Information about the course

Degree: Bachelor of Sciences of Physical Activity and Sport

Faculty: Faculty of Physical Activity and Sport Sciences

Code: 282052 **Name:** Athletics

Credits: 4,50 ECTS **Year:** 4 **Semester:** 2

Module: 4) Optional Module.

Subject Matter: Individual sports **Type:** Optativa

Branch of knowledge: Health Sciences

Department: Physical-Sports Disciplines and Activities

Type of learning: Classroom-based learning

Language/-s in which it is given: Spanish

Teachers:

OAC23	Julio Martin Ruiz **(Profesor responsable)**	julio.martin@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:

R1 - Describe and practically prioritize the configurative elements (coordination, cognitive, and conditional) of Athletics in different contexts and populations.

Learning outcomes of the specified title

Type of AR: Habilidades o Destrezas

- 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.

- 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.

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

- 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.

- 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

- Articulate and display an advanced level of skill in the analysis, design and evaluation of assessment and control tests of physical condition and physical-sports performance.

R2 - Scientifically justify content related to Athletics in its various theoretical-practical applications.

Learning outcomes of the specified title

Type of AR: Habilidades o Destrezas

- 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.

- 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.

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

- 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.

- 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

- Articulate and display an advanced level of skill in the analysis, design and evaluation of assessment and control tests of physical condition and physical-sports performance.

R3 - Design and implement tasks, sessions, and programs for developing various capacities and skills specific to Athletics in different contexts and populations.

Learning outcomes of the specified title

Type of AR: Habilidades o Destrezas

- 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.

- 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.

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

- 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.

- 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

- Articulate and display an advanced level of skill in the analysis, design and evaluation of assessment and control tests of physical condition and physical-sports performance.

R4 - Apply assessment procedures and instruments to determine the acquisition level of Athletics skills across different ages, oriented toward different contexts and populations.

Learning outcomes of the specified title

Type of AR: Habilidades o Destrezas

- 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.

- 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.

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

- 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.

- 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

- Articulate and display an advanced level of skill in the analysis, design and evaluation of assessment and control tests of physical condition and physical-sports performance.

Assessment system

Modalidad presencial

Assessed learning outcomes	Granted percentage	Assessment tool
R1, R2, R4	40,00%	Written and/or practical tests.
R2, R3, R4	40,00%	Individual or Group Work / Project.
R1, R3, R4	20,00%	Exercises and Practices in the Classroom.

Observations

- This course is NOT susceptible to requesting a single evaluation according to article 10.3 of the GENERAL RULES FOR EVALUATION AND GRADING OF OFFICIAL COURSES AND UCV's OWN DEGREES.
- 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.
- Attendance to all practical sessions indicated in the schedule is compulsory. Additionally for this subject, in case of not attending 70% of these, the student will fail the two calls of the course, having to recover them in the following enrollment.
- In case of not complying with any of these criteria, the student will be graded with a maximum of 4.5.

SPECIFICATIONS TO THE EVALUATION INSTRUMENTS

Written and/or practical tests

It consists of a single final test on the dates of official convocation. This instrument consists of a telematic exam with 20 multiple-choice questions in 30 minutes.

Individual/group work/project
The project will be divided into two parts:
-Development of a poster of an athletic technique (15%).
-Design of a session of an athletic discipline oriented to initiation (25%).

Exercises and practices in the classroom
A card will be given for each of the practices, in which it will be necessary to analyze the corresponding athletic technique.

The detailed explanation (procedure for the works) as well as the evaluation 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.

M4 Practical laboratories.

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.	R1, R2, R3, R4	Resolution of problems and cases. Presentation of content by the teacher. Group dynamics and activities.	12,60	0,50

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.	R1, R2, R3, R4	Resolution of problems and cases. Practical laboratories. Presentation of content by the teacher. Practical lesson.	26,80	1,07
EVALUATION: Set of oral and/or written tests used in the evaluation of the student, including the oral presentation of the final degree project.	R1, R2, R3, R4	Resolution of problems and cases.	3,80	0,15
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.	R1, R2, R3, R4	Resolution of problems and cases. Presentation of content by the teacher.	1,80	0,07
TOTAL			**45,00**	**1,80**

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.	R1, R2, R3, R4	Resolution of problems and cases. Group dynamics and activities.	28,50	1,14
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.	R1, R2, R3, R4	Resolution of problems and cases. Presentation of content by the teacher. Group dynamics and activities.	39,00	1,56
TOTAL			**67,50**	**2,70**

Description of contents

Descripción de contenidos necesarios para la adquisición de los resultados de aprendizaje.

