Information about the course

Degree: Bachelor of Sciences of Physical Activity and Sport

Faculty: Faculty of Physical Activity and Sport Sciences

Code: 282049 **Name:** Theory and Practice of Training for High Performance in Sports

Credits: 6,00 ECTS **Year:** 4 **Semester:** 1

Module: 4) Optional Module.

Subject Matter: Professional Itinerary Electives **Type:** Optativa

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:

OAC38	Jose Marti Marti **(Profesor responsable)**	jose.marti@ucv.es
	Claudio Alberto Casal Sanjurjo	ca.casal@ucv.es
	Julio Martin Ruiz	julio.martin@ucv.es
	Helio Carratala Bellod	helio.carratala@ucv.es
OAC384	Jose Marti Marti **(Profesor responsable)**	jose.marti@ucv.es
	Claudio Alberto Casal Sanjurjo	ca.casal@ucv.es
	Julio Martin Ruiz	julio.martin@ucv.es
	Helio Carratala Bellod	helio.carratala@ucv.es

Module organization

4) Optional Module.

Subject Matter	ECTS	Subject	ECTS	Year/semester
Inclusive Activities and Practices	4	Insclusive Activities and Practices in the Areas of Education and Leisure Time	4	4/2
Anthropology.	12	Anthropology	6	3/1
		Science, Reason and Faith	6	3/2
Collective Sports	22	Basketball	4	4/2
		Football	4	4/2
		Handball	4	4/2
		Hockey	4	4/2
		Volleyball	4	4/2
Adversary Sports	18	Fencing	4	4/2
		Judo	4	4/2
		Paddle	4	4/2
		Tennis	4	4/2
Sports in the Natural Environment	4	Sports in Nature: Specific Techniques	4	4/2
Individual sports	22	Athletics	4	4/2

Individual sports		Cycling	4	4/2
		Gymnastics	4	4/2
		Swimming	4	4/2
		Triathlon	4	4/2
Direction and Management of Gyms and Sports Centers	4	Gym and Sports Centre Management and Administration	4	4/2
Idiom	9	Inglés Avanzado para Ciencias Actividad Física y Deporte	4	4/2
		Inglés Intermedio para Ciencias Actividad Física y Deporte	4	4/2
Sports facilities	4	Sports Facilities	4	4/2
Research Methods and Techniques	4	Applied Research Methods and Techniques in Sport Sciences	4	4/2
Nutrition	4	Nutrition	4	4/2
Professional Itinerary Electives	27	Fitness and Physical Conditioning	6	4/1
		Pedagogy in Eduational Values in Sports and Physical Activity	6	4/1
		Skills, Entrepreneurship and Employment	3	4/2
		Sports Management of Human and Economic Resources	6	4/1

Professional Itinerary Electives		Theory and Practice of Training for High Performance in Sports	6	4/1
Trends in sports practices	4	Trends in Sports Practices	4	4/2
Social Skills and Group Dynamics	4	Social Skills and Group Dynamics	4	4/2

Learning outcomes

Al finalizar la asignatura, el estudiante deberá demostrar haber adquirido los siguientes resultados de aprendizaje:

R22 - Plan and periodize the training of the different basic physical capacities (strength, endurance, range of motion and speed), complementary (Coordination, Balance, Agility and Proprioception) and Technical-Tactical in the context of high sports performance in individual, collective and adversary sports.

Learning outcomes of the specified title

Type of AR: Habilidades o Destrezas

- Deploy an advanced level in the planning, application, control and evaluation of physical and sports training processes.

- Design and apply fluidly, naturally, consciously and continuously adequate, efficient, systematic, varied physical exercise and physical condition, based on scientific evidence, for the development of adaptation and improvement or readaptation processes of certain abilities of each person in relation to human movement and its optimization; in order to be able to solve poorly structured, increasingly complex and unpredictable problems and with emphasis on special populations.

- 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.

R23 - Analyze, correct and optimize the conditional performance (strength, speed, resistance and range of movement) and the technique, tactics and strategy of the athlete-team (relying on different methodologies and / or technologies) in training and competition situations providing adequate feedback for the planning process.

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.

- Deploy an advanced level in the planning, application, control and evaluation of physical and sports training processes.

- Design and apply fluidly, naturally, consciously and continuously adequate, efficient, systematic, varied physical exercise and physical condition, based on scientific evidence, for the development of adaptation and improvement or readaptation processes of certain abilities of each person in relation to human movement and its optimization; in order to be able to solve poorly structured, increasingly complex and unpredictable problems and with emphasis on special populations.

- 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 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.

