



## Information about the subject

**Degree:** Bachelor of Sciences of Physical Activity and Sport

**Faculty:** Faculty of Physical Activity and Sport Sciences

**Code:** 282059 **Name:** Football

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

**Module:** 4) Optional Module.

**Subject Matter:** Collective Sports. **Type:** Elective

**Field of knowledge:** Ciencias de la Salud

**Department:** Physical-Sports Disciplines and Activities

**Type of learning:** Classroom-based learning

**Languages in which it is taught:** English

**Lecturer/-s:**

OAC1

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## Module organization

### 4) Optional Module.

Subject Matter	ECTS	Subject	ECTS	Year/semester
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
Anthropology.	18,00	Anthropology	6,00	3/1
		Religion, Culture and Values	6,00	This elective is not offered in the academic year 24/25
		Science, Reason and Faith	6,00	3/2
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
Nutrition.	4,50	Nutrition	4,50	3, 4/2



Sports Facilities.	4,50	Sports Facilities	4,50	This elective is not offered in the academic year 24/25
Methods and techniques of investigation.	4,50	Applied Research Methods and Techniques in Sport Sciences	4,50	4/2
Sports in the Natural Environment.	4,50	Sports in Nature: Specific Techniques	4,50	3, 4/2
Inclusive Activities and Practices	4,50	Inclusive Activities and Practices in the Areas of Education and Leisure Time	4,50	3, 4/2
Trends in sports practices	4,50	Trends in Sports Practices	4,50	This elective is not offered in the academic year 24/25
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 24/25
Individual sports.	22,50	Athletics	4,50	3, 4/2
		Cycling	4,50	This elective is not offered in the academic year 24/25
		Gymnastics	4,50	This elective is not offered in the academic year 24/25
		Swimming	4,50	This elective is not offered in the academic year 24/25
		Triathlon	4,50	3, 4/2



Collective Sports.	22,50	Basketball	4,50	3, 4/2
		Football	4,50	4/2
		Handball	4,50	3, 4/2
		Hockey	4,50	This elective is not offered in the academic year 24/25
		Volleyball	4,50	4/2
Adversary Sports.	18,00	Fencing	4,50	This elective is not offered in the academic year 24/25
		Judo	4,50	4/2
		Paddle	4,50	4/2
		Tennis	4,50	3, 4/2



## 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 Apply scientific evidence on internal logic, physiological, biomechanical, behavioral and social principles, modulators of performance in soccer to the design, execution and evaluation of exercises and teaching-training programs.
- R2 Differentiate and design prioritized development tasks of the different capacities -abilities in the different fields of application of football.
- R3 Analyze and critically discriminate information from various sources of knowledge (in Spanish and English) to propose specific solutions and / or make intervention proposals applied to different teaching-training contexts.
- R4 Analyze, plan, implement and reasonably evaluate teaching-training programs that use soccer as a means-end, in different intervention contexts.
- R5 Develop and show attitudes of cooperation, respect, constructive criticism and professionalism typical of the multidisciplinary work groups that characterize the coaching staff of football clubs-teams.



## 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	
CG7	Be able to carry out critical reasoning using the knowledge acquired.				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	
CG19	Develop habits of excellence and quality in professional practice.			X	

SPECIFIC		Weighting			
		1	2	3	4



**Year 2024/2025**  
**282059 - Football**

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 2.1	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 Know how to guide, design, apply and technically-scientifically evaluate physical exercise and physical condition at an advanced level, based on scientific evidence, in different areas, contexts and types of activities for the entire population and with an emphasis on populations of a special nature such as: the elderly (elderly), schoolchildren, people with disabilities and people with pathologies, health problems or assimilated (diagnosed and / or prescribed by a doctor), taking into account gender and diversity. diversity.		X
CE 2.4	Articulate and deploy an advanced level of skill in the analysis, design, and evaluation of assessment and control tests of physical condition and physical-sports performance.	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 6.3 Articulate and deploy with rigor and a scientific attitude the justifications on which to elaborate, support, base and constantly and professionally justify all acts, decisions, processes, procedures, actions, activities, tasks, conclusions, reports and professional performance.

X





## Assessment system for the acquisition of competencies and grading system

Assessed learning outcomes	Granted percentage	Assessment method
R1, R2, R3	40,00%	Carrying out a project.
R1, R2, R3, R4, R5	30,00%	Written / oral and / or practical tests.
R1, R2, R3, R4, R5	20,00%	Active participation.
R1, R2, R3	10,00%	Autonomous work.

### Observations

- The student may keep the evaluation instruments passed during the 3 years following the first registration.
- It is necessary to obtain a 50% in the following instruments (if this criterion is not met, the student will be graded with a maximum of 4.5 in that exam):
  - Written/oral and/or practical tests
  - Completion of a project
  - Active participation
- Attendance to the practical sessions indicated in the schedule is mandatory. In case of non-attendance, the student will not be evaluated during that academic year in accordance with article 8 of the UCV exam regulations (it will appear as Not Presented).

