Information about the subject

Degree: Bachelor of Sciences of Physical Activity and Sport

Faculty: Faculty of Physical Activity and Sport Sciences

Code: 280316 **Name:** Planning and Methodology of Training in PA

Credits: 6,00 **ECTS Year:** 3 **Semester:** 2

Module: 3) Specific Obligatory Formation Module.

Subject Matter: Physical exercise, fitness and sports physical training. **Type:** Compulsory

Field of knowledge: Health Sciences

Department: Physical Preparation and Conditioning

Type of learning: Classroom-based learning

Languages in which it is taught: Spanish

Lecturer/-s:

283A	Jose Marti Marti **(Responsible Lecturer)**	jose.marti@ucv.es
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Module organization

3) Specific Obligatory Formation Module.

Subject Matter	ECTS	Subject	ECTS	Year/semester
Physical activity and physical exercise for health and with special populations.	12,00	Physical Activity and Health	6,00	3/1
		Presciption and Programmes for Healthy Lifestyles	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
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
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 physical-sports programs and content for the development of various capacities and skills from a multidisciplinary perspective.
R2	Correctly handle different technologies to design the physical-sports preparation and/or training process.
R3	Select the appropriate training method for prescribing physical activity, considering the needs of each population and context.
R4	Adequately argue and justify (in written or oral form) methods and physical activity programs based on the type of population and application context.

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
R1, R2, R3, R4	40,00%	Written and/or practical tests.
R1, R3	45,00%	Individual or Group Work / Project.
R2, R4	15,00%	Exercises and Practices in the Classroom.

Observations

The student may keep the evaluation instruments passed during the 3 years following the first enrollment.
It is necessary to obtain a 50% in all the evaluation instruments to pass the course.
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.
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SPECIFICATIONS OF THE EVALUATION INSTRUMENTS

Written and/or practical tests

It consists of a single final test on the dates of the official convocation.
Test type test, 4 options: 1 wrong subtracts 33,3%.
Practical question (development question on a practical case related to the content of the course).
Final grade: 70% multiple-choice test, 30% practical question.
The final grade can be obtained, provided that each section of the exam is passed with a minimum grade of 5 out of 10.

Exercises and Practices in the Classroom

Delivery of tasks by the Platform carried out during the practical session.

Individual or Group Work / Project

Annual planning of a sport to choose. It will be done by groups. It must be adjusted to the contents described in the regulations of the work. Failure to comply with the established delivery dates will be considered a waiver of the first call.
Argue and justify the annual planning (oral defense).
Final grade:

- 70% written work (group grade)
- 30% oral defense (individual grade)

The detailed explanation (procedure for the assignments) as well as the evaluation tools (worksheets or rubrics) of each section will be posted on the platform of each group at the student's disposal.

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.

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. M3, M5, M7	R1, R3	22,50	0,90
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. M2, M3, M6, M7	R2, R4	31,50	1,26
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, R4	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. M3	R3, 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. M2, M7	R1, R2, R3, R4	70,00	2,80
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. M2	R2, R3	20,00	0,80
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	Definitions and basic concepts in the field of planning and periodization of physical-sports training.
BLOCK 2	Phases of training planning and variables to consider.
BLOCK 3	Structures of the periodization of physical-sports training.
BLOCK 4	Training periodization models
BLOCK 5	The periodization of training contents according to different contexts and time structures.
BLOCK 6	The realization of a training planning.

Temporary organization of learning:

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

References

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