



Information about the subject

Degree: Bachelor of Sciences of Physical Activity and Sport

Faculty: Faculty of Physical Activity and Sport Sciences

Code: 282043 **Name:** Anthropology

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

Module: 4) Optional Module.

Subject Matter: Anthropology. **Type:** Elective

Field of knowledge: Health Sciences

Department: Basic Sciences and Cross-disciplinary Subjects

Type of learning: Classroom-based learning

Languages in which it is taught: Spanish

Lecturer/-s:

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Module organization

4) Optional Module.

Subject Matter	ECTS	Subject	ECTS	Year/semester
Inclusive Activities and Practices	4,50	Inclusive Activities and Practices in the Areas of Education and Leisure Time	4,50	3, 4/2
Anthropology.	12,00	Anthropology	6,00	3/1
		Science, Reason and Faith	6,00	3/2
Collective Sports	22,50	Basketball	4,50	3, 4/2
		Football	4,50	3, 4/2
		Handball	4,50	3, 4/2
		Hockey	4,50	This elective is not offered in the academic year 25/26
		Volleyball	4,50	4/2
Adversary Sports	18,00	Fencing	4,50	This elective is not offered in the academic year 25/26
		Judo	4,50	4/2
		Paddle	4,50	4/2
		Tennis	4,50	3, 4/2



Sports in the Natural Environment	4,50	Sports in Nature: Specific Techniques	4,50	3, 4/2
Individual sports	22,50	Athletics	4,50	3, 4/2
		Cycling	4,50	This elective is not offered in the academic year 25/26
		Gymnastics	4,50	This elective is not offered in the academic year 25/26
		Swimming	4,50	This elective is not offered in the academic year 25/26
		Triathlon	4,50	3, 4/2
Direction and Management of Gyms and Sports Centers	4,50	Gym and Sports Centre Management and Administration	4,50	This elective is not offered in the academic year 25/26
Idiom	9,00	Inglés Avanzado para Ciencias Actividad Física y Deporte	4,50	3, 4/2
		Inglés Intermedio para Ciencias Actividad Física y Deporte	4,50	3, 4/2
Sports facilities	4,50	Sports Facilities	4,50	This elective is not offered in the academic year 25/26
Research Methods and Techniques	4,50	Applied Research Methods and Techniques in Sport Sciences	4,50	3, 4/2
Nutrition	4,50	Nutrition	4,50	3, 4/2



Professional Itinerary Electives	27,00	Fitness and Physical Conditioning	6,00	4/1
		Pedagogy in Educational Values in Sports and Physical Activity	6,00	4/1
		Skills, Entrepreneurship and Employment	3,00	4/2
		Sports Management of Human and Economic Resources	6,00	4/1
		Theory and Practice of Training for High Performance in Sports	6,00	4/1
Trends in sports practices	4,50	Trends in Sports Practices	4,50	This elective is not offered in the academic year 25/26
Social Skills and Group Dynamics	4,50	Social Skills and Group Dynamics	4,50	This elective is not offered in the academic year 25/26



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 Acquire a synthetic view of central aspects of anthropological thought.
- R2 Describe with ease the characteristics of different forms of knowledge (technical, scientific, philosophical, theological) that allow for a broad and integrated understanding of the human being, rather than a reductionist one.
- R3 Differentiate essential human capacities (intelligence, will, affectivity) that enable personal self-development and contribute to personality improvement.
- R4 Identify fundamental traits of the human person that manifest dignity, freedom of self-determination, sociability, and openness to transcendence.
- R5 Be capable of analyzing and synthesizing anthropological arguments regarding existential realities and life's limits, drawing from academic texts, audiovisual materials, press, or the internet.
- R6 Develop the ability to engage in critical dialogue about anthropological topics while respecting others' opinions and demonstrating scientific rigor.
- R7 Adequately value the person and the factors constituting their nature: physical, psychological, rational, and spiritual.
- R8 Recognize the role of emotions and affectivity in the person.

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, R5, R6, R7, R8	50,00%	Written and/or practical tests.
R6	30,00%	Individual or Group Work / Project.
R1, R2, R3, R4, R5, R6, R7, R8	10,00%	Exercises and Practices in the Classroom.
R6	10,00%	Oral tests or presentation.

Observations

- Students may keep the assessment instruments passed during the 3 years following the first enrolment.
 - It is necessary to obtain 40% in all assessment instruments to pass the subject. If any of these criteria are not met, the student will be graded with a maximum of 4.5.
 - According to article 4.2. of the Guidelines for Evaluation at the UCV, the limit of absences that may be due to eventualities (medical consultation, bureaucratic procedures...) that do not have to be justified, is 30%.
- 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 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, R2, R3, R4, R5, R6, R7, R8	26,00	1,04
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. M3, M6, M7	R1, R4	28,00	1,12
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, M5	R1, R2, R3, R4, R5, R6, R7, R8	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	R1, 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, M5, M7	R5, R6	25,00	1,00
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	R1, R2, R3, R4, R5, R6, R7, R8	65,00	2,60
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. PHYSICAL AND SOCIAL ANTHROPOLOGY	·The anthropological problem: Human dignity and human rights. ·Physical dimension: corporeality, the world. ·Social dimension: human community, intersubjectivity, equality.
BLOCK 2. PHILOSOPHICAL ANTHROPOLOGY	·The psychic dimension: (emotions, feelings, introduction to freedom). ·The spiritual dimension: failure and evil, death, the meaning of life, the meaning of suffering. ·Salvation history. God's imprint on the human being.
BLOCK 3. ANTHROPOLOGY OF SPORT	Pragmatist model vs. ascetic model



Temporary organization of learning:

Block of content	Number of sessions	Hours
BLOCK 1. PHYSICAL AND SOCIAL ANTHROPOLOGY	15,00	30,00
BLOCK 2. PHILOSOPHICAL ANTHROPOLOGY	10,00	20,00
BLOCK 3. ANTHROPOLOGY OF SPORT	5,00	10,00



References

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