



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:** 3, 4 **Semester:** 2

Module: 4) Optional Module.

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

Field of knowledge: Health Sciences

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 |
|------------------------------------|-------|---|------|---|
| 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 Apply scientific evidence regarding the internal logic, physiological principles, biomechanics, behavioral and social factors that modulate performance in soccer to the design, execution, and evaluation of exercises and teaching-training programs.
- R2 Differentiate and design prioritized development tasks for various capacities and skills in different soccer contexts.
- R3 Critically analyze information from various knowledge sources (in Spanish and English) to propose specific solutions or intervention proposals for different teaching-training contexts.
- R4 Analyze, plan, implement, and rationally evaluate teaching-training programs that use soccer as a means to an end in various intervention contexts.
- R5 Develop and demonstrate cooperation, respect, constructive criticism, and professionalism typical of multidisciplinary workgroups characterizing the technical staff of soccer 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):

| 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 | 30,00% | Written and/or practical tests. |
| R1, R2, R3 | 40,00% | Individual or Group Work / Project. |
| R1, R2, R3, R4, R5 | 20,00% | Exercises and Practices in the Classroom. |
| R1, R2, R3 | 10,00% | Non-face-to-face autonomous work. |

Observations

- The student will be able to keep the evaluation instruments passed during the 3 years following the first enrollment.
- It is necessary to obtain a 50% in the following instruments:
 - Written and/or practical tests
 - Individual or Group Work/Project
 - Exercises and Practices in the Classroom
 - Non-attendance autonomous work
- According to article 4.2. of the Guidelines for Evaluation at the 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.

SPECIFICATIONS OF THE EVALUATION INSTRUMENTS

Written 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:

- Test type (several answer options, answer penalty from 25% to 50% depending on the size of the



error):

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

Individual or Group Work/Project

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

Autonomous work not presential

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

Exercises and Practices in the Classroom.

Delivery of group work and participation in the theoretical and practical dynamics of the subject. Works that will be exposed and/or delivered in class.

The detailed explanation (procedure for the works) 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. M5, M6 | R1, R2, R3 | 11,70 | 0,47 |
| 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, M7 | R2, R3, R5 | 27,30 | 1,09 |
| 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. M2 | R5 | 2,00 | 0,08 |
| TOTAL | | 45,00 | 1,80 |



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, R5 | 20,50 | 0,82 |
| 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 | 47,00 | 1,88 |
| TOTAL | | 67,50 | 2,70 |



Description of the contents

Description of the necessary contents to acquire the learning outcomes.

Theoretical contents:

| Content block | Contents |
|---------------|--|
| BLOCK 1 | Structural analysis. Capabilities and structures of collective sports. Basic terminology. Phases of the game. |
| BLOCK 2 | Stages of formation and fundamental objectives in training. Didactics of soccer training. Session design. Task designs. Symbolology. |
| BLOCK 3 | Conditional structure of soccer. Structure of the competitive activity. Profile of the effort developed during the game. Evaluation of the conditional capacities in soccer. |
| BLOCK 4 | Coordinative structure in soccer. Conditional factors of technical performance. Criteria to build tasks of coordinative prioritization. |
| BLOCK 5 | Relevance of tactics in soccer. The perception-action process. Relevance of the technical-tactical actions by game zones. Tactical training of the soccer player. |
| BLOCK 6 | Conditions of the tactical-strategic analysis. Phases and principles of the game. Offensive systems. Defensive systems. Transitions. Criteria to build tactical-strategic prioritization tasks. Strategy and CBAs. Scouting and evaluation of tactical situations, game systems and CBA. |
| BLOCK 7 | Soccer goalkeeper training. Profile of specific perceptual-motor, conditional and affective abilities of the goalkeeper. Goalkeeper performance context. Methodological aspects for the design and execution of training tasks for goalkeepers. |



BLOCK 8

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

Temporary organization of learning:

| Block of content | Number of sessions | Hours |
|------------------|--------------------|-------|
| BLOCK 1 | 2,00 | 4,00 |
| BLOCK 2 | 2,00 | 4,00 |
| BLOCK 3 | 4,00 | 8,00 |
| BLOCK 4 | 4,00 | 8,00 |
| BLOCK 5 | 6,00 | 12,00 |
| BLOCK 6 | 6,00 | 12,00 |
| BLOCK 7 | 3,00 | 6,00 |
| BLOCK 8 | 3,00 | 6,00 |



References

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