



Information about the subject

Degree: Bachelor of Sciences of Physical Activity and Sport

Faculty: Faculty of Physical Activity and Sport Sciences

Code: 280312 **Name:** Didactics and Methodology of Sports and Physical Activity

Credits: 6,00 **ECTS Year:** 3 **Semester:** 1

Module: 3) Specific Obligatory Formation Module.

Subject Matter: Teaching of Physical Education and Sports. **Type:** Compulsory

Field of knowledge: Ciencias de la Salud

Department: -

Type of learning: Classroom-based learning

Languages in which it is taught:

Lecturer/-s:

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Module organization

3) Specific Obligatory Formation Module.

Subject Matter	ECTS	Subject	ECTS	Year/semester
Teaching of Physical Education and Sports.	18,00	Design, Evaluation and Intervention in Educational Programmes	6,00	4/1
		Didactics and Methodology of Sports and Physical Activity	6,00	3/1
		Social Morality and Professional Deontology	6,00	4/1
Physical exercise, fitness and sports physical training.	18,00	Evaluation of Biological Condition	6,00	3/1
		Planning and Methodology of Training in PA	6,00	3/2
		Prevention and Rehabilitation of Injuries in PA	6,00	4/1
Physical activity and physical exercise for health and with special populations.	12,00	Physical Activity and Health	6,00	3/1
		Prescription and Programmes for Healthy Lifestyles	6,00	4/1
Sports organization and management.	12,00	Sports Marketing	6,00	3/2
		Sports Training Planning and Organisation	6,00	3/1



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 Design and implement Didactic Units and physical-sport activity programming and evaluation instruments for application in the formal and non-formal environment that address diversity.
- R2 Organize, structure, implement and adapt Physical Education sessions, appreciating the levels of motor, cognitive, affective and social development, attending to individualities.
- R3 Recognize, assess and evaluate physical-sports activities through the development and implementation of sessions within the educational context.
- R4 Select and put into practice the different learning methodologies based on the characteristics of the group in the different educational realities.
- R5 Recognize and interpret the legal framework at the different levels of concretion and realities of the educational field.



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
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	
CG8 Recognize multiculturalism and diversity.			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	
CG17 Know other cultures and customs and be able to adapt your activity to them.			X	



CG19 Develop habits of excellence and quality in professional practice.

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 1.2 Design and apply the methodological process integrated by observation, reflection, analysis, diagnosis, execution, evaluation technical-scientific and / or dissemination in different contexts and in all sectors of professional intervention 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 3.2 Know how to promote, advise, design, apply and technically-scientifically evaluate programs of physical activity, physical exercise and appropriate and varied sports, adapted to the needs, demands and individual and group characteristics of the entire population, and with an emphasis on the elderly (the elderly), the female gender and diversity, schoolchildren, people with disabilities and people with pathologies, health problems or similar (diagnosed and / or prescribed by a doctor).

X

CE 3.3 Articulate and deploy promotion, orientation, coordination, supervision and technical-scientific evaluation programs of physical activity, physical exercise and sport for the entire population, with an emphasis on populations of a special nature, with presence by a professional or carried out autonomously by the citizen, in the different types of spaces and in any sector of professional intervention of physical activity and sport (formal and informal physical-sport education; physical training and sports; physical exercise for health; direction of physical activity and sport) according to the possibilities and needs of the citizens, in order to achieve their autonomy, understanding, and greater and adequate practice of physical activity and sport.

X

CE 3.4 Promote education, dissemination, information and constant orientation to people and leaders about the benefits, significance, characteristics and positive effects of the regular practice of physical and sports activity and physical exercise, of the risks and damages of an inadequate practice and of the elements and criteria that identify its adequate execution, as well as the information, guidance and advice on the possibilities of physical activity and appropriate sport in your environment in any professional intervention sector.