### SPECIFICATIONS TO THE EVALUATION INSTRUMENTS

#### **Written/oral and/or practical tests**

The evaluation system of the course is cumulative, so the grades obtained in the different instruments are independent and are added together.

This instrument consists of a single final test on the dates of official convocation whose evaluable contents are:

- All the theoretical contents taught in class (syllabus, teacher's explanations, classroom practices...).
- The contents of the training platform (articles, practical questionnaires and complementary documents indicated).

It is a test that includes different types of questions:

- Multiple-choice test (several answer options, penalty of 25% to 50% depending on the magnitude of the error).



- True/false (no penalty for incorrect answers)
- Matching (no penalty for incorrect answers)
- Short answer (one word, number or phrase (do not penalize incorrect)
- Development (resolution of practical proposals, cases, analysis of exercises, intervention contexts...).

### **Realization of a project**

Project consisting in the realization of a group work and in the direction of a practical group session (the delivery date will be indicated on the platform together with the specific evaluation criteria).

### **Autonomous work**

Work delivered individually on the contents of the subject (questionnaires and assignments on units that will be delivered on the platform and in the classroom).

### **Active participation**

Delivery of group work and participation in the theoretical and practical dynamics of the subject.

*The detailed explanation (procedure of the tasks) as well as the evaluation tools (cards 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:

- |    |   |
|----|---|
| M2 | Group dynamics and activities.          |
| M3 | Practical lesson.                       |
| M4 | Presentation of content by the teacher. |
| M5 | Laboratory practices.                   |
| M7 | Small group discussion.                 |
| M8 | Resolution of problems and cases.       |



## IN-CLASS LEARNING ACTIVITIES

	LEARNING OUTCOMES	HOURS	ECTS
<b>THEORETICAL CLASS:</b> Presentation of contents by the teacher. Competency analysis. Demonstration of capabilities, skills and knowledge in the classroom. M2, M4	R1, R2, R3	11,70	0,47
<b>PRACTICAL CLASS / SEMINAR:</b> 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, M8	R2, R3, R5	27,30	1,09
<b>TUTORING:</b> 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. M8	R5	2,00	0,08
<b>EVALUATION:</b> Set of oral and / or written tests used in the evaluation of the student, including the oral presentation of the final degree project. M2, M8	R1, R2, R3, R4	4,00	0,16
<b>TOTAL</b>		<b>45,00</b>	<b>1,80</b>



## 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, M8	R1, R2, R3, R4, R5	20,50	0,82
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	47,00	1,88
<b>TOTAL</b>		<b>67,50</b>	<b>2,70</b>



## Description of the contents

Description of the necessary contents to acquire the learning outcomes.

### Theoretical contents:

Content block	Contents
UD I. History and structural analysis of football Structural analysis.	Capacities and structures of collective sports. Basic terminology. Game phases.
UD II. Didactics and training methodology in Soccer depending on the formative stages.	Stages of training and fundamental objectives in training. Didactics of soccer player training. Session design. Task designs. symbology.
UD IV. Development and evaluation of components of the coordination structure in Soccer	Coordination structure in Soccer Determinants of technical execution. Criteria for building coordinated prioritization tasks.
UD IV. Development and evaluation of components of the coordination structure in Soccer	Coordination structure in Soccer Determinants of technical execution. Criteria for building coordinated prioritization tasks.
UD V. Cognitive structure I- Individual Tactics in soccer Cognitive structure in Soccer.	Relevance of Tactics in soccer. The process of perception-action. Relevance of technical-tactical actions by game zones. Soccer player tactic training.
UD VI. Cognitive structure II- Collective Tactics and strategy in soccer Determinants of the tactical-strategic analysis.	Phases and principles of the game. offensive systems. defensive systems. transitions. Criteria for building tactical-strategic prioritization tasks. The strategy and the ABP. Scouting and evaluation of tactical situations, game systems and ABP.
UD VII. Soccer goalkeeper training	Soccer goalkeeper training. Profile of specific motor, conditional and affective perceptive abilities of the goalkeeper. Goalkeeper performance context. Methodological aspects for the design and execution of training tasks for goalkeepers.



UD VIII. The preparation, planning and periodization of soccer training

Soccer goalkeeper planning and training. SWOT-CAME diagnosis. Main models of training periodization. The detection and development of talent in soccer. Technology applied to soccer.

## Temporary organization of learning:

Block of content	Number of sessions	Hours
UD I. History and structural analysis of football Structural analysis.	2,00	4,00
UD II. Didactics and training methodology in Soccer depending on the formative stages.	2,00	4,00
UD IV. Development and evaluation of components of the coordination structure in Soccer	4,00	8,00
UD IV. Development and evaluation of components of the coordination structure in Soccer	4,00	8,00
UD V. Cognitive structure I- Individual Tactics in soccer Cognitive structure in Soccer.	6,00	12,00
UD VI. Cognitive structure II- Collective Tactics and strategy in soccer Determinants of the tactical-strategic analysis.	6,00	12,00
UD VII. Soccer goalkeeper training	3,00	6,00
UD VIII. The preparation, planning and periodization of soccer training	3,00	6,00



## References

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