Theoretical content:

Block of content	Contents
Block 1: Introduction to Athletics. History and generalities	1.1. Specialties of athletics. Olympic program. Indoor Track. School calendar. 1.2. The facility. Olympic Track. Indoor Track. Training Modules. 1.3. Federative organization. 1.4. Brief history of Athletics.
Block 2: Structure of Athletics. Institutions, categories and training stages	2.1. Classical classification of Athletics. 2.2. Classification of athletics skills. 2.2.1. According to the type of movement.2.2.2. According to the motor richness.2.2.3. According to the predominant physical quality. 2.3. Basic criteria for training stages in athletics initiation. 2.4. Stages of development and learning of athletic skills. 2.4.1. Initiation.2.4.2. Sports Orientation.2.4.3. Specialization.2.4.4. High Performance. 2.5. New models of athletic initiation.

Block 3: The races in Athletics.	3.1. Generalities of running 3.2. Sprinting: 3.2.1. Characteristics of the technique. 3.2.2. Exercises, tasks and games for its development. 3.2.3. Analysis of the most common errors. 3.2.4. Processes of technical correction. 3.2.5. Frequency and amplitude. 3.2.6. Obtaining the Optimal stride 3.3. The cueing start. 3.4. Hurdles races: 3.4.1. Characteristics of the technique. 3.4.2. Exercises, tasks, and games for its development. 3.4.3. Analysis of the most common errors. 3.4.4. Processes of technical correction. 3.4.5. Main training methods. 3.5. Relays 3.5.1. 4x100 relays.3.5.2. 4x400 relays. 3.6. Means and methods of sprint training.
Block 4: Jumps in athletics	4.1. Generalities of jumps in athletics. Common points: 4.1.1. Jumps with vertical component and jumps with horizontal component. 4.2. Characteristics of the technique of the long jump: 4.2.1. Characteristics of the technique. 4.2.2. Exercises, tasks, and games for its development. 4.2.3. Analysis of the most common errors. 4.2.4. Processes of technical correction. 4.3. Characteristics of the technique of the high jump: 4.3.1. Characteristics of the technique. 4.3.2. Exercises, tasks, and games for its development. 4.3.3. Analysis of the most common errors. 4.3.4. Processes of technical correction. 4.4. Means and methods of jumping training.

Block 5: Throws in athletics.	5.1. Generalities of the throws. Common points. 5.1.1. Biomechanical principles of throwing. 5.1.2. Multi-throwing as a method of initiation to throwing. 5.1.3. Means of evaluation of the throwing ability. 5.2. Characteristics of shot put: 5.2.1. Characteristics of technique. 5.2.2. Exercises, tasks, and games for its development. 5.2.3. Analysis of the most common errors. 5.2.4. Processes of technical correction. 5.3. Characteristics of the Discus Throw: 5.3.1. Characteristics of the technique. 5.3.2. Exercises, tasks, and games for its development. 5.3.3. Analysis of the most common errors. 5.3.4. Processes of technical correction. 5.4. Means and methods of throwing training.
Block 6: Combined events in athletics.	6.1. Combined Events Program. Outdoor. Indoor Track. 6.2. Combined events as a means of initiation to athletics.

Temporary organization of learning:

Block of content	Sessions	Hours
Block 1: Introduction to Athletics. History and generalities	1	1,50
Block 2: Structure of Athletics. Institutions, categories and training stages	1	1,50
Block 3: The races in Athletics.	13	19,50
Block 4: Jumps in athletics	6	9,00
Block 5: Throws in athletics.	6	9,00
Block 6: Combined events in athletics.	3	4,50

References

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