.

Others: In addition, the collaboration-participation in research projects developed by professors of the Faculty of CCAFD of the UCV and/or the attendance to scientific-formative events (Conferences, Congresses, Symposiums,...) related to Physical Sports Training during the time period in which the subject is taught will be evaluated (up to 0,5 Pts. that will be added to the final grade, once the rest of the sections of the evaluation have been approved).

The detailed explanation (procedure for the assignments) as well as the assessment tools (worksheets or rubrics) for each section will be posted 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:

M1 Attendance at practices.

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

ACTVITY	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.	R28, R29, R30, R31	Presentation of content by the teacher.	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.	R28, R29, R30, R31	Attendance at practices. Resolution of problems and cases. 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.	R28, R29, R30, R31	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.	R28, R29, R30, R31	Resolution of problems and cases. Presentation of content by the teacher.	2,00	0,08
TOTAL			**60,00**	**2,40**

TRAINING ACTIVITIES OF AUTONOMOUS WORK

ACTVITY	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.	R28, R29, R30, R31	Discussion in small groups. Group dynamics and activities.	10,00	0,40
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.	R28, R29, R30, R31	Resolution of problems and cases.	80,00	3,20
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
1. General conceptualisation in the field of physical-sport training.	General conceptualisation in the field of physical-sport training.
2. Factors that intervene in physical-sport training.	Factors that intervene in physical-sport training.
3. Basic principles of physical-sport training.	Basic principles of physical-sport training.
4. Training of basic physical capacities: Strength, resistance, speed and range of movement.	Training of basic physical capacities: Strength, resistance, speed and range of movement.
5. Training of complementary capacities.	Training of complementary capacities.

Temporary organization of learning:

Block of content	Sessions	Hours
1. General conceptualisation in the field of physical-sport training.	1	2,00
2. Factors that intervene in physical-sport training.	3	6,00
3. Basic principles of physical-sport training.	3	6,00
4. Training of basic physical capacities: Strength, resistance, speed and range of movement.	21	42,00
5. Training of complementary capacities.	2	4,00

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