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 4.2 Elaborate fluently procedures and protocols to solve unstructured, unpredictable and difficult problems. increasing complexity, articulating and displaying a domain of the elements, methods, procedures, activities, resources, techniques and processes of physical condition and physical exercise in an adequate, efficient, systematic, varied and integrated way methodologically for the entire population and with emphasis on special populations such as: older people (elderly), 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 activity physics and sport.

X

CE 4.3 Develop and implement the technical-scientific evaluation of the elements, methods, procedures, activities, resources and techniques that make up the manifestations of movement and processes of physical condition and physical exercise; having take into account the development, characteristics, needs and context of individuals, different types of population and spaces where physical activity and sports are carried out; in the various sectors of professional intervention and with an emphasis on populations of special character.

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 5.2 Identify, organize, direct, plan, coordinate, implement, and carry out technical-scientific evaluation of the various types of physical and sports activities adapted to the development, characteristics and needs of individuals and the typology of the activity, space and entity, in all types of physical activity and sport services, including sporting events, and in any type of organization, population, context, environment and population and with emphasis on populations of a special nature such as: elderly people (seniors), schoolchildren, people with disabilities and people with pathologies, health problems or assimilated (diagnosed and / or prescribed by a doctor) and in any sector of professional intervention of physical activity and sport (formal and informal physical-sports education; physical and sports training; physical exercise for health; management of physical activity and sport) guaranteeing safety, efficiency and professionalism in the activity carried out in compliance with of current regulations.

X

CE 6.1 Know and understand the bases of the methodology of scientific work.

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, R3, R4, R5	30,00%	Carrying out a project.
R1, R2, R3, R4, R5	50,00%	Written / oral and / or practical tests.
R1, R2, R3, R4, R5	20,00%	Active participation.

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 50% in all the instruments to pass the subject. If this criterion is not met, the student will be graded with a maximum of 4.5 in said call.
- Attendance to the practical sessions indicated in the schedule is mandatory. In case of not attending 70%, 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.
- 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. M2, M4, M8	R1, R2, R3, R4, R5	32,00	1,28
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. M2, M3, M8	R1, R2, R3, R4, R5	12,00	0,48
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. M2	R1, R2, R3, R4, R5	8,00	0,32
EVALUATION: Set of oral and / or written tests used in the evaluation of the student, including the oral presentation of the final degree project. M8	R1, R2, R3, R4, R5	8,00	0,32
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	R1, R2, R3, R4, R5	40,00	1,60
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. M8	R1, R2, R3, R4, R5	50,00	2,00
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 Specific Didactics of Physical Education	1.1. Theoretical-contextual framework of the Didactics of Physical Education
2 Spanish Educational System and its curricular development	2.1. Levels of curricular concretion. Organization of the center
3 Education Laws	3.1. Legislative framework of the Spanish Educational System.
4 Planning elements and their context	4.1. Elements of educational planning 4.2. Educational planning. Learning situations 4.3. Design and planning of programming units in PE
5 Teaching methods of Physical and Sports Activities	5.1. Pedagogical models for teaching PE
6 The evaluation of Physical and Sports Activities.	6.1. The Evaluation of Physical Education and Sports
7 Inclusion and diversity of the student body: measures for their care	7.1. Attention to Diversity in Physical Education
8 Technology for learning and knowledge in Physical Education	8.1. Current ict in PE



Temporary organization of learning:

Block of content	Number of sessions	Hours
1 Specific Didactics of Physical Education	1,00	2,00
2 Spanish Educational System and its curricular development	2,00	4,00
3 Education Laws	1,00	2,00
4 Planning elements and their context	12,00	24,00
5 Teaching methods of Physical and Sports Activities	8,00	16,00
6 The evaluation of Physical and Sports Activities.	2,00	4,00
7 Inclusion and diversity of the student body: measures for their care	2,00	4,00
8 Technology for learning and knowledge in Physical Education	2,00	4,00



References

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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.

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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: