Information about the subject

Degree: Bachelor of Sciences of Physical Activity and Sport

Faculty: Faculty of Physical Activity and Sport Sciences

Code: 282072 **Name:** Triathlon

Credits: 4,50 **ECTS Year:** 3, 4 **Semester:** 2

Module: 4) Optional Module.

Subject Matter: Individual 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: Spanish

Lecturer/-s:

OAC27	Hector Esteve Ibañez **(Responsible Lecturer)**	hector.esteve@ucv.es

Module organization

4) Optional Module.

Subject Matter	ECTS	Subject	ECTS	Year/semester
Inclusive Activities and Practices	4,50	Insclusive 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 Eduational 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	Show, correct, and optimize the technical execution of tasks/exercises/technical movements in triathlon, providing appropriate feedback.
R2	Describe and practically prioritize the configurative elements (coordination, cognitive, conditional, socio-affective, and emotive-volitional) that make up triathlon based on age, levels, and contexts.
R3	Design and implement tasks and sessions for developing various capacities and skills specific to aquatic and swimming environments, using appropriate teaching-learning methodologies for different ages, levels, and contexts.
R4	Scientifically justify content related to human locomotion in aquatic and terrestrial environments.
R5	Measure and interpret physical fitness in aquatic and terrestrial environments to optimize health and/or physical-sports performance.

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	40,00%	Written and/or practical tests.
R1, R2, R3, R4	20,00%	Individual or Group Work / Project.
R2	10,00%	Exercises and Practices in the Classroom.
R2, R3	20,00%	Oral tests or presentation.
R1, R2, R3, R4	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.
- Oral tests or exposition
- Autonomous non-attendance work
- Classroom Exercises and Practical Exercises
50% IS REQUIRED IN EACH EVALUATION INSTRUMENT IN ORDER TO ADD TO THE OVERALL GRADE FOR THE COURSE. HOWEVER, NONE OF THEM IS COMPULSORY, ALL OF THEM ARE VOLUNTARY.
- According to article 4.2. of the Guidelines for Evaluation at 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 partial exams are independent and are added together.
The organization of this section will be as follows, divided into two parts:
1.(20%) Practical midterm exams. Two tests that will consist of applying theoretical and practical

knowledge acquired about Triathlon (technical analysis, error correction, learning exercises, training tasks, application of tests, among others). Date according to schedule.

2. (20%) Theoretical-practical exam of the rest of the contents of the course on the dates of the official convocation. It consists of two parts:

-Test type: True or False. The standard penalty system will be 1 wrong subtract 100%.

-Short questions, of interpretation and development: both theoretical and practical application of knowledge.

Individual or Group Work/Project

A project related to the contents of the subject may be carried out: training sessions of any of the disciplines of triathlon, teaching sessions in the school context (EF), application of tests/assessment tests, video tutorials of technical analysis, review and research work, among others.

Oral tests or exposition

Oral presentation in class of the project carried out. Date according to schedule.

Exercises and Classroom Practices

Participation in the different tasks performed in class or through the UCVnet platform.

Autonomous non-classroom work

Individual portfolio of the subject or other type of individual work agreed with the teacher.

The detailed explanation (procedure for the assignments) 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. M2, M5, M7	R1, R2, R3, R4	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. M2, M5, M6, M7	R1, R2, R5	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. M2, M6, M7	R1, R2, R3, R4, R5	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. M2, M5	R1, R2	1,80	0,07
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, M6, M7	R1, R2, R3, R4, R5	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. M2, M6, M7	R1, R2, R3, R4, R5	39,00	1,56
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	Fundamentals of triathlon and paratriathlon
BLOCK 2	Rules and regulations
BLOCK 3	The swimming segment in triathlon, technique, tactics and training
BLOCK 4	The cycling segment of triathlon, technique, tactics and training
BLOCK 5	The triathlon running segment, technique, tactics and training
BLOCK 6	Transitions
BLOCK 7	Planning, control and quantification

Temporary organization of learning:

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

References

BASIC REFERENCES:

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WEBS:

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