Type of AR: Competencias

- Analyze, review and select the effect and effectiveness of the practice of research methods, techniques and resources and scientific work methodology, in solving problems that require the use of creative and innovative ideas.

R24 - Analyze and critically discriminate different sources of documentary information (in Spanish and English) on methods and / or theories, to translate it into planning / periodization oriented to high sports performance in sports individual, collective and adversary.

Learning outcomes of the specified title

Type of AR: Habilidades o Destrezas

- Design and apply fluidly, naturally, consciously and continuously adequate, efficient, systematic, varied physical exercise and physical condition, based on scientific evidence, for the development of adaptation and improvement or readaptation processes of certain abilities of each person in relation to human movement and its optimization; in order to be able to solve poorly structured, increasingly complex and unpredictable problems and with emphasis on special populations.

- 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.

Type of AR: Competencias

- Analyze, review and select the effect and effectiveness of the practice of research methods, techniques and resources and scientific work methodology, in solving problems that require the use of creative and innovative ideas.

R25 - Select and correctly use different instruments and technologies to manage the athlete's preparation process in the context of high performance in individual, team and adversary sports.

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.

- Deploy an advanced level in the planning, application, control and evaluation of physical and sports training processes.

- Design and apply fluidly, naturally, consciously and continuously adequate, efficient, systematic, varied physical exercise and physical condition, based on scientific evidence, for the development of adaptation and improvement or readaptation processes of certain abilities of each person in relation to human movement and its optimization; in order to be able to solve poorly structured, increasingly complex and unpredictable problems and with emphasis on special populations.

- 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 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.

Type of AR: Competencias

- Analyze, review and select the effect and effectiveness of the practice of research methods , techniques and resources and scientific work methodology, in solving problems that require the use of creative and innovative ideas.

Assessment system

Modalidad presencial

Assessed learning outcomes	Granted percentage	Assessment tool
R22, R23, R24, R25	40,00%	Written and/or practical tests.
R22, R23, R24, R25	40,00%	Individual or Group Work / Project.
R22, R23, R24, R25	20,00%	Exercises and Practices in the Classroom.

Observations

This course is NOT eligible for a single assessment request in accordance with Article 10.3 of the GENERAL REGULATIONS FOR ASSESSMENT AND GRADING OF OFFICIAL COURSES AND UCV DEGREE PROGRAMS.
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.
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 tests

This consists of a single final exam on the dates of the official exam dates (1st and/or 2nd exam).

- There will be 10 questions per block.
- One session will be used for the evaluation of the first two blocks.

·The final exam session will be used for the evaluation of the contents of the last block and the general content.
·The block assessments will be considered as the first sitting. Students who fail the first assessment will have to make it up at the second sitting.

Individual or Group Work / Project
·There will be a single group work in trios.
·The content of the group work will be chosen on the basis of a set of sports previously established by consensus of the teachers.
·An annual planning will be developed.
The work will be delivered in digital format on UCVnet, and a paper 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 the 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 'inappropriate' behaviour in class (late arrival or early departure, lack of attention) - This instrument cannot be recovered in the following exams without having the equivalent practical assistance to this evaluation instrument.

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:

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.	R22, R23, R24	Discussion in small groups. Presentation of content by the teacher. Group dynamics and activities.	20,00	0,80

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.	R22, R23, R24, R25	Resolution of problems and cases. Discussion in small groups. Presentation of content by the teacher. Practical lesson. Group dynamics and activities.	34,00	1,36
EVALUATION: Set of oral and/or written tests used in the evaluation of the student, including the oral presentation of the final degree project.	R22, R23	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.	R22, R23, R24, R25	Discussion in small groups.	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.	R22, R23, R24, R25	Resolution of problems and cases. Discussion in small groups. Group dynamics and activities.	20,00	0,80
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.	R22, R23, R24	Resolution of problems and cases.	70,00	2,80
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 concepts of training planning oriented to high sport performance.	General concepts of training planning oriented to high sport performance.
2. Planning of high performance oriented training for individual sports.	Planning of high performance oriented training for individual sports.
3. Planning of high performance oriented training for team sports.	Planning of high performance oriented training for team sports.
4. Planning of training oriented to the high performance of adversary sports.	Planning of training oriented to the high performance of adversary sports.

Temporary organization of learning:

Block of content	Sessions	Hours
1. General concepts of training planning oriented to high sport performance.	12	24,00
2. Planning of high performance oriented training for individual sports.	6	12,00
3. Planning of high performance oriented training for team sports.	6	12,00
4. Planning of training oriented to the high performance of adversary sports.	6	12,00

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