Information about the subject

Degree: Bachelor of Sciences of Physical Activity and Sport

Faculty: Faculty of Physical Activity and Sport Sciences

Code: 280101 **Name:** Motor Learning and Development

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

Module: 2) Obligatory Formation module

Subject Matter: Sports Fundamentals **Type:** Compulsory

Field of knowledge: Health Sciences

Department: -

Type of learning: Classroom-based learning

Languages in which it is taught: Spanish

Lecturer/-s:

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Module organization

2) Obligatory Formation module

Subject Matter	ECTS	Subject	ECTS	Year/semester
Manifestations of human motor skills	18,00	Body Language	6,00	1/1
		Perceptual Motor Skills	6,00	1/2
		Physical Activity in Nature	6,00	2/2
Sports Fundamentals	42,00	Adapted Sport and Inclusive Physical Activity	6,00	2/2
		Adversary Sports	6,00	2/1
		Individual Sports	6,00	2/1
		Motor Learning and Development	6,00	1/1
		Native Sports and Games	6,00	1/2
		Team Sports	6,00	2/2
		Training Theory and Practice in PA	6,00	2/2

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	Identify, Express, and Reason About Different Manifestations of Human Movement.
R2	Compare, Decide, and Apply Optimal Learning Strategies and Pedagogical Principles Based on Group Characteristics in Different Physical-Sports Contexts.
R3	Adapt Physical Activities (AF) Tasks by Applying Basic Principles of Learning and Motor Development to Address Different Ages, Levels, and Contexts.
R4	Ground, Develop, and Adapt Physical-Sports Teaching-Learning Processes in Formal and Non-Formal Educational Settings, Considering Diversity.
R5	Select the Appropriate Exercise for Physical Activity Prescription Based on Theoretical-Practical Foundations, Addressing the Needs of Each Population and Context.

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):

BASIC		Weighting			
		1	2	3	4
1.1	Understand, develop and know how to apply the procedures, strategies, activities, resources, techniques and methods that intervene in the teaching-learning process efficiently, developing the entire course of action in all sectors of professional intervention of physical activity and sport (formal and informal physical-sports teaching; physical and sports training; physical exercise for health; direction of physical activity and sports).		x		

Assessment system for the acquisition of competencies and grading system

Assessed learning outcomes	Granted percentage	Assessment method
R1, R2, R3, R4, R5	50,00%	Written and/or practical tests.
R2, R3, R4, R5	20,00%	Exercises and Practices in the Classroom.
R1, R2, R3, R4, R5	30,00%	Non-face-to-face autonomous work.

Observations

Students may retain passed assessment instruments for three years after initial enrollment.
A 45% grade on all assessment instruments is required to pass the course. Failure to meet this criterion will result in a maximum grade of 4.5.
This course is NOT eligible for single assessment, pursuant to Article 10.3 of the GENERAL REGULATIONS FOR THE EVALUATION AND GRADING OF OFFICIAL COURSES AND DEGREES OF THE UCV.
OTHER CLARIFICATIONS
Written/oral and/or practical tests
Single final exam with 1-4 essay questions and 20-30 multiple-choice multiple-choice questions (with a standard penalty system*).
Active participation
Preparation and submission of classroom activities and practical exercises.
Independent work
Completion and submission of individual or group activities through the teaching platform. These activities may include: session analysis, analysis of the factors influencing the athletic career of an elite athlete, development of curriculum materials, book reading, etc.
*Standard penalty system
No options = No subtractions
2 options = 1 incorrect score subtracts 100%
3 options = 1 incorrect score subtracts 50%
4 options = 1 incorrect score subtracts 33.3%
5 options = 1 incorrect score subtracts 25%
6 options = 1 incorrect score subtracts 20%
The detailed explanation (assignment procedure) as well as the assessment tools (sheets or rubrics) for each section will be posted on each group's platform for the student's use.

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.

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, M6	R1, R2	34,00	1,36
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. M1, M2, M3, M4, M6, M7	R3, R4, R5	18,00	0,72
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	R1, R2, R3, R4, R5	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. M3	R1, R2, R3, R4, R5	4,00	0,16
TOTAL		**60,00**	**2,40**

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	30,00	1,20
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	60,00	2,40
TOTAL		**90,00**	**3,60**

Description of the contents

Description of the necessary contents to acquire the learning outcomes.

Theoretical contents:

Content block	Contents
1 Introduction to the study of motor learning and development: justification, structure and areas of knowledge	1 Introduction to the study of motor learning and development: justification, structure and areas of knowledge
2 Concept and characteristics of motor learning.	2 Concept and characteristics of motor learning.
3 Explanatory models of motor control and learning.	3 Explanatory models of motor control and learning.
4 Processes and phases of motor acquisition.	4 Processes and phases of motor acquisition.
5 Factors that influence motor learning.	5 Factors that influence motor learning.
6 Concept and characteristics of motor development.	6 Concept and characteristics of motor development.
7 Explanatory models of motor development.	7 Explanatory models of motor development.
8 Motor development in the different stages and periods of life.	8 Motor development in the different stages and periods of life.

Temporary organization of learning:

Block of content	Number of sessions	Hours
1 Introduction to the study of motor learning and development: justification, structure and areas of knowledge	2,00	4,00
2 Concept and characteristics of motor learning.	2,00	4,00
3 Explanatory models of motor control and learning.	3,00	6,00
4 Processes and phases of motor acquisition.	2,00	4,00
5 Factors that influence motor learning.	8,00	16,00
6 Concept and characteristics of motor development.	1,00	2,00
7 Explanatory models of motor development.	2,00	4,00
8 Motor development in the different stages and periods of life.	10,00	20,00

References

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