



Information about the subject

Degree: Bachelor of in Sciences of Physical Activity and Sport

Faculty: Faculty of Physical Activity and Sport Sciences

Code: 280203 **Name:** Individual Sports

Credits: 6,00 **ECTS Year:** 2 **Semester:** 1

Module: 2) Knowledge of Basic Discipline module.

Subject Matter: Applied basis o sports **Type:** Compulsory

Field of knowledge: SPORT TRAINING

Department: Sports Training

Type of learning: Classroom-based learning

Languages in which it is taught: Spanish

Lecturer/-s:

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Module organization

2) Knowledge of Basic Discipline module.

Subject Matter	ECTS	Subject	ECTS	Year/semester
Science and Human Movement.	6,00	Learning and Motor Development	6,00	1/2
Manifestations of the human motor	12,00	Body Language	6,00	1/2
		Perceptual-Motor Skills	6,00	2/1
Applied basis o sports	36,00	Adapted Sport and Physical Activity with Specific Educational Needs	6,00	3/1
		Adversary Sports	6,00	3/2
		Collective Sports	6,00	2/2
		Individual Sports	6,00	2/1
		Local Games and Sports	6,00	2/2
		Sport in the Natural Environment	6,00	3/2
		Biological and Mechanics Basis of Human Movement	18,00	Biomechanics of Physical Activity
Kinesiology	6,00			2/1
Physiology of Exercise	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 Acquisition of basic theoretical knowledge of individual sports.
- R2 Being able to search for information to expand the content of the subject.
- R3 Knowing observe, detect and correct technical issues in the field of individual sport.
- R4 Be able to design and implement methodological progressions for the acquisition of the technique in individual sports.
- R5 Being able to transmit and expose the work publicly.
- R6 Synthesize and organize information.
- R7 Being able to express written the knowledge acquired.
- R8 Learning to make decisions and teamwork by consensus.
- R9 Knowing the different fields of application of individual sports.



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 Ability to apply information technology and communication (ICT)			X	
CG3 Develop skills to solve problems through decision-making			X	
CG4 Transmit any information regarding the contents of body expression both in writing and orally			X	
CG5 Plan and organize any activity efficiently			X	
CG7 Be capable of critical reasoning using the knowledge gained				X
CG13 Being able to apply theoretical knowledge in practice				X
CG14 Use Internet well as communication and as a source of information			X	
CG15 Conveying the acquired knowledge both to specialists in the subject and to people who are not experts on it			X	
SPECIFIC	Weighting			
	1	2	3	4
CE9 Know and understand the different manifestations of expressive human movement				X
CE10 Design, plan and evaluate content of body language to improve motor skills				X
CE16 Planning, developing and assessing physical activity programmes			X	
CE18 Select and know how to use the most appropriate teaching materials and resources for each type of activity			X	



Assessment system for the acquisition of competencies and grading system

Assessed learning outcomes	Granted percentage	Assessment method
R1, R3, R4, R6, R7, R9	40,00%	Written/oral and/or practical tests.
R1, R2, R3, R4, R5, R6, R7, R8, R9	10,00%	Participation and self-assessment.
R1, R2, R3, R4, R5, R6, R7, R8, R9	30,00%	Completion of a project.
R1, R2, R3, R4, R5, R6, R7, R8, R9	20,00%	Oral exhibition of individual and / or group works.

Observations

Criteria for granting a grade of A with honors:

- Sum of the scores higher than 9 pts. , in order of highest to lowest based on the number of students and relationship as indicated in the rules of the UCV.
- In case of equal number of the final note, the professor will take into account the interest, commitment and participation of students in the course.

To pass the subject or in the 1st enrolment will be essential:

- Get a note equal to or greater than 50% of the value of the theoretical-practical test.
- Get a note equal to or greater than 50% of the total value in the execution, delivery (in the date established) and exposure of the group work.
- Add 5 points or more between the different sections of the assessment.
- Those students who do not comply with the requirements to overcome the subject but that the overall rating is equal to or greater than 5 pts will be rated with 4.5 pts.

SHORT GUIDE OF THE SUBJECT DEVELOPMENT IN 2º enrolment:

- There will be a specific group with a teacher responsible for the group.
- The tutor will give six follow-up sessions (two hours each). These sessions will be organised according to students needs in order to strengthen their competences and give them the tools to handle with the subject.
- Be retained the qualifications of the competencies overtaken in previous calls.

To overcome the course in the 3º enrolment and successive:

- In subsequent calls (In 5th and following calls): The student will lose those notes/competencies of



continuous assessment that may have.

·In these calls the pupil has to overcome the core competencies of the subject through a review of department in official date.

·The subject is overtaken if you get a note equal to or greater than 50% of the value of the examination of Department.

Learning activities

The following methodologies will be used so that the students can achieve the learning outcomes of the subject:

- M1 Exhibition of contents by the teacher.
- M2 Dynamics and group activities.
- M3 Resolution of problems and cases.
- M4 Laboratory practices.
- M5 Discussion in small groups.
- M6 Practical lesson.
- M7 Internship assistance.



IN-CLASS LEARNING ACTIVITIES

	LEARNING OUTCOMES	HOURS	ECTS
<p>PRACTICAL /SEMINAR CLASS: Dynamics and group activities. Resolution of problems and cases. Laboratory practices. Data search in a computer room, library... Meaningful construction of knowledge through the interaction and activity of the student</p> <p>M2, M3, M5, M6</p>	R1, R2, R3, R4, R5, R6, R8, R9	26,50	1,06
<p>TUTORY: Learning supervision, evolution. Discussion in small groups. Resolution of problems and cases. Presentation of results before the teacher. Presentation of schemes and indexes of the proposed works.</p> <p>M5</p>	R2, R5, R6, R8	2,00	0,08
<p>EVALUATION: Set of oral and / or written tests used in the evaluation of the student, including the oral presentation of the final project.</p> <p>M2, M3</p>	R1, R3, R4, R6, R7, R9	4,00	0,16
<p>THEORETICAL CLASS: Presentation of content by the teacher. Competency analysis. Demonstration of skills, abilities and knowledge in the classroom.</p> <p>M1, M2, M5</p>	R1, R4, R5, R9	27,50	1,10
TOTAL		60,00	2,40



LEARNING ACTIVITIES OF AUTONOMOUS WORK

	LEARNING OUTCOMES	HOURS	ECTS
GROUP WORK: Problem solving. Preparation of exercises, works, memories, to exhibit or deliver in classes and / or in tutoring. M2, M3	R1, R2, R4, R5, R6, R7, R8, R9	35,00	1,40
AUTONOMOUS WORK: Study, Individual preparation of exercises, works, memories, to exhibit or deliver in classes and / or in tutoring. Platform activities or other virtual spaces. M3	R1, R2, R6	55,00	2,20
TOTAL		90,00	3,60



Description of the contents

Description of the necessary contents to acquire the learning outcomes.

Theoretical contents:

Content block	Contents
BLOCK I. GENERAL INTRODUCTION TO THE INDIVIDUAL SPORTS	<ul style="list-style-type: none">·Historical background.·Classification and Taxonomy.·Structures of individual sports.·Areas of applications of the various individual sports to try.·Installation and materials.·Regulations.
BLOCK II. FUNDAMENTALS OF THE INITIATION OF INDIVIDUAL SPORTS	<ul style="list-style-type: none">·Biomechanical principles that are based on different individual sports techniques in different media.·Stages evolutionary learning of individual sports.·Requirements for level of physical capacities of different individual sports.·Review and critical analysis of the various models of sports initiation.
BLOCK III. DEVELOPMENT AND PLANNING LEARNING OF INDIVIDUAL SPORTS.	<ul style="list-style-type: none">·Description of basic techniques and tactics·Learning exercises of different individual sports, depending on the evolutionary stage.·Design and progressions didactic sessions of individual sports in different areas of application.



Temporary organization of learning:

Block of content	Number of sessions	Hours
BLOCK I. GENERAL INTRODUCTION TO THE INDIVIDUAL SPORTS	4,00	8,00
BLOCK II. FUNDAMENTALS OF THE INITIATION OF INDIVIDUAL SPORTS	6,00	12,00
BLOCK III. DEVELOPMENT AND PLANNING LEARNING OF INDIVIDUAL SPORTS.	20,00	40,00



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INTERESTING WEBSITES:

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Addendum to the Course Guide of the Subject

Due to the exceptional situation caused by the health crisis of the COVID-19 and taking into account the security measures related to the development of the educational activity in the Higher Education Institution teaching area, the following changes have been made in the guide of the subject to ensure that Students achieve their learning outcomes of the Subject.

Situation 1: Teaching without limited capacity (when the number of enrolled students is lower than the allowed capacity in classroom, according to the security measures taken).

In this case, no changes are made in the guide of the subject.

Situation 2: Teaching with limited capacity (when the number of enrolled students is higher than the allowed capacity in classroom, according to the security measures taken).

In this case, the following changes are made:

1. Educational Activities of Onsite Work:

All the foreseen activities to be developed in the classroom as indicated in this field of the guide of the subject will be made through a simultaneous teaching method combining onsite teaching in the classroom and synchronous online teaching. Students will be able to attend classes onsite or to attend them online through the telematic tools provided by the university (videoconferences). In any case, students who attend classes onsite and who attend them by videoconference will rotate periodically.

In the particular case of this subject, these videoconferences will be made through:

- Microsoft Teams
- Blackboard Collaborate Ultra
- Kaltura



Situation 3: Confinement due to a new State of Alarm.

In this case, the following changes are made:

1. Educational Activities of Onsite Work:

All the foreseen activities to be developed in the classroom as indicated in this field of the guide of the subject, as well as the group and personalized tutoring, will be done with the telematic tools provided by the University, through:

- Microsoft Teams
- Blackboard Collaborate Ultra
- Kaltura

Explanation about the practical sessions:

The practical sessions will be replaced by videos showing the content to be developed in them, expositions and explanations of examples of exercises and sessions.



2. System for Assessing the Acquisition of the competences and Assessment System

ONSITE WORK

Regarding the Assessment Tools:

The Assessment Tools will not be modified. If onsite assessment is not possible, it will be done online through the UCVnet Campus.

The following changes will be made to adapt the subject's assessment to the online teaching.

Course guide		Adaptation	
Assessment tool	Allocated percentage	Description of the suggested changes	Platform to be used
Participation and/or questionnaires	20	10	Teams, UCVnet
Preparation and presentation of the work	40	50	Teams, UCVnet
Theoretical-practical exam	40		UCVnet

The other Assessment Tools will not be modified with regards to what is indicated in the Course Guide.

Comments to the Assessment System:

The evaluation criteria will be a theoretical-practical exam (40%), participation and / or questionnaires (10%) and the preparation and presentation of individual or group work (50%). To pass the course it will be necessary to obtain at least 50% in the theoretical-practical exam and in the proposed works.

